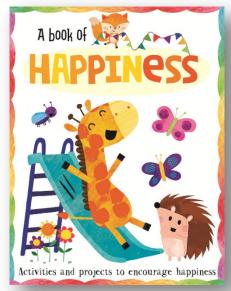
A BOOK OF HAPPINESS A BOOK OF KINDNESS

Eve Tombleson * Lindsey Sagar

Activity | Ages 5+ | Paperback | 8 1/2 x 11 | 96 pp | \$8.99 **Happiness** ISBN: 978-1-684**64-708-8** | **Kindness** ISBN: 978-1-684**64-709-5**

Spark happiness and practice kindness through the many crafts and activities offered in these colorful books.





- Introduce the concept of "mindfulness."
- Coloring, making, writing and "doing."
- Include step-by-step instructions, templates.
- Encourage friendship and sharing.
- Companions to A Book of Calm and A Book of Friendship (both KM 2023).

