MINDFUL KIDS series

Hello, Happy! * No Worries! * Be Brave! * Stay Strong! * Be Positive! * Letting Go! * Sleep Tight! * Be Resilient!

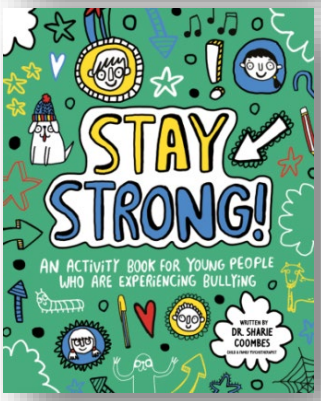
Activity | Ages 8+ | Paperback | 7 ½ x 9 | 96 pp | $6.99 | Various authors and illustrators

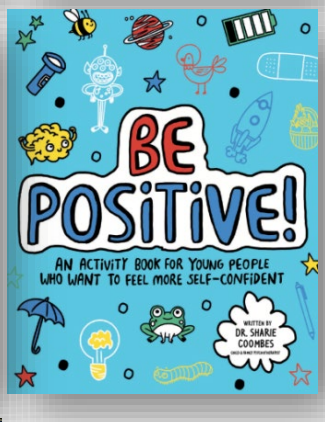
Happy ISBN: 978-1-610**67-709-7** LOC: 2017942234 | **Worries** ISBN: 978-1-610**67-710-3** LOC: 2017942235

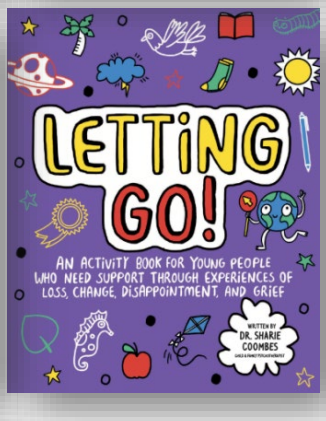
Brave ISBN: 978-1-610**67-861-2** LOC: 2018942400 |**Strong** ISBN: 978-1-610**67-862-9** LOC: 2018942401

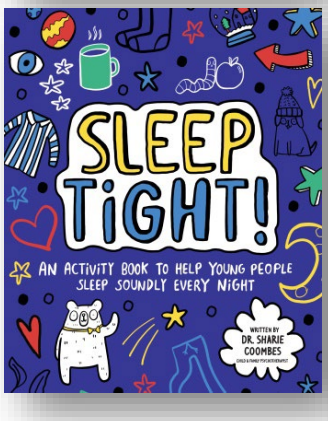
Positive ISBN: 978-1-684**64-123-9** LOC: 2019952410 | **Go** ISBN: 978-1-684**64-124-6** LOC: 2019952416

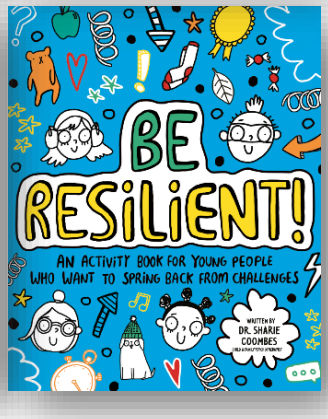
Sleep ISBN: 978-1-684**64-276-2** LOC: 2020949043 | **Resilient** ISBN: 978-1-684**64-536-7** LOC: 2022934494

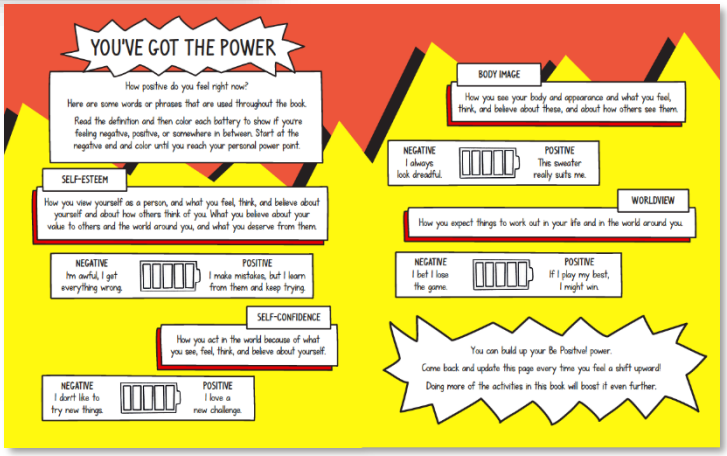












- Mindful exercises and activities.
- Help to work through feelings.
- Combat stress.
- Drawing, writing, and thinking for empowerment.

Kane Miller
EDC PUBLISHING
www.kanemiller.com

Additional Information

MINDFUL KIDS

Hello, Happy! * No Worries! * Be Brave! * Stay Strong! * Be Positive! * Letting Go! * Sleep Tight! * Be Resilient!

Activity | Ages 8+ | Paperback | 7 ½ x 9 | 96 pp | $6.99 | Various authors and illustrators
Happy ISBN: 978-1-610**67-709-7** LOC: 2017942234 | **Worries** ISBN: 978-1-610**67-710-3** LOC: 2017942235
Brave ISBN: 978-1-610**67-861-2** LOC: 2018942400 | **Strong** ISBN: 978-1-610**67-862-9** LOC: 2018942401
Positive ISBN: 978-1-684**64-123-9** LOC: 2019952410 | **Go** ISBN: 978-1-684**64-124-6** LOC: 2019952416
Sleep ISBN: 978-1-684**64-276-2** LOC: 2020949043 | **Resilient** ISBN: 978-1-684**64-536-7** LOC: 2022934494

*While some level of anxiety is a normal part of childhood development, increased awareness and support for **Social and Emotional Learning** (SEL) is growing. Written by or in consultation with Dr. Sharie Coombes, a **practicing child, adolescent, & family psychotherapist.** Appropriate for child to **use alone or with parent, caregiver, counselor, or therapist** or **in a group/classroom setting to generate discussion.***

- Focuses on a **specific** cluster of negative feelings
  - **sadness, anger**
  - **fear**
  - **low self-esteem**
  - **overwhelm**
  - **grief, disappointment**
  - **anxiety, stress**
  - **sleep troubles**
  - **bullying**
- Begins with a welcome to the reader which
  - **normalizes** their feelings
  - is **nonthreatening** ("no rules for how to use")
  - encourages **talking** with trusted adult
  - offers internet **resources** for crisis help
- Includes activities which
  - encourage **self-awareness** of physical sensation of emotions
  - incorporate doodling, drawing, and coloring which can help
    - **calm** emotions
    - promote **self-expression** and **creativity**
    - foster feelings of **well-being**
  - offer techniques to manage feelings such as
    - **breathing** exercises
    - positive **affirmations**
    - guided imagery
  - support **physical activity** through
    - games
    - crafts
    - exploring the outdoors
  - promote **empowerment**
- Concludes with positive and encouraging **"Page for Grown-ups"** which includes resources for further help

Review Praise

"From getting active to mindfulness and focusing on gratitude, readers should come away with an empowering set of coping skills."
– *Publishers Weekly*

"… have many SEL benefits and teach kids to honor their feelings while giving healthy ways of dealing with them." – *A Buckeye Teacher*

Kane Miller
EDC PUBLISHING
www.kanemiller.com