

MINDFUL KIDS series

Hello, Happy!

No Worries!

Be Brave!

Stay Strong!

Be Positive!

Letting Go!

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

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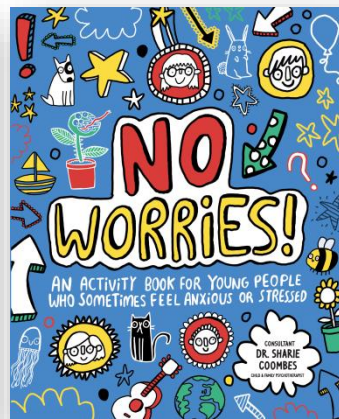
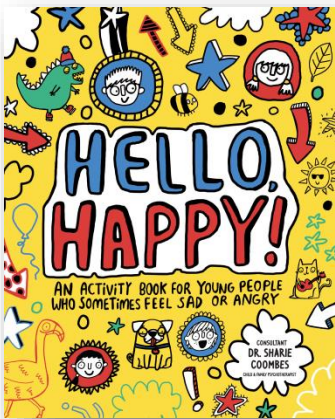
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Mindful activity workbooks for young people.



- Exercises and activities tackle emotions and bullying.

- Help work through feelings.

- Combat stress.

- Drawing, writing and thinking.

