

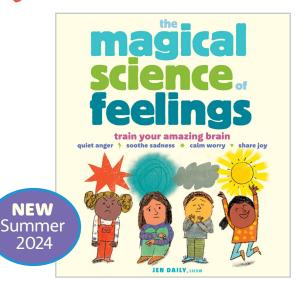
# Being Mindful at Every Age



With these helpful guides, caregivers can introduce important mindfulness concepts—like kindness, gratitude, breathwork, and more—through kid-friendly activities, crafts, and projects.









# The Magical Science of Feelings

Train Your Amazing Brain to Quiet Anger, Soothe Sadness, Calm Worry, and Share Joy By Jen Daily

Paper Over Board; 64 pages; 8 x 9; Full-color; Ages 5-8 **\$16.99 US** / \$22.99 CAD; ISBN 978-1-63586-754-1



With fun characters representing different parts of the brain, kids learn creative coping skills to calm, manage, and express their emotions.





#### **Be Kind**

By Naomi Shulman

Paper Over Board; 80 pages; 6 x 9; Full-color; Ages 5+ **\$12.95 US** / \$18.95 CAD ISBN 978-1-63586-154-9

*Be Kind* offers 125 simple, actionable things kids can do in their daily lives to cultivate kindness.



### **Give Thanks**

By Naomi Shulman

Paper Over Board; 80 pages; 6 x 9; Full-color; Ages 5+ **\$12.95 US** / \$18.95 CAD ISBN 978-1-63586-399-4

*Give Thanks* offers encouraging, uplifting, actionable ways to help kids notice and appreciate all the good things around us.









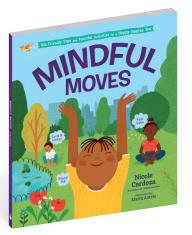


## **Baby's First Kind Words**

By Hsinping Pan

Board Book; 20 pages; 6 x 6; Full-color; Ages 0-4 \$6.95 US / \$9.95 CAD; ISBN 978-1-63586-250-8

Charming art brings the nicest words—"help," "peace," "welcome," and "thanks"—to life, introducing concepts of kindness and compassion at the earliest stages of learning.





# **Mindful Moves**

Kid-Friendly Yoga and Peaceful Activities for a Happy, Healthy You By Nicole Cardoza

Hardcover; 64 pages; 8 x 9; Full-color; Ages 5-7 **\$14.95 US** / \$19.95 CAD; ISBN 978-1-63586-271-3

Promote self-confidence, focus, and positive thinking with 40 creative mindfulness activities that are fun, easy to remember, and available to turn to any time.

## FOR SALES INFORMATION:

Email: sales@hbgusa.com Phone: 800-827-8673 Fax: 800-865-3429











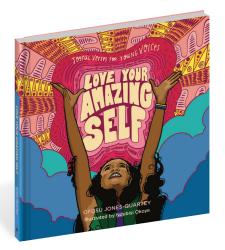


# How to Sleep Tight through the Night

Bedtime Tricks (That Really Work!) for Kids By Tzivia Gover & Lesléa Newman

Hardcover; 64 pages; 8 x 9; Full-color; Ages 5-9 \$14.95 US / \$19.95 CAD; ISBN 978-1-63586-424-3

A collection of 30 calming, kid-friendly mindfulness techniques for a happy bedtime and good night's sleep.





# **Love Your Amazing Self**

Joyful Verses for Young Voices By Ofosu Jones-Quartey

Hardcover; 72 pages; 9 x 9; Full-color; Ages 7-9 \$17.99 U\$ / \$22.99 CAD; ISBN 978-1-63586-547-9

Empowering lyrical verse offers a unique entry point to mindfulness and self-empowerment with words that call out to be spoken, recited, or sung aloud.

