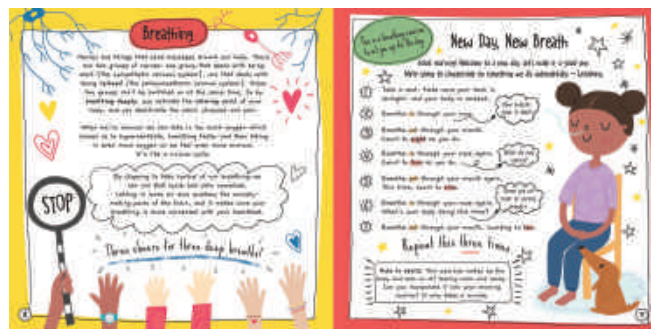
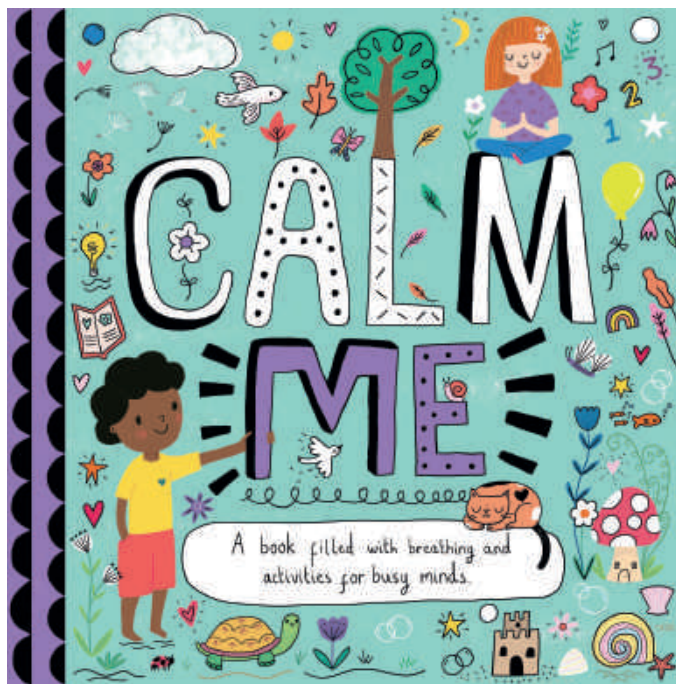


## CALM ME MINDFULNESS ACTIVITY BOOK

SKU: MMF01 | Published: October 2023



## CALM ME MINDFULNESS BOOK

Help your child relax and unwind with this Calm Me book! It's bursting with craft activities, movement exercises, breathing techniques and sensory activities to help your child to focus their mind in a busy world.

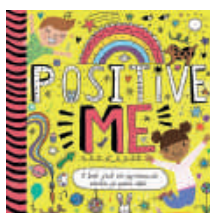
## SALES POINTS

- Includes step-by-step breathing activities.
- Includes crafting and mindfulness activities.
- A book for children and parents to complete together.
- Beautiful bright illustrations by Rosalind Maroney.

## SPECIFICATIONS

Title:	Calm Me
Series:	Mindfulness Activity Books
ISBN:	9781839235801
BIC Code:	YBGC
Target:	3+
Size:	250 x 250mm
Extent:	72 pp
Binding:	Perfect Bound
RRP:	£12.00
Author:	Thea Hay
Illustrator:	Rosalind Maroney
Key Words:	mindfulness, calm, activity book, breathing, relax.

## Forthcoming Books In This Series:



ISBN:  
9781839235818

## ABOUT THE SERIES

Our Mindfulness Series is made up of two titles which encourage children to express and understand their own emotions in a way that is both mindful and fun! With activities to complete either on their own or with the help of a parent, these books are aimed at equipping children with the tools they need when they are feeling stressed, anxious, or overwhelmed.