



M is for mindfulness: an alphabet book of calm

Suzuki, Carolyn, artist.

List price £6.99

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Product Details

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Dimensions: 26 unnumbered pages - 180 x 150 x 10mm

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Description

Introduce young children to mindfulness with this beautiful alphabet book.

A gentle introduction to the concepts of mindfulness, such as the importance of being aware of your body and its sensations

This book encourages children to pay attention to their breathing, to think of their emotions as something that will pass, and being aware of the present moment.

Author

Ladybird (Author)

We make growing up the best story ever! Here at Ladybird, we publish playful books for little hands. From touch-and-feel books to bedtime stories and non-fiction, we help 0-7s to learn, play and grow - sparking plenty of smiles along the way. The home of Ten Minutes to Bed, Baby Touch, Peppa Pig and Hey Duggee, we know just how to capture curious little imaginations and guide them from one story to the next.

Carolyn Suzuki (Illustrator)

Carolyn Suzuki is a Los Angeles Native. Her illustrations celebrate joy and diversity in human experience with bright colour, playful patterns, animal pals and a dose of humour.

She uses the reach of her art in her activism, supporting female empowerment, human rights, voter engagement and organizations such as the ACLU, Planned Parenthood, RAICES and the Purple Purse Foundation.