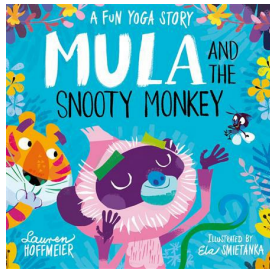


# JAG KIDS MINDFULNESS



1



- 9781782267607
- English
  - 9.85 x 9.85 x 0.2 in
  - Sweet Cherry Publishing
  - JUVENILE FICTION
  - Age (years) 4 - 6
  - Distributor: Jaguar Book Group

Mula and the Fly  
**Mula and the Snooty Monkey: A Fun Yoga Story**  
*A Fun Yoga Story*  
 by Lauren Hoffmeier, Ela Smietanka  
 Mar 08, 2022 Hardcover , Picture book \$21.95 CAD

After the mischievous little Fly helped Mula the sleepy tiger to wake up and get energized, they're back to help Svadi, a very snooty monkey, stop worrying about what others think!

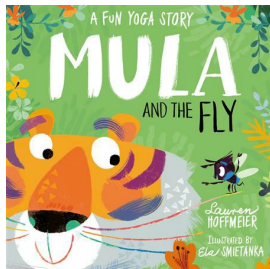
***Give yoga a try with Mula and the Fly!***

Svadi is a very snooty monkey.  
 But when he hears the jungle beat, Svadi stops worrying about how he looks. He is ready to move his hips and sing the song inside his heart!

**Book 2 in the *Mula and the Fly* series:**

Mula and the Fly is a beautifully-illustrated picture book series that promotes mindfulness and provides young readers with a soft introduction to yoga. The fun characters and easy yoga poses promote a happy, healthy lifestyle and encourage young readers to relax and unwind.

2



- 9781782268895
- English
  - 9.85 x 9.85 x 0.2 in
  - Sweet Cherry Publishing
  - JUVENILE NONFICTION
  - Age (years) 4 - 6
  - Distributor: Jaguar Book Group

Mula and the Fly  
**Mula and the Fly: A Fun Yoga Story**  
*A Fun Yoga Story*  
 by Lauren Hoffmeier, Ela Smietanka  
 Jun 10, 2021 Hardcover , Picture book \$21.95 CAD

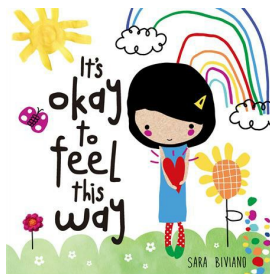
***Give yoga a try with Mula and the Fly!***

Mula is a very sleepy tiger.  
 But with the help of a mischievous little Fly, Mula learns to wake up, get moving, and make her dreams come true!

**Book 1 in the *Mula and the Fly* series:**

Mula and the Fly is a beautifully-illustrated picture book series that promotes mindfulness and provides young readers with a soft introduction to yoga. The fun characters and easy yoga poses promote a happy, healthy lifestyle and encourage young readers to relax and unwind.

3

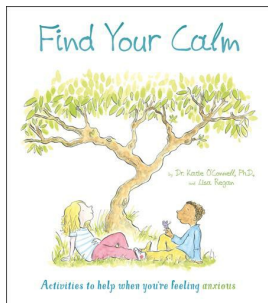


- 9781760361105
- English
  - Illustrations, color
  - 8.5 x 8.5 x 0.38 in | 0.69 lb
  - 36 pages
  - Starfish Bay Children's Books
  - JUVENILE FICTION
  - Age (years) 4 - 7
  - Distributor: Jaguar Book Group

**It's Okay to Feel This Way**  
 by Sara Biviano  
 Jul 01, 2021 Hardcover , Picture book \$21.95 CAD

A child explores her feelings, naming and describing them, showing it is okay to have a variety of feelings, and that feelings can change depending on the circumstances. With bold, colorful and simple mixed media illustrations, this book encourages self-awareness and self-acceptance.

4



9781838576912

- English
- 9.06 x 10.24 in
- Arcturus
- JUVENILE NONFICTION
- Age (years) 6 - 10
- Distributor: Jaguar Book Group

Thoughts and Feelings

### Find Your Calm

*Activities to help when you're feeling anxious*  
by Dr. Katie O'Connell Phd LP, Lisa Regan  
May 15, 2020 Paperback \$12.95 CAD

**This sensitive, empathetic activity book is perfectly designed to help children discuss and process their feelings.**

Developed in consultation with professional child psychologist Dr. Katherine O'Connell, this selection of 30+ drawing, coloring and puzzle-solving activities offer a chance for all children to explore and express emotions in a safe way.

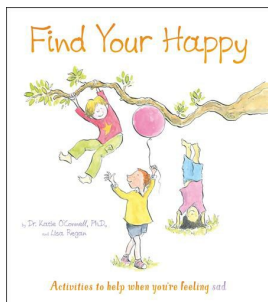
Accompanied by wonderful full-color illustrations by Mel Howells, these activities include:

- Making a list of the sounds you hear in nature
- Drawing around your hand, and writing 5 things that make you calm on the fingers
- Writing calming phrases on slips of paper and putting them in a jar to pull out when needing reassurance.

Each fun activity builds resilience, releases inner calm, improves understanding of emotions and encourages positivity. Perfect for kids age 6+.

**ABOUT THE SERIES:** The beautifully illustrated *Thoughts and Feelings* series allows children to understand and express their emotions through a series of practical activities and write-in exercises, devised by childhood development experts.

5



9781838576929

- English
- 9.06 x 10.24 in
- Arcturus
- JUVENILE NONFICTION
- Age (years) 6 - 10
- Distributor: Jaguar Book Group

Thoughts and Feelings

### Find Your Happy

*Activities to help when you're feeling sad*  
by Dr. Katie O'Connell Phd LP, Lisa Regan  
May 15, 2020 Paperback \$12.95 CAD

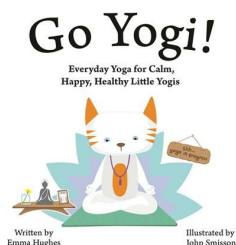
Includes 30+ activities to help children explore, express and explain their worries.

Backed by a child clinical psychologist with years of experience helping anxious children

Traditional watercolor illustrations by Mel Howells give this book the nostalgic feel of classic children's picture books.

Anxiety and children's mental health are becoming increasingly popular topics.

6



9781848193413

- English
- 213 x 220 x 9 mm | 280 gr
- 48 pages
- Jessica Kingsley Publishers
- Carton quantity: 40
- JUVENILE NONFICTION
- Age (years) 4 - 7
- Distributor: UTP Distribution

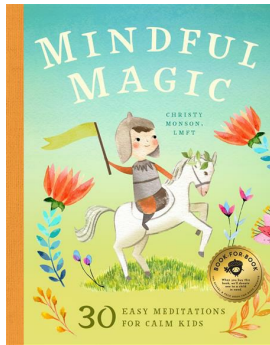
### Go Yogi!

*Everyday Yoga Asanas for Children*  
by Emma Hughes, John Smisson  
Mar 21, 2017 Hardcover, Sewn \$19.95 CAD

Can you touch your toes? Or balance on one leg? Learn to calm your body and put your mind at ease alongside Flo the cat and Mack the monkey as they show you the different yoga poses. Known as asanas, these postures are fun to do on your own, at school or with family, and will help your body feel better and relax your mind! With its roots in Ashtanga yoga practice, this guide contains bright, cheerful illustrations accompanied by easy-to-follow instructions for a variety of yoga poses. Designed for children aged 4+, these activities can be used at home or in the classroom, and will especially benefit children with low self-esteem, anxiety and ADHD.



7



9781638190950

- English
- 7 x 9 in
- Bushel & Peck Books
- JUVENILE NONFICTION
- Age (years) 3 - 6
- Distributor: Jaguar Book Group

### Mindful Magic

*30 Easy Meditations for Calm Kids*  
by Christy Monson

Mar 05, 2024 Board book , Picture book \$19.95 CAD

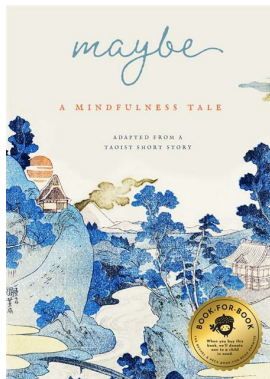
#### Mindfulness and meditation are powerful tools—especially for kids!

In ***Mindful Magic***, parents, caregivers, and teachers will find thirty simple meditations that kids can use to feel more calm, more loved, more grateful, and more at peace. Written by therapist Christy Monson, each meditation takes only a few minutes and includes deep breathing, relaxation, and positive affirmations.

Accompanied by colorful, charming watercolor illustrations, meditations are organized into several easy-to-use sections and include:

- Blow a Feather
- Apple Blossom Snow
- Flower Power
- Watching The Waves
- Whispering Forest
- Blue Lake
- Yellow Sun

8



9781638191018

- English
- 5.83 x 8.27 in
- Bushel & Peck Books
- JUVENILE FICTION
- Age (years) 6 - 10
- Distributor: Jaguar Book Group

### Maybe

*A Mindfulness Tale*  
by Bushel & Peck Books

Apr 19, 2022 Hardcover \$20.95 CAD

#### When a farmer's horse runs away, his neighbors call it the worst of news.

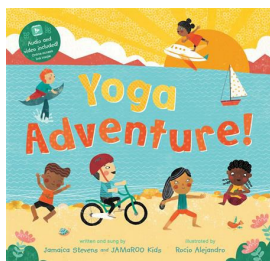
"Maybe," says the wise farmer, in what will become the book's refrain as more unexpected events come his way. This delightful tale teaches that what seems bad might be good; what seems good might be bad; and in the end, all are essential, helpful experiences in our personal journeys of growth.

Filled with dreamy woodblock prints and vintage illustrations, *Maybe* is a breathtaking invitation to remember that mindful, nonjudgment of life's highs and lows is a surer path to peace and wellbeing.

#### Introduction

*As you read this story, think about what the farmer says whenever something happens. Could good things be bad? Could bad things be good? Is it possible to not judge an event as either good or bad? A key to peaceful mindfulness is learning to accept rather than to judge. After you read the story, think about things that have happened in your life. Can you open your mind and fully accept them without judgment? Read on—the farmer shows the way!*

9



9781646864249

- English
- 254 x 247.65 mm | 0.37 lb
- 32 pages
- Barefoot Books
- Carton quantity: 80
- JUVENILE FICTION
- Age (years) 3 - 7
- Distributor: Barefoot Books, Inc.

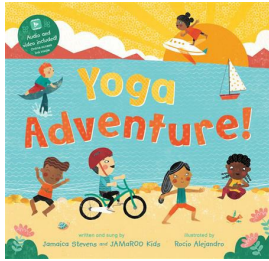
### Barefoot Singalongs Yoga Adventure

by Jamaica Stevens, JAMaROO Kids

Sep 17, 2021 Paperback \$12.99 CAD

Travel to all seven continents and the oceans, too, with an energetic yoga sequence set to an irresistible original song. Sweet illustrations guide children into more than a dozen yoga poses, some mimicking a distinctive animal from each global region, others paired with modes of transportation to connect them all. Written by a children's yoga expert, the playful story concludes with step-by-step instructions for each yoga pose and a world map with a fun fact about each animal. Includes audio and animation.

10



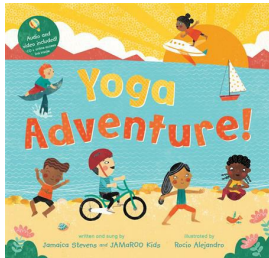
9781646862894

- English
- 254 x 247.65 mm | 0.93 lb
- 32 pages
- Barefoot Books
- Carton quantity: 24
- JUVENILE FICTION
- Age (years) 3 - 7
- Distributor: Barefoot Books, Inc.

Barefoot Singalongs  
**Yoga Adventure**  
 by Jamaica Stevens, JAMaROO Kids  
 Sep 17, 2021 Hardcover \$21.99 CAD

Travel to all seven continents and the oceans, too, with an energetic yoga sequence set to an irresistible original song. Sweet illustrations guide children into more than a dozen yoga poses, some mimicking a distinctive animal from each global region, others paired with modes of transportation to connect them all. Written by a children's yoga expert, the playful story concludes with step-by-step instructions for each yoga pose and a world map with a fun fact about each animal. Includes audio and animation.

11



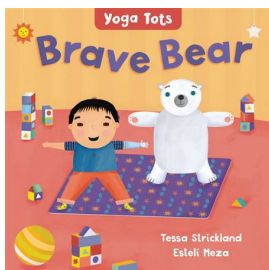
9781646862900

- English
- 254 x 247.65 mm | 0.47 lb
- 32 pages
- Barefoot Books
- Carton quantity: 62
- JUVENILE FICTION
- Age (years) 3 - 7
- Distributor: Barefoot Books, Inc.

Barefoot Singalongs  
**Yoga Adventure**  
 by Jamaica Stevens, JAMaROO Kids  
 Sep 17, 2021 Paperback \$13.99 CAD

Travel to all seven continents and the oceans, too, with an energetic yoga sequence set to an irresistible original song. Sweet illustrations guide children into more than a dozen yoga poses, some mimicking a distinctive animal from each global region, others paired with modes of transportation to connect them all. Written by a children's yoga expert, the playful story concludes with step-by-step instructions for each yoga pose and a world map with a fun fact about each animal. Includes audio and animation.

12



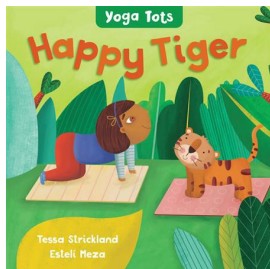
9781646864911

- English
- 165.1 x 165.1 mm | 0.58 lb
- 14 pages
- Barefoot Books
- Carton quantity: 22
- JUVENILE FICTION
- Age (years) 2 - 4
- Distributor: Barefoot Books, Inc.

Yoga Tots  
**Yoga Tots: Brave Bear**  
 by Tessa Strickland, Esteli Meza  
 Feb 07, 2022 Board book \$9.99 CAD

Easy-to-follow step-by-step instructions take little ones through a grounding series of basic yoga poses. Simple, descriptive language invites young children to pretend to be a bear, moving their furry bodies into specific yoga poses designed to both energize and inspire bravery.

13



9781646864928

- English
- 165.1 x 165.1 mm | 0.58 lb
- 14 pages
- Barefoot Books
- Carton quantity: 22
- JUVENILE FICTION
- Age (years) 2 - 4
- Distributor: Barefoot Books, Inc.

Yoga Tots

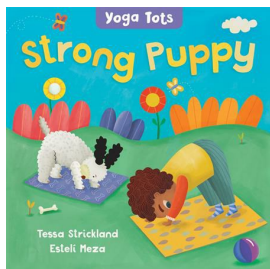
### Yoga Tots: Happy Tiger

by Tessa Strickland, Esteli Meza

Feb 07, 2022 Board book \$9.99 CAD

Delightful illustrations and clear step-by-step instructions take little ones through a series of simple yoga poses. Happy Tiger playfully invites young children to pretend to be a tiger, moving their feline bodies into specific yoga poses known for increasing feelings of happiness.

14



9781646861590

- English
- 165.1 x 165.1 mm | 0.58 lb
- 16 pages
- Barefoot Books
- Carton quantity: 22
- JUVENILE FICTION
- Age (years) 2 - 4
- Distributor: Barefoot Books, Inc.

Yoga Tots

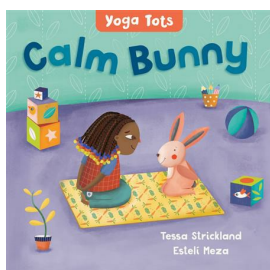
### Yoga Tots: Strong Puppy

by Tessa Strickland, Esteli Meza

Jan 15, 2021 Board book \$9.99 CAD

Charming illustrations and step-by-step instructions take little ones through a simple sun salutation. Playful, descriptive language invites young children to pretend to be a puppy, moving their doggie bodies into specific yoga poses.

15



9781646861583

- English
- 165.1 x 165.1 mm | 0.58 lb
- 16 pages
- Barefoot Books
- Carton quantity: 22
- JUVENILE FICTION
- Age (years) 2 - 4
- Distributor: Barefoot Books, Inc.

Yoga Tots

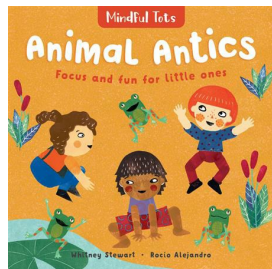
### Yoga Tots: Calm Bunny

by Tessa Strickland, Esteli Meza

Jan 15, 2021 Board book \$9.99 CAD

Charming illustrations and step-by-step instructions take little ones through a soothing series of basic yoga poses. Simple, descriptive language invites young children to pretend to be a bunny and then a snake, moving their bodies into specific yoga poses inspired by these creatures.

16

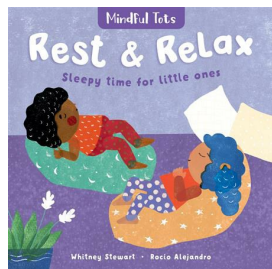


- 9781782859369
- English
  - 165.1 x 165.1 mm | 0.58 lb
  - 16 pages
  - Barefoot Books
  - Carton quantity: 22
  - JUVENILE NONFICTION
  - Age (years) 2 - 4
  - Distributor: Barefoot Books, Inc.

Mindful Tots  
**Mindful Tots: Animal Antics**  
 by Whitney Stewart, Rocío Alejandro  
 Apr 15, 2020 Board book \$9.99 CAD

An imaginative movement exercise that adults and toddlers can do together to help children focus and transition between activities. One of four stylish board books in the Mindful Tots series, designed to help toddlers manage the ups and downs of everyday emotions.

17

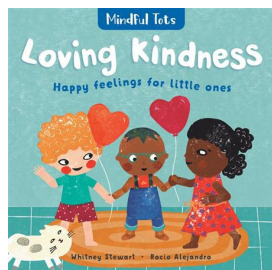


- 9781782859352
- English
  - 165.1 x 165.1 mm | 0.58 lb
  - 16 pages
  - Barefoot Books
  - Carton quantity: 22
  - JUVENILE NONFICTION
  - Age (years) 2 - 4
  - Distributor: Barefoot Books, Inc.

Mindful Tots  
**Mindful Tots: Rest & Relax**  
 by Whitney Stewart, Rocío Alejandro  
 Apr 15, 2020 Board book \$9.99 CAD

A simple body scan exercise that adults and toddlers can do together to soothe themselves and get ready for sleep. One of four stylish board books in the Mindful Tots series, designed to help toddlers manage the ups and downs of everyday emotions.

18

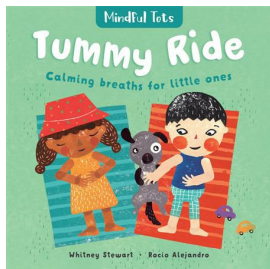


- 9781782857495
- English
  - 165.1 x 165.1 mm | 0.58 lb
  - 16 pages
  - Barefoot Books
  - Carton quantity: 22
  - JUVENILE NONFICTION
  - Age (years) 2 - 4
  - Distributor: Barefoot Books, Inc.

Mindful Tots  
**Mindful Tots: Loving Kindness**  
 by Whitney Stewart, Rocío Alejandro  
 Apr 30, 2019 Board book \$9.99 CAD

Introduce small children to a mindfulness practice designed to nurture compassion towards oneself and others with this sturdy, stylish board book. Pair with Mindful Tots: Tummy Ride to help toddlers manage the ups and downs of everyday emotions.

19



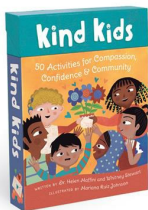
9781782857488

- English
- 165.1 x 165.1 mm | 0.58 lb
- 16 pages
- Barefoot Books
- Carton quantity: 22
- JUVENILE NONFICTION
- Age (years) 2 - 4
- Distributor: Barefoot Books, Inc.

Mindful Tots  
**Mindful Tots: Tummy Ride**  
by Whitney Stewart, Rocío Alejandro  
Apr 30, 2019 Board book \$9.99 CAD

The simple breathing exercise presented in this stylish board book uses a basic mindfulness technique to help toddlers learn to soothe themselves. Pair with Mindful Tots: Loving Kindness to help toddlers manage the ups and downs of everyday emotions.

20



9781646866199

- English
- 139.7 x 184.15 mm | 1.43 lb
- 58 pages
- Barefoot Books
- Carton quantity: 20
- JUVENILE NONFICTION
- Age (years) 4 - 10
- Distributor: Barefoot Books, Inc.

**Kind Kids**  
by Dr. Helen Maffini, Whitney Stewart  
Sep 20, 2022 Cards \$21.99 CAD

Discover all the forms kindness can take! Fifty unique games, crafts and mindfulness activities help kids develop empathy and respect for themselves, their loved ones and the wider world. Written by preschool mindfulness experts Dr. Helen Maffini and Whitney Stewart, the cards include hands-on solo and group activities perfect for home or classroom use and beyond.

21



9781782853275

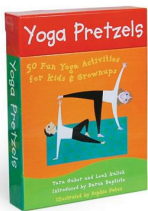
- English
- 139.7 x 184.15 mm | 1.43 lb
- 58 pages
- Barefoot Books
- Carton quantity: 20
- JUVENILE NONFICTION
- Age (years) 4 - 10
- Distributor: Barefoot Books, Inc.

**Mindful Kids**  
by Whitney Stewart, Mina Braun  
Oct 01, 2017 Cards \$21.99 CAD

This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.



22



9781905236046

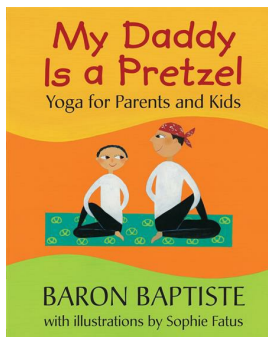
- English
- 139.7 x 184.15 mm | 1.43 lb
- 58 pages
- Barefoot Books
- Carton quantity: 20
- JUVENILE NONFICTION
- Age (years) 4 - 104
- Distributor: Barefoot Books, Inc.

### Yoga Pretzels

by Tara Guber, Leah Kalish  
Oct 05, 2005 Cards \$21.99 CAD

Stretch your way to a fun and healthy lifestyle with each of the fifty yoga poses in this colorful deck. These cards include forward bends, back bends, partner poses, and balance poses.

23



9781846868993

- English
- 0.42 lb
- 48 pages
- Barefoot Books
- Carton quantity: 80
- JUVENILE FICTION
- Age (years) 4 - 7
- Distributor: Barefoot Books, Inc.

### My Daddy is a Pretzel

by Baron Baptiste, Sophie Fatus  
Aug 01, 2012 Paperback \$13.99 CAD

Limber up with this unique, child-friendly yoga book! Created for parents and children to share together, but also suitable for adults and older children to use alone, My Daddy is a Pretzel not only introduces a range of postures, it also connects the practices to everyday life, showing how families can integrate their yoga with their activities in the world. A light-hearted look at yoga, yet one with a lasting message, My Daddy is a Pretzel is a wonderful introduction to yoga for readers of all shapes and sizes.