

FOR IMMEDIATE RELEASE

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Award-winning children's publisher Barefoot Books brings mindfulness to children as young as preschoolers with versatile new activity deck

Barefoot Books, an independent children's publisher and [2017 Forbes Small Giants honoree](#), will release [*Mindful Kids*](#), a child-friendly mindfulness activity deck, in October 2017. Written by award-winning author and mindfulness expert Whitney Stewart, *Mindful Kids* follows the success of Barefoot Books' bestselling *Yoga Pretzels* deck, which was endorsed by internationally-acclaimed wellness advocate Deepak Chopra, M.D.

"Increasingly, we have realized that children need to carve out calming, centering moments throughout their day," says Nancy Traversy, Co-founder and CEO of Barefoot Books. "We saw a need for a beautiful, accessible and fun-to-use product that parents, educators and other adults can use to help the kids in their lives. We created *Mindful Kids* so that children as young as age 4 can experience the many benefits of mindfulness."

Barefoot Books and Stewart designed *Mindful Kids* with early childhood development expert Stefanie Paige Wieder, M.S.Ed. "Research shows that the practice of paying keen attention to one's senses and surroundings — called 'mindfulness' — has direct, beneficial impacts on children's brain development and behavior," says Wieder.

As Stewart adds, "Mindfulness practice gives children strategies to develop self-awareness and acceptance, improve mental focus, handle difficult emotions, and increase kindness and empathy."

To introduce these strategies to children, the 50 versatile cards and 8-page leaflet feature step-by-step instructions with full-color illustrations, making each activity fun and easy to follow. Parents, caregivers, educators and librarians can use these breathing exercises, meditations, visualizations and games in many ways:

- **Meet the needs of all children:** Input from inclusivity specialists Beth Cox and Alex Strick ensures that each activity is easily adaptable for children with a wide range of abilities, and for home or classroom use.
- **Find calm when it's most needed:** The 50 cards are divided into 5 categories, designed to fit into each part of the day from morning to bedtime.
- **Relieve anxiety or stress at any moment:** The laminated cards are easily transportable, allowing adults to mix and match the cards children may need from different categories to keep close for use throughout the day.
- **Build children's social skills:** Group and partner activities help students and siblings resolve conflict, nurture trust and develop social-emotional skills key to academic, professional and personal success.
- **Nurture self-esteem:** Visualizations empower children and adults to replace negative thoughts with positive, encouraging ones, which builds the healthy confidence needed to thrive throughout life.

With its innovative content, expert insight and inclusive design, *Mindful Kids* will be a must-have for nurturing inner peace and building healthy habits for life.

To learn more about *Mindful Kids* and download sample activities, visit barefootbooks.com/mindfulkids-press. To receive an advance copy or schedule an author or publisher interview, please contact Elaine Phillips at publicity@barefootbooks.com.



About *Mindful Kids*

Published by Barefoot Books, October 2017

Written by Whitney Stewart | Illustrated by Mina Braun

Deck of 50 cards with 8pp illustrated leaflet | Box 5½ x 7¼ x 1¼

9781782853275 | \$14.99 USD / \$19.99 CAD

About Barefoot Books

Founded by two young mothers in England in 1992 and based in Cambridge, MA, [Barefoot Books](#) has published 600+ books for children that encourage discovery, compassion, creativity and global awareness. Their first app, Barefoot World Atlas, has 4 million downloads and their YouTube Channel has over 70 million views. Most importantly, over nearly a quarter of a century, Barefoot has put more than 20 million books into the hands of children around the world. With a mission to “Share Stories, Connect Families, and Inspire Children,” Barefoot is now leveraging its vibrant, timeless family brand with a social selling model that empowers women entrepreneurs.

About Whitney Stewart

[Whitney Stewart](#) puts her heart, mind and feet into her work. She has trekked in a Himalayan snowstorm with Sir Edmund Hillary, climbed to remote Buddhist monasteries in Tibet, interviewed the Dalai Lama in India and sat for days in meditation retreats. She is the author of many travel articles, and of both fiction and nonfiction for children. When she is not writing or traveling, she teaches mindfulness and meditation to children and adults.

