

Enchanted meditations for kids / Christiane Kerr

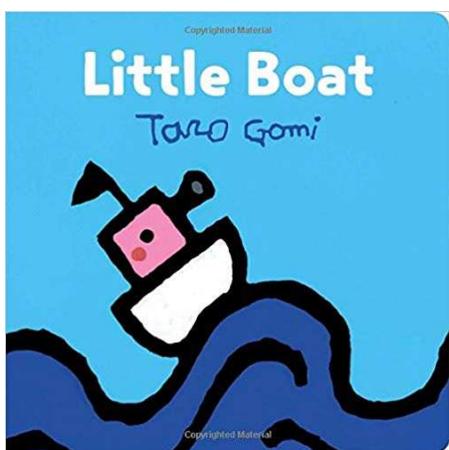
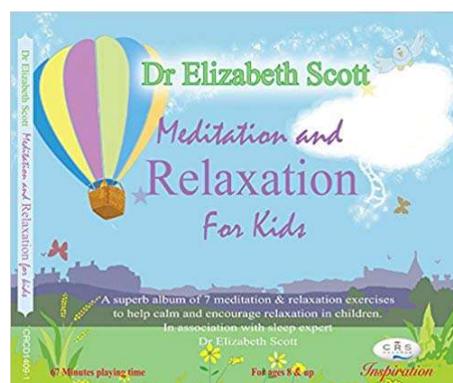
A safe and very effective way to help your kids drift away into a peaceful sleep and to help build their self-confidence and self-esteem. Suitable for all children up to the age of 12. Suitable for use at home or as a teaching resource.

Compact disc

Meditation and relaxation for kids : [7 meditation & relaxation exercises too help calm and encourage relaxation in children] / Dr Elizabeth Scott

Perfect for use at bedtime, during stressful situations such as long journeys, before exams or when children just need to relax and switch off.

Compact disc



Little boat / Taro Gomi

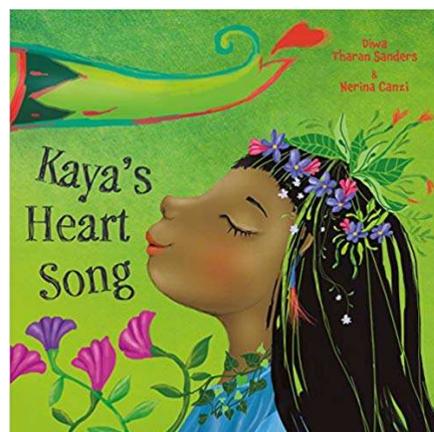
When you're small and on the go, there's a lot to watch out for: big boats, waves, rain clouds, and more! But Little Boat can handle whatever comes his way, braving the elements and the unexpected with his initiative, confidence, and positive attitude.

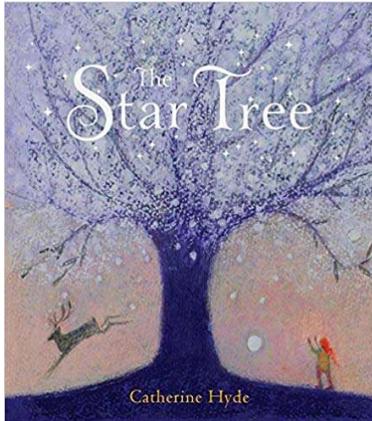
Board book 22 pages

Kaya's heart song / Diwa Tharan Sanders & Nerina Canzi

Kaya is looking for her heart song - the song that happy hearts sing. Her search takes her on a journey deep into the jungle where a broken-down carousel waits for a very special song to make it turn again.

Hardback 32 pages





The star tree / Catherine Hyde

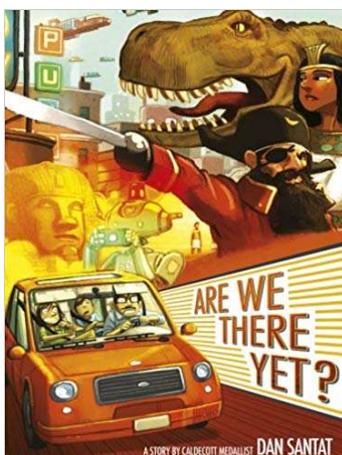
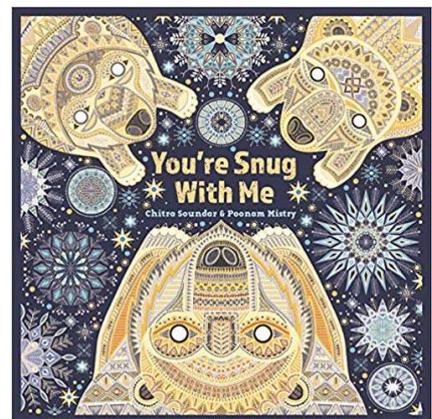
When a little girl's nightlight goes out, she takes a magical midnight journey to the Star Tree, in this beautiful bedtime read from fine artist Catherine Hyde.

Paperback 32 pages

You're snug with me / Chitra Soundar & Poonam Mistry

At the start of winter, two bear cubs are born, deep in their den in the frozen north. 'Mama, what lies beyond here?' they ask. As they learn the secrets of the earth and their place in it, Mama Bear whispers, 'You're snug with me.'

Hardback 32 pages



Are we there yet? / a story by Dan Santat

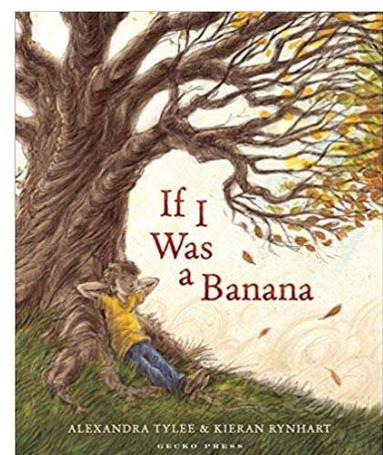
The car trip to Grandma's house is taking forever. 'Are we there yet?' explores the amazing possibilities of imagination on a long, boring car journey, as time slows down so much that it starts going backwards. Featuring dinosaurs, ancient Egyptians, knights and pirates, this is a journey through the imagination.

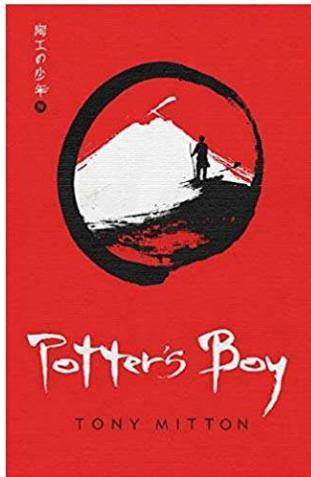
Paperback 40 pages

If I was a banana / written by Alexandra Tylee / illustrated by Kieran Rynhart

This boy's-eye view of the everyday brings alive all the wonder and oddity of the world inside our own heads. It captures the magic that a child can find in common objects and day-to-day encounters: bananas, clouds, toys, breakfast, stars.

Hardback 32 pages





Potter's boy / Tony Mitton

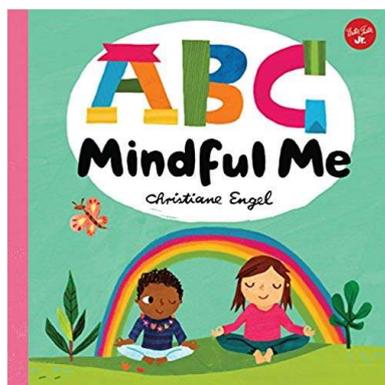
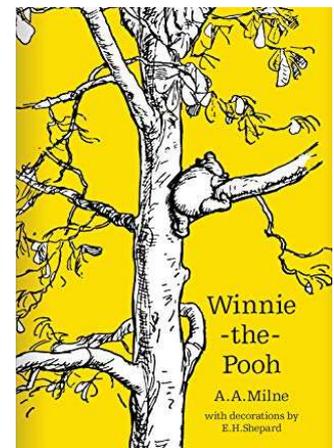
Ryo witnesses a lone warrior scare bandits away from the village in which he has grown up, and sets his heart on training to become like the hero he saw. He sets out on a journey to find his way in the world, and his encounters with the people he meets leads him to a true understanding of what it means to follow his dream. For young adults.

Paperback 264 pages

Winnie-the-Pooh / A.A. Milne / illustrator, E.H. Shepard

Winnie-the-Pooh may be a bear of very little brain, but thanks to his friends Piglet, Eeyore and, of course, Christopher Robin, he's never far from an adventure. In this story Pooh gets into a tight place, nearly catches a Woozle and heads off on an 'expotition' to the North Pole with the other animals.

Hardback 160 pages



ABC mindful me / Christiane Engel

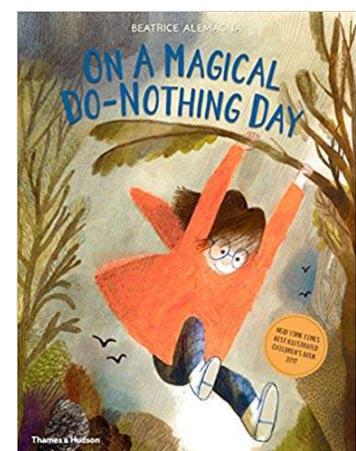
See each letter of the alphabet paired with a word that teaches young children important mindfulness topics, like compassion, breathing, empathy, gratitude, and kindness.

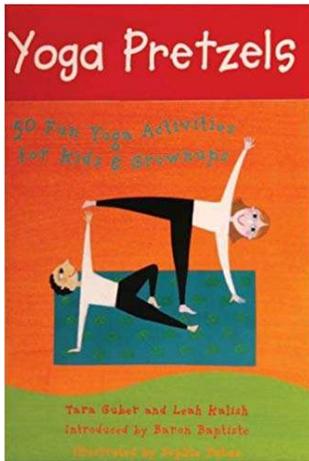
Board book 36 pages

On a magical do-nothing day / Beatrice Alemanga

All I want to do on a rainy day like today is play my game, but my mum says it's a waste of time. The game drives my mum mad. She takes it away. I take it back. I wish Dad had come with us on this rainy, grey weekend. Without my game, nothing is fun. On the other hand, maybe I'm wrong about that.

Paperback 48 pages





Yoga Pretzels : 50 fun yoga activities for kids and grownups / Tara Guber

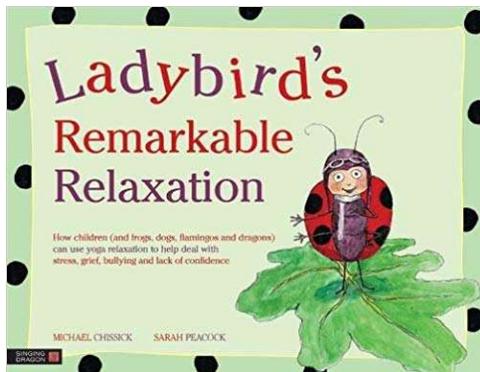
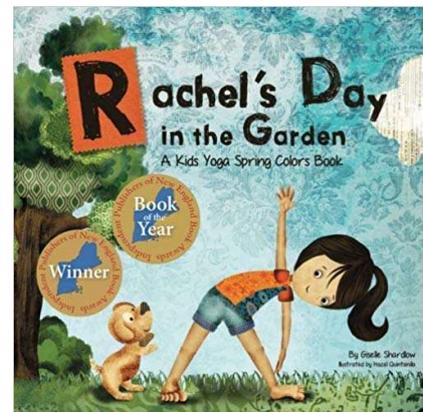
Practise bending, twisting, breathing, relaxing and more with Yoga Pretzels, a vibrant and colourful set of illustrated cards, that provide a healthy dose of fun and education, while teaching all the yoga basics to help your head and heart.

Cards

Rachel's day in the garden : a kids' yoga spring colors book / Giselle Shardlow

Join Rachel as she and her puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, and learn the colours of the rainbow.

Paperback 34 pages



Ladybird's remarkable relaxation : how children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence / Michael Chissick

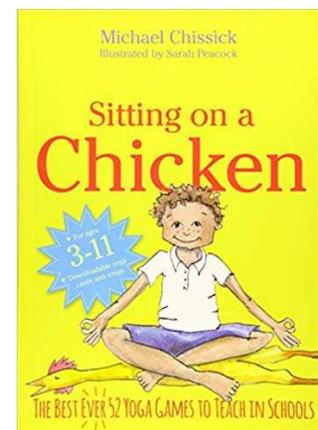
This title teaches an effective yoga relaxation technique that can be used anywhere and anytime to cope with anxiety, bullying or grief.

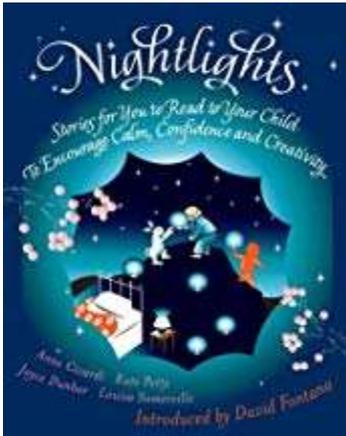
Hardback 48 pages

Sitting on a chicken : the best ever 52 yoga games to teach in schools / Michael Chissick

With 52 yoga games requiring no previous yoga experience, this book will enable children to become better listeners, gain self-control, improve behaviour, become assertive and improve self-esteem.

Paperback 112 pages





Nightlights : stories for you to read to your child to encourage calm confidence and creativity / introduced by David Fontana

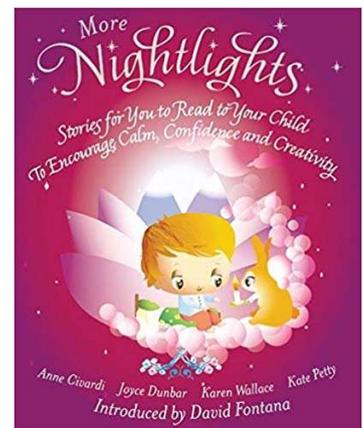
A collection of narrative-based meditations for parents of children aged 4-8, dealing with topics including bereavement, nightmares, and anxieties at school.

Paperback 144 pages

More nightlights : stories for you to read to your child to encourage calm confidence and creativity / introduced by David Fontana

A collection of narrative-based meditations for parents of children aged 4-8, dealing with topics including bereavement, nightmares, and anxieties at school.

Paperback 144 pages



Yoga for kids / written by Susannah Hoffman

Yoga is a great way to teach children about relaxation, meditation, and peace, while having fun at the same time. Children are guided through each pose, to make sure they achieve maximum fun and mindfulness in their yoga practice.

Hardback 72 pages

Paddington here and now / by Michael Bond / read by Stephen Fry

Since arriving from his native Peru, Paddington has always felt at home with the Brown family, until one day, a surprise visitor arrives at thirty-two Windsor Gardens. Is it time for Paddington to decide where 'home' really is?

Compact disc

