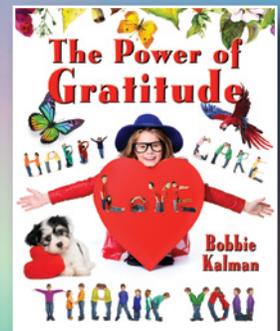
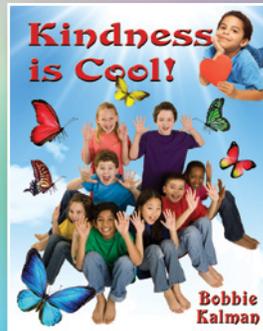
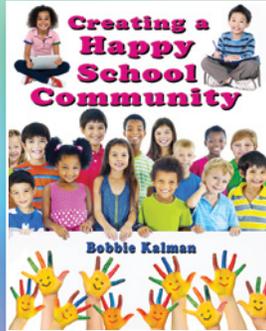
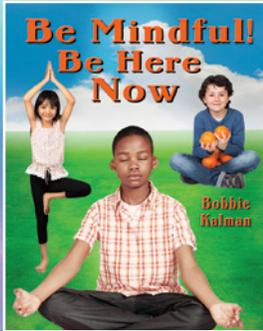


Be Your Best Self

Building Social-Emotional Skills

Be Your Best Self: Building Social-Emotional Skills is a motivating series that helps young readers understand and practice social-emotional skills. Each inspiring book features a character-building topic, such as kindness, mindfulness, gratitude, self- and social awareness, diversity and inclusion, and conflict resolution. Using relatable experiences and challenges faced by children in their everyday lives, each book shows how to recognize emotions, cope with stress, and build relationships. Practical ideas and activities help children focus on positive thinking and behavior to become the best and happiest "self" they can be. Free downloadable Teacher's Guide available.

Specifications:
Ages 7-10
 32 pages, 8½ x 10¾", full colour
\$9.95 PAP



Be Mindful! Be Here Now by Bobbie Kalman

Our thoughts have a habit of wandering when we should be focusing on what we are doing. Mindfulness is the practice of paying attention to what is happening around you right now in the present. This helpful book offers mindfulness techniques to help young readers train themselves to be aware of their thoughts with an attitude of kindness and curiosity, not stress. With an emphasis on being more positive and less negative, children will be better able to handle difficult emotions. Activities in this book include breathing with awareness to feelings within the body, meditating, self-compassion talk, positive thinking, acts of kindness, keeping journals, art activities, observing nature, and ways to show gratitude.

ISBN 978-0-7787-6710-7 PAP

Creating a Happy School Community by Bobbie Kalman

This instructive book looks at schools as safe places where children of all backgrounds and abilities can build strong social and emotional skills and improve attitudes about themselves and others. Showing kindness, accepting differences, learning to resolve conflicts, and expressing gratitude makes school a happy place for both students and teachers.

ISBN 978-0-7787-6711-4 PAP

Kindness is Cool! by Bobbie Kalman

This fascinating book introduces children to the "butterfly effect," a theory that states that a small change in the present, such as the simple flapping of a butterfly's wings, can cause big changes to happen in the future. Children will learn how even their small acts of gentleness, kindness, and compassion to family, friends, classmates, and community can have huge positive impacts where they live, around the world, and most importantly on themselves.

ISBN 978-0-7787-6718-3 PAP

The Power of Gratitude by Bobbie Kalman

Gratitude is an attitude that helps change negative feelings to positive ones. It helps us appreciate everything in life, even the simple things. Through many fun activities, such as practicing mindfulness, starting a gratitude journal, volunteering in a school or community, young readers will experience the power of gratitude. They will also learn to express their gratitude to friends, parents, teachers, and community workers verbally and in writing.

ISBN 978-0-7787-6719-0 PAP

From Kindness is Cool!

Be a kindness butterfly



If you are happy, you will want to make others happy, too. Be a kindness butterfly and flap your wings to spread kindness and happiness to others. Each one of us can make a difference to those around us. When we believe in ourselves, we feel good about others, too. If you know what makes you feel happy or sad, you can do something about it. Becoming aware of other people's feelings is also very important. You can help others be happy or take away their pain if you know how they feel.

Who are you, really?

The authentic, or real, you is the one that allows you to love and accept yourself just the way you are. It is the self that loves others for who they are, too. You are your authentic self when you are happy with yourself and the world around you.



There is no one just like me. I'm the best that I can be. I'm so happy, oh so happy, happy to be me!

Kindness words

You can show kindness by smiling, giving compliments, sharing, being thankful, and helping others. With a group of friends, discuss what the words below mean and how they can help you be happy and kind to yourself and others.



grateful gentle friendly respectful
 caring reasonable truthful accepting
 natural open compassionate positive
 wise generous inclusive helpful
 supportive loving forgiving