



JOHN HUNT PUBLISHING

CATALOGUE

Relax Kids Series Mar 2014 - Feb 2022



Supporting your family's mental health

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*Format is H8.5xW5.5 inches/H216xW140mm unless otherwise stated.

*Publication is always on the last Friday of the month except December when it may vary.



Relax Kids: Aladdin's Magic Carpet

Marneta Viegas

Using well-known and loved fairy stories, this is a gentle and fun way of introducing children to the world of meditation and relaxation. It is designed to counteract some of the tensions with which we are all familiar at the end of a busy day, and offer parents and children, from 3 upwards, some quality time to relax and share together.

"Relax Kids is so yummy - I love the meditations myself and certainly intend to try them on every kid in my life. They work for me so why not for them!" **Lynne Franks, PR guru, author of The Seed Handbook**

Our Street Books; 2014-11-28; Mindfulness & Meditation/Adaptations/Body, Mind & Spirit; Pb-9781782798699, \$14.95/£9.99, 120pp, inches / 216x140mm.



Relax Kids: The Wishing Star

Marneta Viegas

Using guided meditations based around traditional stories this is a gentle and fun way of introducing older children to the world of meditation and relaxation.

"Relax Kids is a source of brilliantly imaginative meditations so sensitively and creatively written and beautifully illustrated. This inspiring book is a wonderful resource for teachers and parents, who will be able to use it to help children nurture their spiritual worlds of thought and feelings." **Neil Hawkes, Senior Education Advisor Oxfordshire County Council**

Our Street Books; 2014-11-28; Mindfulness & Meditation/Adaptations/Body, Mind & Spirit; Pb-9781782798705, \$14.95/£9.99, 128pp, 8.5x5.5inches / 216x140mm.



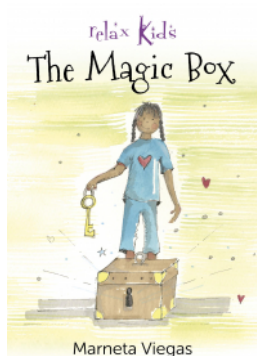
Relax Kids: How to be Happy

Marneta Viegas

How to be Happy is a scrap-book bursting with positive ideas, simple and economical activities and fun games. Each page includes colourful pictures and diagrams to explain the activity in simple child-like language. There are some in-book activities but this is mainly a book of ideas.

"Beautifully presented, Relax Kids: How to be Happy, is a gorgeous book full of brilliant ideas encouraging children to spend quality time with their families, while helping them manage their worries, anxiety and emotions as they grow up to be confident and happy." **Kids Book Review**

Our Street Books; 2014-12-12; Health & Daily Living (General)/Activity Books/Body, Mind & Spirit; Pb-9781782791621, \$14.95/£9.99, 125pp, 5.5x8.5inches / 216x140mm.



Relax Kids: The Magic Box

Marneta Viegas

This book is designed to engage children while introducing them to relaxation and simple stress-management techniques. Relaxation strategies such as progressive muscle relaxation and visual imagery have been shown to be extremely effective treatment components for reducing stress and anxiety in children.

"Marneta Viegas makes an important contribution to the happiness and wellbeing of our next generation. Positivity is contagious and Relax Kids is infecting us all!" **Dr David R Hamilton, Scientist, speaker and best-selling author of Why Kindness is Good for You and How Your Mind Can Heal Your Body**

Our Street Books; 2014-03-28; Health & Daily Living (General)/Activity Books/Body, Mind & Spirit; Pb-9781782791874, \$14.95/£9.99, 124pp, 8.5x5.5inches / 216x140mm.



Relax Kids: Be Brilliant!

Marneta Viegas

This colourful book is bursting with fun and creativity and will keep children busy whilst introducing them to positive values and qualities. An ideal rainy day activity book for families who want to instil positive values in their children.

"Attention Educators & Parents! This is a great book to aid in entertaining & motivating children. There is plenty here to entertain, encourage and inspire a child." **LA Wonder**

Our Street Books; 2014-12-12; Health & Daily Living (General)/Activity Books/Body, Mind & Spirit; Pb-9781782792376, \$14.95/£9.99, 62pp, inches / 297x210mm.



Relax Kids: Pants of Peace

Marneta Viegas

An innovative book that helps children get in touch with a wide range of inner qualities and values through creative meditation and affirmations exercises. Each meditation takes a positive quality or value and shows children in a creative and imaginative way how to develop that quality to improve their own life. This book encourages children to enjoy moments of calm and also helps develop their imaginations in a world of electronic gadgets.

Pants of Peace is perfect for parents and teachers to read with children. The exercises are a toolkit to help develop children's mental health and well-being.

Our Street Books; 2014-08-29; Health & Daily Living (General)/Body, Mind & Spirit/Activity Books; Pb-9781782791997, \$14.95/£9.99, 136pp, 8.5x5.5inches / 216x140mm.



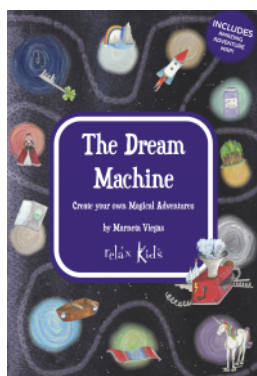
Relax Kids: Little Book of Stars

Marneta Viegas

The Little Book of Stars is the perfect way to introduce toddlers to relaxation and meditation. Each page explores a positive quality or value in an easy to understand and child friendly way. Examples include Happy Star, Calm Star, Brilliant Star and Generous Star.

"I love this book. Marneta's passion and enthusiasm for the wellbeing of children shines through in every page. Young children will love the simple and repetitive nature of the words and parents can use the text to help foster conversation about sensitive emotional issues that may otherwise be hard for the child to talk about." **Sarah Ockwell Smith, Parenting Author**

Our Street Books; 2014-11-28; Body, Mind & Spirit/Mindfulness & Meditation; Pb-9781782794608, \$14.95/£9.99, 126pp, 8.5x5.5inches / 216x140mm.



Relax Kids: The Dream Machine

Marneta Viegas

This book helps children open the door to the magic of their imagination and gives them the keys to new and exciting possibilities. By developing their imagination, children can increase their ingenuity, creativity and ability to problem solve. With 100,000 combinations of story visualisations, children will have a different adventure each time they step through the portal of their imagination.

"In an ever-increasing digital world, books like this are so important and wonderful for the imagination.... Sweeter than the sweetest sweet in a sweet shop." **Dom Wood, CBeebies**

Our Street Books; 2022-01-28; Mindfulness & Meditation/Dreams/Body, Mind & Spirit; Pb-9781789049985, \$21.95/£14.99, 208pp, inches / 210 x 148mm, Ebk-9781789049992, \$6.99/£3.99.



Relax Kids: Press Here

Marneta Viegas

This book is a fun instruction book - helping children take control of their physical and emotional wellbeing and see the connection between the two.

There are 40 buttons in the body, one to help children relax, another to help them feel joyful, another to help them concentrate, and so on...

Our Street Books; 2022-01-28; Health & Daily Living (General)/Body, Mind & Spirit; Pb-9781789049961, \$21.95/£14.99, 168pp, 8.85x5.25inches / 210x148mm, Ebk-9781789049978, \$6.99/£3.99.



Relax Kids: A Monster Handbook

Marneta Viegas

A Monster Handbook helps children manage their monsters of anxiety and worry, deal with the dragons of anger and stress, and make friends with their gremlins of grief and sadness.

This book is a fun-packed toolkit that aims to help children self-regulate and feel more happy and in control. It includes relaxation exercises, top tips, affirmations and activities to help children feel better about themselves.

Our Street Books; 2022-01-28; Body, Mind & Spirit/Activity Books/Health & Daily Living (General); Pb-9781846948244, \$21.95/£14.99, 208pp, 8.25x5.75inches / 210x148mm, Ebk-9781780992341, \$6.99/£3.99.



Relax Kids: Colour ME

Marneta Viegas

With more than 100 magical pages to help children step into the world of their imagination and feelings as they colour mindfully, *Colour ME* includes prompts to encourage creative thinking and discussion. Suitable for use at home, alone or with the family, and can be used in the classroom or after-school activities.

Our Street Books; 2022-01-28; Activity Books/Body, Mind & Spirit/Health & Daily Living (General); Pb-9781789049855, \$14.95/£9.99, 112pp, 11.75x8.25inches / 297x210mm.

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	9781782798699	Relax Kids: Aladdin's Magic Carpet	Marneta Viegas	\$14.95	£9.99
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	9781782791997	Relax Kids: Pants of Peace	Marneta Viegas	\$14.95	£9.99
	9781782794608	Relax Kids: Little Book of Stars	Marneta Viegas	\$14.95	£9.99
	9781789049985	Relax Kids: The Dream Machine	Marneta Viegas	\$21.95	£14.99
	9781789049961	Relax Kids: Press Here	Marneta Viegas	\$21.95	£14.99
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	9781789049855	Relax Kids: Colour ME	Marneta Viegas	\$14.95	£9.99



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