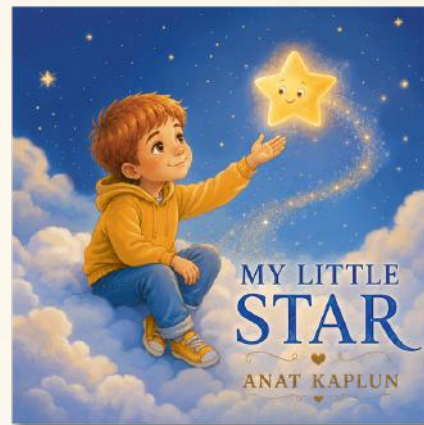
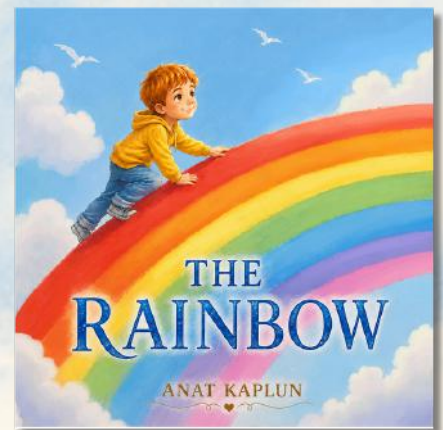
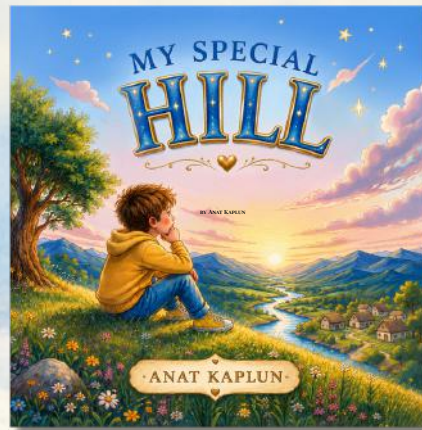
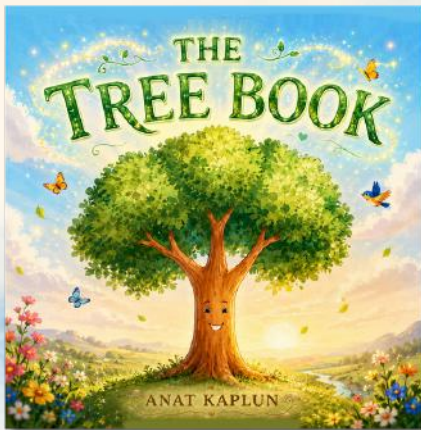


MINDFUL MAGIC FOR LITTLE MINDS

A Series of Enchanting
Picture Books for Ages 3–6

BY ANAT KAPLUN



FIVE BEAUTIFUL STORIES THAT TEACH CHILDREN MINDFULNESS,
EMOTIONAL AWARENESS, COMPASSION, RESILIENCE, AND INNER
STRENGTH THROUGH THE GENTLE POWER OF IMAGINATION.



When children's thoughts race and their hearts feel noisy, they need tools to find calm. The Mindful Magic for Little Minds series offers exactly that: enchanting picture books filled with calming illustrations and guided imagery exercises that help young readers develop emotional intelligence, resilience, and the confidence to navigate life's challenges. Each story is research-based, warmly written, and designed to inspire wonder while building essential skills for emotional well-being.

WHY THIS SERIES MATTERS

In today's fast-paced world, children face unprecedented levels of overstimulation, anxiety, and emotional overwhelm. Yet most children lack the language and tools to understand their feelings. This series fills that gap by offering gentle, imaginative pathways to emotional awareness and self-regulation. Through storytelling and guided imagery, children discover that difficult feelings are temporary, that they possess inner strength, and that calm is always within reach.



RESEARCH-BASED APPROACH

Each book features a guided meditation exercise developed through research in mindfulness. The stories are crafted to meet children where they are, with fears, big feelings, and a need for reassurance, while building confidence, resilience, and emotional intelligence.

WHAT'S INSIDE THIS SERIES

- 🦋 5 beautiful picture books with calming watercolor illustrations
- 🦋 Stories for ages 3–6
- 🦋 Research-based guided imagery exercises
- 🦋 Practical tools for parents, educators, and counselors
- 🦋 A growing library for emotional growth and resilience





THE FIVE BOOKS



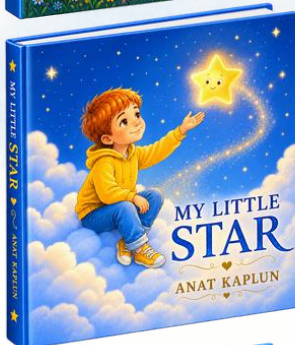
BOOK 1: MAGIC DUST- MINDFULNESS & OVERTHINKING

When Danny's thoughts race and his heart feels noisy, his mother introduces him to Magic Dust, a tool for mindfulness. Through imaginative breathing and guided imagery, Danny learns to slow down his thoughts, relax his body, and find inner calm.



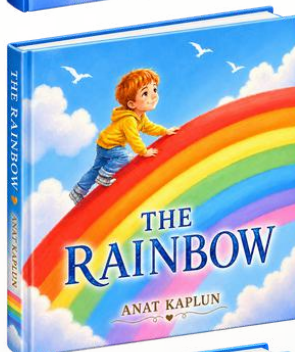
BOOK 2: MY SPECIAL HILL – EMOTIONAL EXPRESSION

A young boy discovers a magical hill where he can express his feelings freely. By learning to release difficult emotions and watch them drift away like clouds, he discovers how emotional expression leads to peace and healing



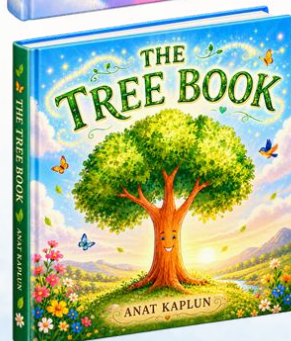
BOOK 3: MY STAR – COMPASSION & KINDNESS

A child discovers a special star that radiates healing light across the sky, spreading warmth to trees, animals, and loved ones. Through this magical journey, children learn that kindness and compassion ripple outward.



BOOK 4: THE RAINBOW – SELF-DISCOVERY & STRENGTHS

child embarks on a magical journey through the colors of the rainbow, discovering unique gifts within each color: courage, happiness, joy, calm, and balance, that reflect their own inner strengths.



BOOK 5: THE TREE – RESILIENCE & INNER STRENGTH

A tiny seed becomes a mighty tree, learning that roots grow deep, storms make us stronger, and challenges are part of growth. Children discover that they too can weather any storm and flourish.



ABOUT THE AUTHOR



Dr. Anat Kaplun is an author, educator, and mindfulness practitioner dedicated to supporting children's emotional well-being and resilience. Her work integrates research-based guided imagery, storytelling, and imagination as tools for emotional growth and inner strength. Through the Mindful Magic for Little Minds series, Dr. Kaplun offers parents, educators, counselors, and therapists a valuable resource for nurturing calm, confidence, and emotional intelligence in children.

Her stories have been carefully crafted based on years of research in guided imagery, mindfulness practices, and the transformative power of imagination.

PERFECT FOR

- ♥ Parents seeking tools for emotional conversations
- ♥ Educators in classrooms and learning environments
- ♥ Counselors and therapists working with children
- ♥ Mindfulness practitioners
- ♥ Anyone committed to nurturing emotionally intelligent, resilient, and confident children

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