

# THE MINDFUL EXPLORER

pebio

## Feelings Journal

A mindful journey for children aged 6-10

Warm, accessible and beautifully designed, this journal helps children recognise feelings, build resilience and create healthy emotional habits.



### Perfect For:

- Daily mindful moments at home
- Calming evening bedtime reflection
- Helping children talk about their day
- Building confidence and emotional awareness
- Bookshop gift sections and wellbeing shelves

A5 paperback, premium 170gsm paper, soft colour palette, child-friendly accessible typography.

### Why Stock It?

The Mindful Explorer – Feelings Journal offers bookshops a thoughtful, modern title that stands out in the children's wellbeing category.

Instead of overwhelming young readers, it guides them gently with clear, engaging pages that encourage reflection and creativity.

Booksellers appreciate how easy it is for families to pick up and use straight away, making it a popular choice for parents seeking meaningful, screen-free activities. Its strong production quality and contemporary look give it a premium feel that appeals across a wide age range.

With interest in emotional wellbeing growing year on year, this journal provides a timely, relevant addition to any children's or lifestyle section.

Available to order through UK book trade on standard terms.

ISBN: 9781036925796

Format: Paperback, full colour

Audience: Children / Juvenile

RRP: £17.95

Extent: 136 pages

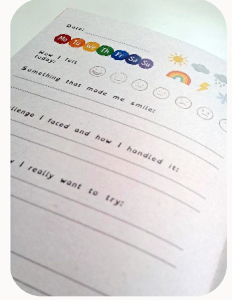
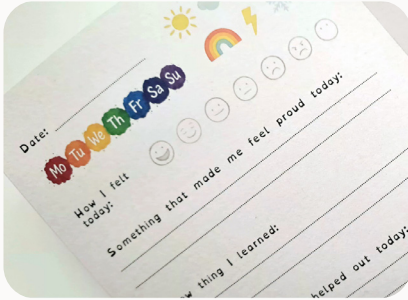
Publisher: Pebio

[themindfulexplorer.co.uk](http://themindfulexplorer.co.uk) - [contact@themindfulexplorer.co.uk](mailto:contact@themindfulexplorer.co.uk)

# THE MINDFUL EXPLORER

pebio

What's inside?



Feelings Check-ins - Mindful Doodling - Breathing Exercises  
Gratitude Pages - Reflection Prompts

## Why Bookshops Love It

- Attractive price point for gifting
- Strong demand for children's wellbeing titles
- A5 size fits neatly in table and shelf displays
- Ideal for gifts, wellbeing corners and seasonal promotions
- Parent and teacher recommended

*"My daughter finally has a way to talk about her feelings. We do a page together every evening and it's become our favourite calm moment."*

*"Beautifully designed, gentle and so easy for kids to use.  
It's helped my son open up in ways I didn't expect."*

*"This journal has made such a difference at home. My child actually asks for 'mindful time' now - it's become part of our routine."*

Ordering Available through UK book trade suppliers.

For enquiries, events or POS support:  
[contact@themindfulexplorer.co.uk](mailto:contact@themindfulexplorer.co.uk)

Retailer Support available on request

Free social media graphics

In-store POS assets available

Additional merchandise