



MINDFUL WANDERS

EXPLORE THE WORLD

# MINDFULNESS BOOKS FOR KIDS



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MINDFUL WONDERS

A GUIDED MEDITATION BOOK FOR KIDS



# ABOUT THE AUTHOR



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Michelle Zivkov is a former 2<sup>nd</sup> grade teacher with a passion for mindful adventures and travel. With a master's degree in early childhood education specializing in literacy and years of experience as a classroom teacher, she has always loved children's books. Now based between California and Bali, but often found in Europe or exploring other parts of the world, she has visited 48 countries and counting. Coming from a European family, travel has been an important part of her life for as long as she can remember. Having spent extensive periods living abroad and becoming a certified yoga instructor trained in Bali and India, she is inspired to share her love of mindfulness, travel, and adventure with children everywhere.

# ABOUT THE BOOKS



Publication: April 22nd, 2025  
ISBN: 979-8990724402

## MINDFUL WONDERS: LET YOUR MAGIC MIND WANDER AND TRAVEL THE WORLD

This new release was written to help children dream about and imagine traveling to different places through mindful wandering. A key element is that your mind can take you here, your mind can take you there, your mind can take you anywhere and everywhere. Letting the mind wonder as we wander through different cultures and dreamy highlights of exciting destinations around the world. This book is meant to be a bit of an escape from the ordinary, while in the end a reminder that the beauty and fun is always found within you no matter where you are.



Publication: April 22nd, 2020  
ISBN: 978-0578673783

## MINDFUL WONDERS: A BOOK ABOUT MINDFULNESS USING THE WONDERS OF NATURE

A Kirkus Starred Review and selected as one of Kirkus Reviews' Top Indie Books of 2021, 'Mindful Wonders' was written to inspire mindfulness and meditation in young children. This book helps to calm the mind and connect kids to their breath and the beauty found in nature. Using imaginative language and illustrations, this book encourages children to connect all the wonders of the world around them to their own inner peace and love. Whether it be used as a behavior management tool for parents or teachers, or simply your child's favorite new story or bedtime read, this book is sure to bring a lot of joy to a child's heart.

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