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Will Max be okay? Of course he will be, when he learns this mindful mantra! He will be okay if he feels grumpy, or scared or overwhelmed. Chances are, whatever situation is making him feel upset, he will be okay. Help your child or students learn an important concept, that they will be OKAY even when they experience negative emotions due to everyday problems. Emotions are tricky and hard to handle when you're small, and kids need our help! This Mindful Mantra equips children with a necessary skill in order to cope with worries that arise because of everyday issues, the knowledge that they WILL BE OKAY! Since teachers and parents have the most difficult and important jobs, this book comes with free resources for both! Simply go to www.bit.ly/LaurieWright3 to get them.

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