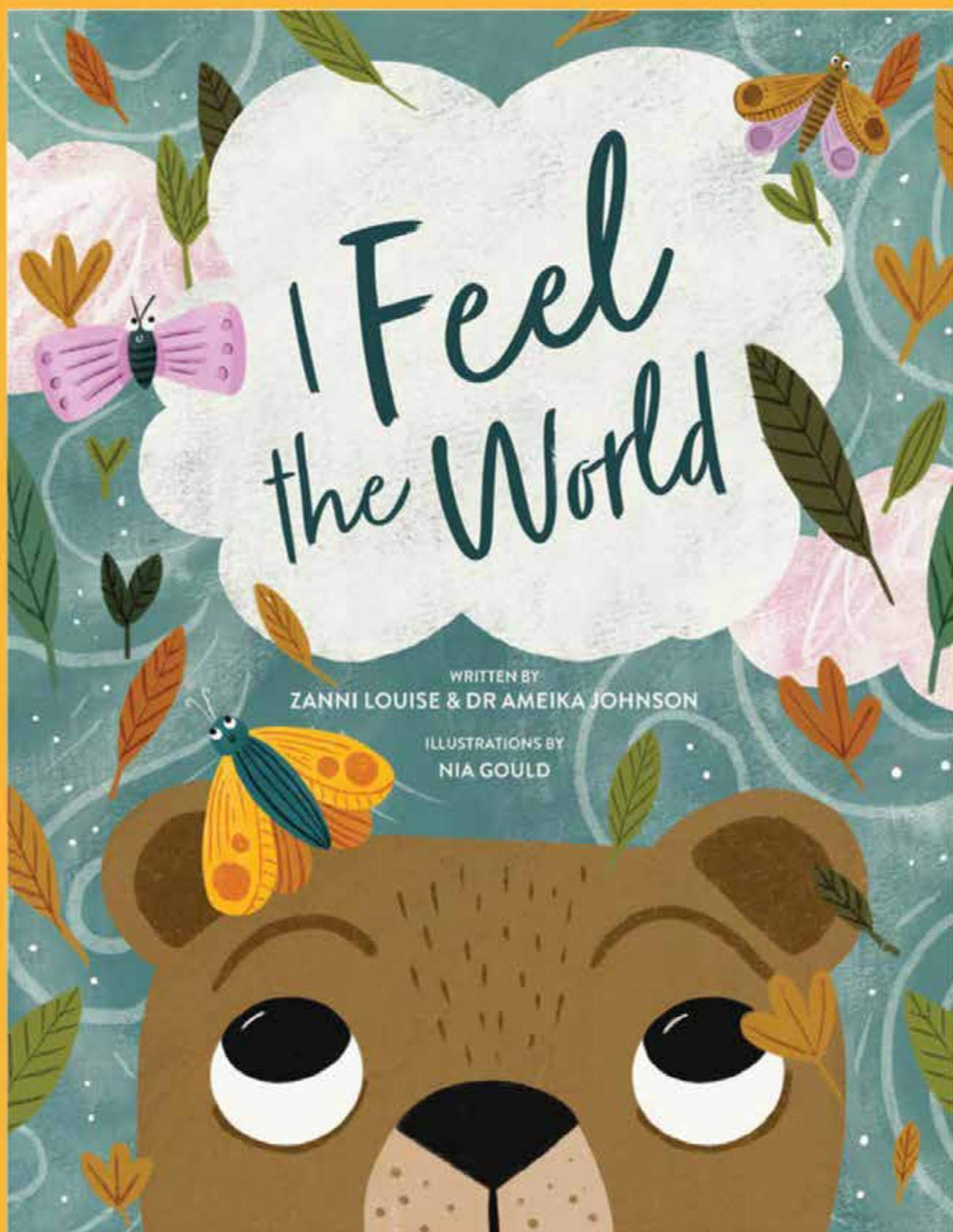


FIVEMILE

April 2022 Catalogue



Introducing ...





I Feel the World

Written by Zanni Louise & Dr Ameika Johnson

Illustrated by Nia Gould

Hardback picture book

- This important resource helps children build resilience and develop a healthy relationship with their feelings.
- Based on therapeutic principles, the beautiful gentle rhyme is simple and fun to read, while being infused with important messages about how we can build a healthy relationship with the world of feelings inside each of us.
- The supporting notes at the back of the book created by co-author and clinical psychologist Dr Ameika Johnson are designed to provide practical strategies and help parents, carers and teachers extend the discussion about big feelings at home or in the classroom.
- The joyful artwork and characters are high appeal to children and grown-ups alike, creating a playful, relaxing context for an exploration of the world of feelings.
- Co-authored by bestselling children's author Zanni Louise & clinical psychologist Dr Ameika Johnson.

Encourages a healthy relationship with all our feelings, even the big ones.

ABOUT THE CREATORS

- Author of over 25 books for kids, **Zanni Louise** grew up in country NSW, Australia. As a kid, she spent many hours sitting in trees, feeling the world around her. Feelings – big and small, bold and bright – continue to play a big role in Zanni's life and stories.
- **Dr Ameika Johnson** is a clinical psychologist with a special interest in children's emotional health. She has worked therapeutically with clients, published research in peer-reviewed journals and contributed to research at the University of Sydney, University of New South Wales and Mindful Centre for Training and Research in Developmental Health. Ameika contributes her expertise to the popular Human Kind series.
- **Nia Gould** is a designer and illustrator from Devon, UK. Nia draws inspiration from the natural world and her love of animals. She can often be found in her garden sitting among the plants and trees with her three cats soaking up the sun – her favourite place to feel the world around her.

SPECIFICATIONS

Pub Date: April 2022

RRP: A\$24.99

ISBN: 9781922677297

Age: 3+ years

Category: Children's

Subject: Illustrated Non-Fiction

Binding: Hardback Picture Book

Format: 273 x 210 mm

Extent: 32 pp



FIVE MILE

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BACK COVER BLURB

Feelings can be crawly things.

Some have spikes and some have wings.

Some will creep from nowhere, fast!

Some cling tight and some float past.



Inside each of us is a whole world of feelings. It is reassuring to know that no matter what we feel in this moment, all feelings are okay.

I Feel the World encourages children to explore their feelings with curiosity and acceptance. This book helps to make sense of emotions and open up important conversations with parents, carers and teachers.

Bestselling children's author Zanni Louise, and clinical psychologist Dr Ameika Johnson, have created a beautiful resource to help children build resilience and develop a healthy relationship with their feelings.

RESEARCH BASED APPROACH

This book is informed by mindfulness and acceptance-based approaches to dealing with emotions. It also supports an "emotion coaching" parenting style – where caregivers notice, acknowledge, validate and show acceptance of their child's emotional experience, before jumping into problem-solving or limit-setting. Combined, these approaches allow space for children to observe, explore and learn about their feelings, so they can understand and manage them in healthy ways.



Explore feelings with curiosity and acceptance



When educating children about emotions, there is a tendency to label feelings as either 'good' or 'bad', and to focus on reducing 'negative' emotions.

I Feel the World extends on this by acknowledging that feelings are a natural part of life, and that all feelings have a role to play. While we often can't control how we feel, we can choose how we respond to our feelings.

This book encourages children and caregivers to observe feelings with an open mind. It reassures children that feelings are not harmful, they are always changing and can even be useful. It also helps children to describe their emotions and develop helpful coping strategies.

This non-judgmental approach is a great way to open up conversations with caregivers and promote curiosity, acceptance and resilience.





Modern Mystic: Number Karma: Guidebook and Numerology Notebook Boxed Set

- Learning Numerology has never been easier with this Modern Mystic Numerology box set; complete with an instructional guidebook filled with insights and step-by-step instructions plus a Numerology Notebook to record your calculations.
- This all-in-one boxset is ideal for beginners or the perfect addition in any mystic's collection.
- The fresh, minimalist design is everything the modern mystic could want!

Unlock the power of Numerology with the Modern Mystic!

Learn about how to unlock the numerological values and power of your name, birth date and of your loved one's in this fantastic guidebook and Numerology notebook set! Featuring easy step-by-step instructions, this book is perfect for beginners or a fantastic addition to any mystic's collection.

Unlock the power of numerology with the Modern Mystic!

ABOUT THE SERIES

- You have the power! This empowering range of books allows readers to dive into the world of modern mysticism and enhance their life by learning and using ancient practices such as Numerology, Tarot readings, manifesting, spiritual guidance and more.
- The Illustrator, Harper is a Melbourne-based tattoo artist with a minimalist, modern and clean art style. Harper tattooed for three years in London before emigrating to Australia, where she now works at one of the best tattoo studios in Melbourne. Harper's work is romantic and feminine, exploring the concepts of love, emotions and inner growth.
- The Author, Annee Hall, entered into the fields of energy medicine and structural re-alignment in the mid to late 1990s. Since that time, she has worked to help people clear pain and re-establish greater equilibrium in their lives. Completing studies from Monash at QUT, an ethics and human rights major influenced her post-graduate work. Within her consultation and teaching roles, she calls upon this grounding, as well as astrology, numerology and Raja yoga.

SPECIFICATIONS

Pub Date: April 2022
RRP: A\$24.99
ISBN: 9781922677396
Category: Adult
Subject: Mind / Body / Spirit
Binding: Boxed Set
Format: Guidebook: 210 x 105mm / Notebook: 120 x 175mm
Extent: Book: 96pp guidebook + 32pp Numerology notebook in a boxed set



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Modern Mystic: Finding Your Mystic Self: Book and Spiritual Guide Set

Boxed Set

- Understand how to truly find your mystic self with the Modern Mystic Finding Your Mystic Self box set; complete with a instructional guidebook filled with insights and step-by-step instructions plus 48 uniquely illustrated spiritual guide cards.
- This all-in-one boxset is ideal for beginners or the perfect addition in any mystic's collection.
- The fresh, minimalist design is everything the modern mystic could want to refresh their collection, or update their spirit guide deck.

Learn about how to find and tune your mystic self in this wonderful book and guide set! Includes a set of thought-provoking spirit guide cards that will help guide you on your journey. This book is perfect for beginners or a fantastic addition to any mystic's collection.

Step onto your mystical path with the Modern Mystic!

ABOUT THE SERIES

- You have the power! This empowering range of books allows readers to dive into the world of modern mysticism and enhance their life by learning and using ancient practices such as Numerology, Tarot readings, manifesting, spiritual guidance and more.
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SPECIFICATIONS

Pub Date: April 2022
RRP: A\$24.99
ISBN: 9781922677402
Category: Adult
Subject: Mind / Body / Spirit
Binding: Boxed Set
Format: Guidebook: 210 x 105mm / cards: 102mm x 69mm
Extent: 96pp guidebook + 48pp spirit guide cards in a boxed set

ISBN 978-1-92267-740-2



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FIVE MILE

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Explore the Mountains with Brave Bunnies Sticker Activity Book!

ABOUT THE BRAND

- BRAVE BUNNIES is a charming new animated preschool series that mixes social skill-making and educational elements, with physical humor, catchy tunes, and a bright, kid-friendly visual style.
- Brave Bunnies tells the story of two curious and adventurous bunny siblings, who proactively create joy and excitement in their life, alongside their family and friends
- Target audience 2-5 y.o. boys & girls.
- The series also helps preschoolers in developing their first social skills and finding new friends. The animated series has a unique visual style and captivating musical arrangements.

SPECIFICATIONS

Pub Date: April 2022

RRP: A\$7.99

ISBN: 9781922677471

Age: 3+ years

Category: Children's

Subject: Interactive & Activity

Binding: Paperback

Format: 210 x 275mm

Extent: 16pp + 2pp of stickers



FIVE MILE

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Brave Bunnies: Sticker Activity Book In The Mountains

Paperback

- Featuring activities like Mazes, Dot-to-Dot, spot the difference, stick-a-picture, shadow match and more!
- Featuring all the Brave Bunnies characters, including all the Brave Bunnies friends - including special friends they've made in the Mountains!
- The perfect boredom buster for little ones during stay-cations, or rainy days, providing hours of fun and plenty of activities

Join Bop and Boo in the Mountains, with lots of stickers and activities!
Contains 16 pages of Mountain-themed stickers & activities





Use your stickers to finish the story scenes!

ABOUT THE BRAND

- BRAVE BUNNIES is a charming new animated preschool series that mixes social skill-making and educational elements, with physical humor, catchy tunes, and a bright, kid-friendly visual style.
- Brave Bunnies tells the story of two curious and adventurous bunny siblings, who proactively create joy and excitement in their life, alongside their family and friends
- Target audience 2-5 y.o, boys & girls.
- The series also helps preschoolers in developing their first social skills and finding new friends. The animated series has a unique visual style and captivating musical arrangements.

SPECIFICATIONS

Pub Date: April 2022
 RRP: A\$7.99
 ISBN: 9781922677464
 Age: 3+ years
 Category: Children's
 Subject: Interactive & Activity
 Binding: Paperback
 Format: 210 x 275mm
 Extent: 24pp + 2pp stickers



FIVE MILE

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Brave Bunnies: Sticker Storytime Sticker Book

Paperback

- Follow along as children help Bop and Boo meet their friends, and fill in the pages with their bunny stickers!
- This interactive storybook combines the best of both worlds — a story for children to follow along with and plenty of interactive areas for kids to add in stickers!
- Featuring all the Brave Bunnies characters, including all the Brave Bunnies friends!
- This book is the perfect boredom buster for little ones during stay-cations, or rainy days, providing hours of fun and plenty of activities during long car rides and plane trips.

Join the Bunny family as they visit their friends, with scenes to colour and finish with stickers!



The Wiggles



Meet the new yellow Wiggle, Tsehay!

ABOUT THE BRAND

- The Wiggles have been entertaining millions of families across the globe for 30 years.
- Tsehay will be touring with The Wiggles beginning Feb, 2022.
- Tsehay is featured in the latest Wiggly YouTube series, Fruit Salad TV, which has been confirmed for broadcast on ABC in early 2022.
- Brand new Wiggly series and DVD specials that feature Tsehay are scheduled from Early 2022, with new content updated frequently.

SPECIFICATIONS

Pub Date: April 2022
RRP: A\$14.99
ISBN: 9781922677440
Age: 3+ years
Category: Children's
Subject: Storybook
Binding: Board Book
Format: 153 x 254mm
Extent: 12pp



FIVE MILE

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The Wiggles: Meet Tsehay! Shaped Board Book Paperback

- Meet the newest Wiggly, Tsehay in this fabulous shaped board book!
- Tsehay will join Lachy, Anthony and Simon as the yellow Wiggle.
- Featuring information all about Tsehay like her skivvy colour, her favourite dances and more!
- Also features the other new Wiggles, John, Kelly and Evie.

Meet the new Wiggle, Tsehay, in this fun shaped board book!





Join The Wiggles as they go on lots of new experiences!

ABOUT THE BRAND

- The Wiggles have been entertaining millions of families across the globe for 30 years.
- Tsehay, Evie, John and Kelly will be touring with The Wiggles beginning Feb, 2022.
- The new Wiggles are featured in the latest Wiggly YouTube series, Fruit Salad TV, which has been confirmed for broadcast on ABC in early 2022.
- Brand new Wiggly series and DVD specials that feature the new Wiggles are scheduled from Early 2022, with new content updated frequently.

SPECIFICATIONS

Pub Date: April 2022

RRP: A\$6.99

ISBN: 9781922677303

Age: 3+ years

Category: Children's

Subject: Interactive & Activity

Binding: Paperback

Format: 275 x 210mm

Extent: 48pp



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The Wiggles Meet The Wiggles! Jumbo Colouring Book

Paperback

- Meet the new Wiggles, John, Kelly, Evie and Tsehay in this bumper colouring book!
- Includes colouring for Lachy, Simon and Anthony, along with the Wiggly friends.
- Features 48-pages of Wiggly colouring!
- This book is the perfect boredom buster for little ones during stay-cations, or rainy days, providing hours of fun and plenty of colouring during long car rides and plane trips.

Meet Tsehay, John, Evie and Kelly in this BIG Wiggly colouring book!



The Wiggles



Featuring 16 pages of healthy stickers and activities!

ABOUT THE BRAND

- The Wiggles have been entertaining millions of families across the globe for 30 years.
- The Wiggles have been entertaining millions of families across the globe for 30 years.
- Tsehay will be touring with The Wiggles beginning Feb, 2022.
- Tsehay is featured in the latest Wiggly YouTube series, Fruit Salad TV, which has been confirmed for broadcast on ABC in early 2022.
- Brand new Wiggly series and DVD specials that feature Tsehay are scheduled from Early 2022, with new content updated frequently.

SPECIFICATIONS

Pub Date: April 2022
 RRP: A\$7.99
 ISBN: 9781922677280
 Age: 3+ years
 Category: Children's
 Subject: Interactive & Activity
 Binding: Paperback
 Format: 275 x 210mm
 Extent: 16pp + 2pp stickers



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The Wiggles: Healthy Habits Sticker Book

Paperback

- Featuring activities that promote positive, healthy habits.
- Featuring Tsehay, the new yellow Wiggle!
- Includes two sheets of Wiggly stickers.
- This book is a great way to introduce little ones to healthy habits.
- This book is the perfect boredom buster for little ones during stay-cations, or rainy days, providing hours of fun and plenty of sticker activities during long car rides and plane trips.

Join The Wiggles in 16 pages of healthy stickers and activities!



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