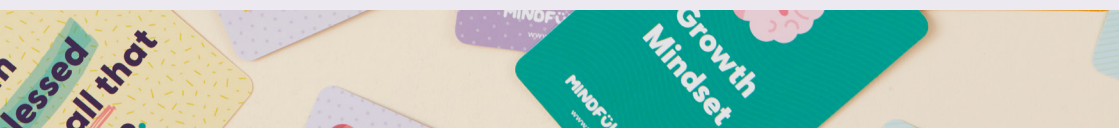




MINDFUL CHAMPS

Product Catalogue.

WWW.MINDFULCHAMPS.COM





Hi there! I'm Henry, the Mindful Champ chimp! Feel free to flick through these pages and check out what we do!

Contents.

About Us	4
Our Mission	9
Our Products	13
Contact Us	31



About Mindful Champs

About Us.

Mindful Champs is a business committed to creating products which enhance children's mental health and emotional well-being, so they can understand their inner world and express themselves in a healthy way!



Our Founder.

Mindful Champs was founded by Nima Patel in October 2020. Nima is a psychology graduate, conscious parenting coach and former primary school teacher, with a family background of over 30 years' experience in early years education. During her time as a teacher, she noticed a lack of mindfulness being taught within the curriculum, as well as very little importance given to supporting a child's emotional development - which, she believes, is fundamental in nurturing their emotional maturity and long-term mental health.

Through her own personal challenges and having lost her father very suddenly

at a young age, Nima suffered from high levels of anxiety, which took a toll on her overall mental health. She realised the importance of managing emotions healthily in order to improve the quality of our lives, however, we are simply not taught how to do this as children. Through daily mindfulness practices, such as journaling, meditation and breath work, she has been able to face her challenges and deeply heal. Combining her two passions in life: mindfulness and teaching, she has passionately created the brand Mindful Champs, with a mission to provide children with a much needed emotional education.





Teaching Children to Develop Emotional Intelligence.

When it comes to happiness and success in life, **EQ matters just as much as IQ**. Children need to be given the chance to experience their wide range of emotions in a safe space so they can develop the self-control and emotional intelligence needed to manage them.

Emotional self-regulation, for example, a key component of emotional intelligence, is the ability to manage one's experience and expression of emotions. **Learning this skill of managing one's emotions is foundational for a child's mental health**, building their self-awareness, creating stronger relationships, succeeding at school, and achieving their career and personal goals throughout their lives.

With the right tools and practice, children can improve their capacity to emotionally regulate themselves. However, while the world has been focused on academic achievement in childhood, **developing EQ skills such as emotional self-regulation** have been largely ignored. Children are educated in so many subjects areas, from sounding out words to brushing their teeth, yet **we fail to equip them with an emotional education** that can dramatically improve the quality of their lives. Just like counting in Maths or reading in English, the ability to emotionally regulate ourselves, communicate, recognise, and express our feelings in a healthy way, is a skill that **must be taught** – it doesn't necessarily materialise as we age.



Where Does Mindful Champs Come In?

At Mindful Champs, all our products are geared towards expanding a child's emotional intelligence, as well as helping them to remain mindful and build self-awareness. Our products help children to:

- 1 Build self-esteem, confidence, and resilience
- 2 Develop a growth mindset
- 3 Combat negative self-talk
- 4 Improve concentration
- 5 Effectively emotionally regulate
- 6 Understand their feelings and emotions better
- 7 Become better at problem solving
- 8 Build healthy relationships
- 9 Develop key character traits, such as empathy and kindness
- 10 Feel happier and calmer overall

... And so much more!



Our Mission.

Our mission is to bridge the gap in the school curriculum and offer children a **better emotional education**, as we believe it is a key factor in their long-term happiness and success in life. When a child is taught and given the tools to understand their own internal world, they will be more equipped to make better choices for themselves, as well as navigate the highs and lows of the external world around them.





Let's work towards instilling an empowered sense of self into our younger generation—because, after all, they will be the **leaders** of tomorrow.





Our Products.

We are committed to enhancing children's well-being through mindfulness with our ever growing product range.



My Mindful Me Journal.

RRP £19.99 | For children aged 6-12 years

Description:

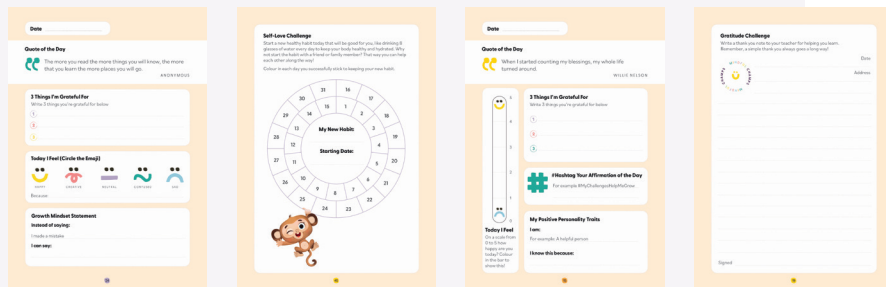
The Mindful Me Journal fosters **positive**, **healthy**, and **mindful practices**, resulting in the development of happy, compassionate, confident, and emotionally resilient children!

A daily 5 minute journaling practice can provide children with the following benefits:

- They will develop **positive** life habits
- Daily emotional reflection supports **EQ development**
- Promotes a deeper and meaningful **parent-child connection**
- Offers a **safe space** for children to express themselves
- They develop their own **identity**
- They feel more **connected** to themselves and others
- Helps them to relish **good experiences**

What's Inside:

- **Inspiring** quotes
- **Daily gratitude**
- **Daily feelings check-in**
- **Achievement** tick lists
- **Growth mindset** prompts
- **Weekly gratitude** and **self-love** challenges



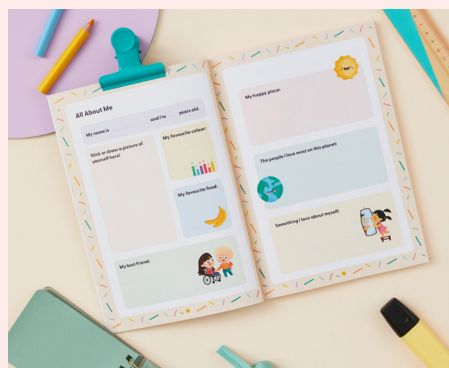


My Mindful Me Journal (Early Years Edition).

RRP £14.99 | For children aged 3-6 years

Description:

Written and designed specifically for early years children, this journal is broken down into simple daily reflection practices, such as gratitude, feelings check-in, character building prompts and weekly thought-provoking discussion questions. The Mindful Me journal will help children to build self-awareness as well as to communicate, recognise, and express their feelings in a healthy way which will empower them to feel confident, relish good experiences, deal with adversity, and build strong relationships with themselves and, as a result, others too.





Award Winning

My Grief Journal.

RRP £19.99 | For children aged 6-12 years

Variations: LILAC SKY BLUE TURQUOISE

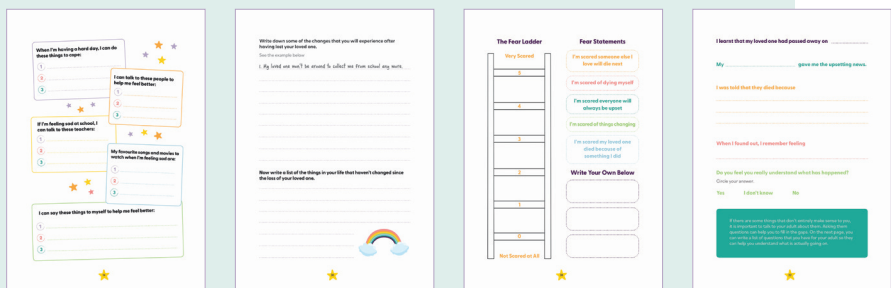
Description:

Death can be an extremely challenging concept to explain to children and each child will express how they are feeling in surprisingly divergent ways. This can come down to personality as well as developmental age. Written and designed specifically for children, this journal is broken down into simple activities, aimed to help them understand what grief is and comfort them after losing a loved one.

What's Inside:

- **Explanation** of the **stages of grief** as well as a **grief plan** to help children emotionally navigate themselves after their loss.
- **Inspiring and reflective prompted activities** to encourage children to explore their emotions, say things that were left unsaid, and be grateful for the memories they are now left with.
- **Positive worded** colouring activities to help children feel calm.

Winner of the gold award for 'Best Children's Book 6 Plus 2021' category for the renowned Junior Design Awards.





Award Finalist

'A-Z I Love Me' Affirmation Puzzle.

RRP £16.00 | For children aged 3+ years

Description:

Affirmations are a powerful and holistic way to help children build a **positive self-image**, **combat negative self-talk**, **build confidence** and **resilience**, encourage **self-love**, feel **motivated**, and much more! Tackling their self-belief systems from an early age will undoubtedly shape their adult lives in a positive way.

As well as learning positive affirmations, children can learn:

- Letters of the alphabet
- Colour matching
- Upper and lowercase letter matching
- Fine motor skills
- New words which act as great conversation starters around self-worth

Finalist in the 'Nursery Product of the Year 2021' category for the renowned NMT Nursery Awards.



‘Character Matters’ Flashcards.

RRP £13.50 | For children aged 4+ years

Description:

As adults, we’re constantly asking children **what** they want to be when they grow up but forget to ask them **who** they want to be. There is so much emphasis on the ‘what’, but hardly any on the ‘who’. The ‘Character Matters’ Flashcards have been created to shift the emphasis so we can teach children about building on their character first and foremost. After all, **character development is foundational for personal growth, professional growth, building solid relationships, and lifelong learning.**

These cards are great to get children thinking and talking about the kind of person they want to be. As children practise skills that promote character development, they build a reservoir of strength that they can draw on throughout their lives. Confidence, determination, resilience, and honesty are some examples of traits that can sustain children at home, at school, and in the big world out there.

Pack includes:

- **26-character traits which include:** Adventurous, brave, caring, co-operative, confident, creative, determined, fair, forgiving, friendly, generous, good listener, grateful, honest, kind, open-minded, optimistic, patient, polite, proactive, reflective, resilient, respectful, responsible, thoughtful, and unique.
- **Each card has colourful illustrations,** character trait examples and question prompts on the back to help children focus on each trait in more depth.



Prints.

RRP from £6.00 | For children of all ages

Description:

Our vibrant prints create a **positive, uplifting** and **enabling** environment in any room, nursery, workspace, or classroom. They are fun, interactive, and engaging to help children build a positive self-image, combat negative self-talk, build confidence and resilience, encourage self-love, feel motivated, and much more!



‘Mindset Matters’ Affirmation Flashcards.

RRP £13.50 | For children aged 4+ years

Description:

Affirmations are helpful, motivational statements that help children to build a positive self-image, boost self-esteem and interrupt negative thinking patterns. They can be used to positively kick start the day, when challenging situations arise or whenever you like!

The affirmation cards in this deck have been split into colour categories with a special focus on the following areas:

- Self-Love
- Growth Mindset
- Gratitude
- Confidence and Self-Esteem
- Anxiety Relief



My Daily Reflection Journal.

RRP £29.99 | For adults

Vegan Leather Variations:

PINK

BEIGE

BLACK

Description:

The daily reflection journal encourages you to reflect, express and introspect your way to a more conscious, happier, and healthier you! Whilst being consumed by the day-to-day grind, begin to take time for yourself to clear your mind, elevate your self-awareness, understand your innermost complex thoughts and feelings, and ultimately build a relationship with yourself!

What's Inside:

- Monthly Goals
- Weekly Intention Setting
- Weekly Habit Tracking
- Daily Affirmations
- Daily Feelings Check In
- Daily Gratitude
- Daily Journal Prompts
- Free Journalling Space
- Mindfulness Tips
- Meaningful Quotes



Find Our Products In:



John Lewis

moonpig



Etsy



The POP-UP CLUB

CREQATE

FAIRE

COSTA COFFEE

As Seen In:

BBC RADIO

GLAMOUR

METRO

The Daily Telegraph

GOOD HOUSEKEEPING

SOCIAL WORK

Mother&Baby



Contact Us.

For more information and enquiries, please contact:

✉ info@mindfulchamps.com

🌐 www.mindfulchamps.com

📷 @mindfulchamps

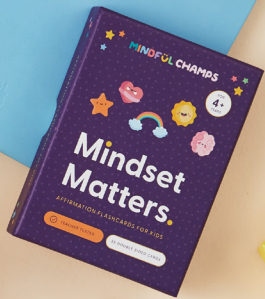
📘 facebook.com/mindfulchamps

To speak to Nima directly, please contact:

✉ nima@mindfulchamps.com

📷 @by.nima





MINDFUL CHAMPS

WWW.MINDFULCHAMPS.COM