Betty Choi, MD, trained in pediatrics at Boston Children’s Hospital, has dedicated her career to medical education for all ages. Through her website chalkacademy.com she has reached families around the world advocating healthy, positive parenting. She lives in California with her husband and children.

**Human Body Learning Lab**

Betty Choi, MD

Pediatrician Betty Choi invites kids ages 8 and up to explore the marvels of the human body with lively hands-on projects and activities, including shaping bones from salt dough, creating a moving model of the eyes, crafting a 3D skin model, making a blow-up model of how a bicep muscle contracts, tracing capillary action, and even setting up a working model of the urinary system to show how pee is produced.

Packed with colorful diagrams of how each major body system works, fun facts, and easy tests kids can use to explore how their own body functions, *Human Body Learning Lab* makes biology more exciting and engaging than ever.

Engaging diagrams and models are accompanied by 29 hands-on experiments and activities.
Busy Little Hands: Science Play!
Susan Edwards Richmond

Preschoolers get a head start on science learning with the creative hands-on activities and games in Busy Little Hands: Science Play!

Colorful, easy-to-follow photo sequences invite pre-readers to set up a pulley and learn a simple law of physics; explore earth science by making a vinegar volcano; and create animal tracks from plastic animals to learn how biologists study animal behavior. Twenty fun experiments and play activities use everyday household objects to foster science-readiness. Additional notes for grown-ups provide prompts and guidance for making the learning process fun and successful.

Introduce preschoolers to core science concepts with 20 hands-on activities

- Fun introduction to science for toddlers and preschoolers ages 3-5. Games, activities, and hands-on fun are specially designed for preschoolers to introduce them to core concepts of physics, earth science, chemistry, and biology.

- Everyday routines like snack time and playtime become the foundation for a love of science for kindergarten and beyond.


Also Available:

5-copy counter display
$64.95 US / $84.95 CAD
ISBN 978-1-63586-643-8; No. 626643
An empowering collection of mindful affirmations for kids from a respected meditation teacher and recording artist

- Lyrical meditations for kids ages 10 and up to recite or sing aloud with a focus on inclusiveness and nurturing joy and resilience for all kids.
- Unique authorship with a platform in both the mindfulness and music worlds. In addition to many years of practicing and teaching mindfulness meditation, Jones-Quartey is a hip-hop and electronic musician known as BORN I.
- Exuberant illustrations from Ndubisi Okoye complement the inspiring text and give the collection a special package that people of all ages will connect with. Okoye creates unique stories to motivate, represent, and inspire people.

Love Your Amazing Self
Ofoсу Jones-Quartey

The empowering lyrical verses of Ofoсу Jones-Quartey, a meditation teacher and hip-hop musician, offer a unique entry point to mindfulness and self-empowerment for kids ages 10 and up, with words that call out to be spoken, recited, or sung aloud. Accompanied by the vibrant illustrations of Ndubisi Okoye, each verse carries a theme that encourages kids to affirm the positive in themselves and their lives, including: Be True to Yourself, Find Your Magic, Stand up for Kindness, Embrace Impermanence, and Ask for Help. Short reflections and activities accompanying each verse help kids embody the messages, strengthen their self-confidence, and bring greater joy into their own lives and those around them.

The world has its ideas of who you are but you don’t need them, to be the person you really are inside is Freedom.

The vivid colors of Ndubisi Okoye’s mural-style art complement the lively verses.
The Great Ball Game
Rebecca Sheir

The Great Ball Game, a classic folktale originating from the Cherokee, Creek, Ojibwe and Menominee people of North America, is adapted for a contemporary audience by Rebecca Sheir, host of the award-winning Circle Round podcast, and accompanied by the magical illustrations of Joshua Mangeshig Pawis-Steckley, an Ojibwe Woodland artist.

A dispute between the animals and the birds over who is best leads to a ball game challenge. When the game is disrupted by the arrival of a tiny creature named Bat who doesn’t seem to fit on either team, all the participants learn the value of diversity and celebrating those who seem “different.” The accompanying activities and prompts encourage children to develop their own storytelling skills.

Also Available:

Also Available:
Saniyyah Khalilallah is a certified Montessori educator with over ten years of experience teaching children aged 3 to 6 years old. A passionate advocate of the Montessori philosophy, she shares practical life skills activities on her blog, skmontessori.com, and offers consulting services to parents who are beginning their journey of setting up a Montessori-inspired homeschool environment. She lives in Chicago, Illinois.

I Did It Myself!  
SANIYYAH KHALILALLAH

With a child-sized hairbrush, a mirror hung at just the right height, and the step-by-step photos in I Did It Myself!, children ages 2 to 5 are on the path to mastering self-care skills.

Inspired by the Montessori curriculum, the step-by-step photos in this book teach twelve essential daily activities, including getting dressed, washing hands, brushing teeth, putting on a coat, meeting someone new, and excusing yourself from the table.

Step-by-step photos make it easy for pre-readers to follow the directions.

- Montessori-inspired activity books. The Montessori education empowers kids ages 2 to 5 to complete activities on their own, develop concentration, gain a sense of order, and strengthen motor skills.
- Teaches responsibility and self care. Kids like to do things on their own. With these books, kids learn the routines of cleaning, dressing, and caring for themselves.
- Innovative package includes a skill chart with slider windows. The step-by-step photos for self-care tasks are specially written to ensure success for 2- to 5-year-olds. And when they've completed the task, they can slide the window on the skill chart to declare, “I did it!”
I Help at Home!
Saniyyah Khalilallah

Sweeping, scrubbing, dusting, and picking up are perfect hands-on activities for teaching preschoolers to care for their environment, while also fostering independence and developing strong motor skills. Inspired by the Montessori curriculum, this colorful guide specially created for 2- to 5-year-olds teaches practical life skills with step-by-step photos.

From setting a table to washing dishes, dusting shelves, and cleaning the bedroom, preschoolers learn the confidence and satisfaction that comes from being able to help at home.

Inspired by the Montessori curriculum, the unique book format features an interactive skills chart on the inside back cover, with sturdy slider windows for each activity. This offers preschoolers the perfect incentive to make self-care and home chores a daily routine, as they complete each activity, slide the window, and confidently declare, “I did it!”
Barnyard Sticker Book

Farms and stickers! These two kid favorites come together in the Barnyard Sticker Book. Two-hundred fifty colorful stickers capture every aspect of the farm, including all the animals—chickens, pigs, sheep, goats, ducks, geese, cows, horses, dogs, and cats—as well as equipment, tools, and supplies—tractors, wheelbarrows, hay bales, wagons, pails, troughs, and feed. The book includes 4 fold-out scenes on the laminated covers: the full farm, a barn interior, an animal pen, and a chicken coop. Open the pages and watch the barnyard drama begin!

250 colorfully illustrated stickers of barnyard animals, along with laminated fold-out covers with farm scenes, promise hours of fun for kids creating their own barnyard pictures.

Hours of farm fun with 250 barnyard stickers for kids

- Packed with twelve full sheets of colorful stickers—250 images in all! Featuring chickens, ducks, cows, sheep, goats, pigs, tractors, hay bales, and much more.
- Fold-out laminated scenes. Front and back covers fold out to provide backdrop scenes of a full farm, a barn interior, an animal pen, and a chicken coop where kids can place the stickers to create their own special pictures.
- Perfect gift for ages 4-8. At just $7.99, this makes a great birthday gift for any farm-loving kid.
Garden Fresh, 100 Postcards

features 50 different images of vegetables, fruits, and herbs from the camera of award-winning garden photographer Rob Cardillo. Up-close shots capture the distinctive shapes and features of heirloom varieties, including the curling pretzel bean, the vibrant pink ‘Jackson wonder’ lima bean, and the rare ‘Nanticoke’ winter squash. From the ‘Dark Roden’ red lettuce to golden beets, green tomatoes, lavender chive blossoms, and purple artichoke flowers, the rich, sunlit colors saturate every card, accompanied on the back by short descriptions of the pictured varieties. A lidded keepsake box completes this perfect gift for fresh-from-the-garden food lovers, gardeners, and nature enthusiasts.
A stunning and thoughtful gift for nature lovers

- A treasure trove of powerful writings, mindfulness exercises, and inspiring quotes from a wide range of figures, across cultures and through the centuries.
- Foreword by Robin Wall Kimmerer, best-selling author of Braiding Sweetgrass, who says “Hannah Fries guides you down a winding path of wonder that offers the peace and companionship of the forest world.”
- Irresistible gift package filled with stunning artwork and photography that will leave you feeling like you just walked in the woods.

AUGUST 2022
192 pages; 6 x 6; Full-color
Paper with flaps; $14.95 US / $19.99 CAD / £11.99 UK
ISBN 978-1-63586-605-6; No. 626605

Being with Trees
Hannah Fries

The healing benefits of time spent in nature are enhanced by this curated collection of poems, prompts, and scientific insights designed to awaken the senses and deepen appreciation of the small wonders and mysteries of the outdoors, whether in a backyard, a city park, or a nature preserve.

Poet and nature lover Hannah Fries combines her own reflections and guided mindfulness exercises with inspirational writing from poets, naturalists, and thinkers throughout the centuries and across cultures, including Japanese haiku masters, nineteenth-century European Romantics, American Transcendentalists, and contemporary environmentalists. Accompanied by beautiful forest photography, Being with Trees is a distinctive gift that invites frequent revisiting for fresh insights and inspiration.

Browsing through the pages is like taking a walk in nature, with inspiring thoughts and prompts that foster mindful awareness and curiosity.
The Soul Support Book, 2nd Edition
Deb Koffman

With playful, witty cartoon art, *The Soul Support Book* offers wise and reassuring observations on getting unstuck, gaining new perspectives, and opening to love, creativity, and joyful living in everyday life.

Author and artist Deb Koffman first created these colorful cartoons as reminders to herself, with clever visual interpretations of common sayings like: Explore Options; Make Room for What you Need; Consider Another Point of View; Notice What is Happening Now; and Anything is Possible Here. Her delightfully uplifting mini-meditations have found a broad audience, with appeal to anyone seeking a little bit of encouragement for approaching life’s challenges with insight, open-heartedness, and a healthy dose of laughter.

Each cartoon is a mini-meditation, encouraging fresh insight, positivity, and greater self-awareness.
Contemporary preserving method for enjoying year-round fresh flavors

- **An in-depth guide to the best ways to preserve homegrown or locally grown produce in the freezer, including techniques and tips for 55 popular fruits and vegetables.**
- **Includes 100 recipes** for preparing foods before freezing (such as apple pie filling) that are easy-to-use when thawed; as well as recipes for using thawed vegetables and fruit for best results.
- **Freezing is the easiest and most accessible method** and this book show the versatility and breadth of options for getting the most from the freezer.

**Freeze Fresh**
Crystal Schmidt

Capturing the peak flavor of freshly harvested produce and preserving it for year-round eating is easier than ever with *Freeze Fresh*, the ultimate guide to freezing and enjoying 55 popular fruits and vegetables.

Author Crystal Schmidt shares her time-tested preparation techniques that ensure color, texture, and flavor are retained in the freezer. From familiar favorites like apples, corn, potatoes, and peas to surprises like lettuce, avocado, and citrus fruit, Schmidt details the best ways to prepare each food for the freezer, including pre-cooking, slicing, blanching, and more. She offers more than 100 recipes that freeze well, as well as delicious ways to cook the frozen food after thawing.

Up-close photos show the best techniques for preparing each fruit or vegetable for the freezer.
As the popularity of a plant-based diet continues to grow, tofu sales are soaring, along with the demand for new recipes that showcase this healthy, budget-friendly meat alternative.

In *Twist on Tofu*, award-winning food writer Corrine Trang shows how versatile and flavorful tofu can be, with 52 recipes for creative dinners, as well as starters, soups, salads, sandwiches, and even desserts. There are tofu twists on familiar favorites like French fries, Buffalo “wings,” tacos, satay, and empanadas. Recipes for lasagna, Bolognese pasta, chili, poke bowl, and bibimbap offer delicious options for tofu-rich dinners. Trang tops off this celebration of tofu with a bit of sweetness—bumbleberry tofu custard and luscious tofu mocha brownies.

**Award-winning cookbook author serves up 52 vegetarian recipes for high-protein tofu dishes**

- **Healthy plant-based protein.** Tofu is high in protein, low in calories, gluten-free, and packed with vitamins and minerals that are essential for a healthy diet.
- **Easy recipes** feature tofu-centric versions of many family favorites, ranging from wings and lasagna to curries, and even desserts.
- **Offering variety,** author Corrine Trang’s recipe collection includes tasty creations you can make with any variety of tofu in the supermarkets today, whether it’s a stir fry with extra-firm tofu or a dessert made with silken tofu.

*Twist on Tofu*  
Corrine Trang

Inventive recipes demonstrate tofu’s versatility, from “wings” to dessert!
Popular cheesemaker shares 60 creative recipes for using whey, a nutrient-rich byproduct

- Don’t throw it away! Use it. On average, nine pounds of sweet whey are produced for every pound of cheese, and for every four cups of greek yogurt, at least one cup of acid whey is created. Claudia Lucero, a professional cheesemaker has spent years developing creative, flavorful ways to use the nutritious byproduct of cheesemaking.

- Reduces food waste for the environment. Finding new uses for whey is part of the effort to reduce food waste in both home and commercial kitchens. On a commercial scale, what to do with the acid whey from Greek yogurt production is a serious environmental concern.

- Range of uses of whey includes beverages, cocktails, sweets, breads, soup, and dressings.

Cooking with Whey
Claudia Lucero

Anyone who’s ever made cheese at home knows that roughly three-quarters of every gallon of milk ends up going down the drain—in the form of whey. “Don’t throw away your whey!” says cheesemaker Claudia Lucero.

In Cooking with Whey, Lucero shares 60 inventive recipes that use whey, which is rich in protein, minerals, and vitamins, and adds creaminess and flavor to foods. Sweet whey, a byproduct of cheesemaking, enhances baked goods and smoothies. Acid whey, produced in yogurt- and kefir-making, is ideal for brining meat, turning into tangy beverages, and adding zip to main dishes. This little book is the key to unlocking the many ways to put whey to work!
100 Plants to Feed the Birds
Laura Erickson

For the growing group of bird enthusiasts who enjoy feeding and watching their feathered friends, adding selected plants to the home landscape is a wonderful way to expand their support for wild birds.

**100 Plants to Feed the Birds** features in-depth profiles of 100 native plant species that provide food and shelter for birds throughout the year, from winter all the way through breeding and migrating periods. Readers will discover useful plants to include in the garden, such as early-season pussy willow and late-season asters, and beneficial wild plants to protect, like goldenrod—along with 29 tree species that provide food and nest sites. Plant photographs and range maps offer visual guidance for selecting the right plants for any location in North America.

In-depth profiles of 100 native plant species that support birds

- 50 million North Americans feed wild birds, but the bird population has declined over the past 50 years due to human expansion and habitat loss
- Award-winning author Laura Erickson explains the close connection between birds and native plants and includes a chart listing 50 common birds and their favorite plants for feeding and nesting
- Third book in a successful series following Storey’s 100 Plants to Feed the Bees (55,000 copies in print) and 100 Plants to Feed the Monarch (12,000 in print)

Laura Erickson is the author of The Love Lives of Birds and The Bird Watching Answer Book, and is coauthor of Into the Nest. A recipient of the American Birding Association’s Roger Tory Peterson award, she has served as science editor at the Cornell Lab of Ornithology and editor of Bird Scope magazine. She produces the For the Birds podcast, and lives in Duluth, Minnesota.
Nature Smarts Workbook, Ages 4-6
MASS AUDUBON
The first book in a new Nature Smarts Workbook series features outdoor-themed mazes, puzzles, quizzes, and hands-on discovery activities to help kids get outside and learn STEM-related skills. The 4-6 workbook is focused on teaching basic observational skills and introducing investigative methods. Kids learn to identify a range of common mammals and know each one’s habitat.

Paper; 96 pages; 8½ x 11½; Full-color
$9.95 US / $12.95 CAD
ISBN 978-1-63586-337-6-3; No. 626337

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ISBN 978-1-63586-363-3; No. 626363)

Nature Smarts Workbook, Ages 7-9
MASS AUDUBON
Packed with interactive learning activities that expand children’s basic knowledge of geology, ecology, wildlife habits, botany, and more, the 7-9 workbook also introduces important concepts such as pattern recognition and classification systems. Activities range from understanding how rocks transform to distinguishing between vertebrates and invertebrates, and identifying types of bird beaks and plant parts.

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The World of Coral Reefs
ERIN SPENCER
A stunning, large-format introduction to the wonders of the reef for children ages 7 to 10. Marine ecologist and underwater explorer Erin Spencer provides fascinating facts about the types of coral and their anatomy and life cycle, along with the story of how reefs develop and the incredible range of marine animals that live among them.

Hardcover; 48 pages; 11 x 11
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What Can I Say?
CATHERINE NEWMAN
Parenting expert and best-selling author of How to Be a Person, Catherine Newman offers confidence-building advice and real-life scenarios to guide kids ages 8 and up in developing their social skills and expressing themselves fully and effectively. Clever graphic illustrations provide accessible scripts for learning what to say in all kinds of situations.

Paper; 160 pages; 6½ x 9
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How to Sleep Tight Through the Night
TZIVIA GOVER & LESLÉA NEWMAN
This collection is packed with creative, kid-friendly solutions for soothing bedtime anxieties, easing nightmares, and developing the ability to fall—and stay—asleep. Includes 28 imaginative ways for kids ages 5 to 9 to welcome sleep using creative visualization, mindfulness techniques, and a wide range of other effective strategies.

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REBECCA SHEIR
This stunning picture book tells the folktale of Nasruddin and his clever way of awakening his community to the dangers of judging someone based solely on their outer appearance. The vibrant illustrations of Turkish-born artist Mert Tugen bring to life Sheir’s adaptation from the award-winning podcast Circle Round.

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**Hardcover:** 384 pages; 6 x 9

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JOY HOWARD
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