



Little Meerkat's Big Panic: A Story About Learning New Ways to Feel Calm

Jane Evans

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Once upon a time there was a Little Meerkat with a very important job to do. Today was the day when Little Meerkat finally took a turn at being the lookout meerkat - watching for dangers to protect the meerkat gang.

It was all going well until Little Meerkat fell asleep and woke up to find everyone had disappeared! This sent Little Meerkat into one very big panic. With help from Small Elephant and Mini Monkey, can Little Meerkat calm down and find the missing meerkats?

This playful full-colour storybook shows children aged 2-6 easy ways for them to calm their body and brain when feeling anxious. It also includes guidance for parents or professionals on the neuroscience behind the strategies, and how they can use the book to help children.

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