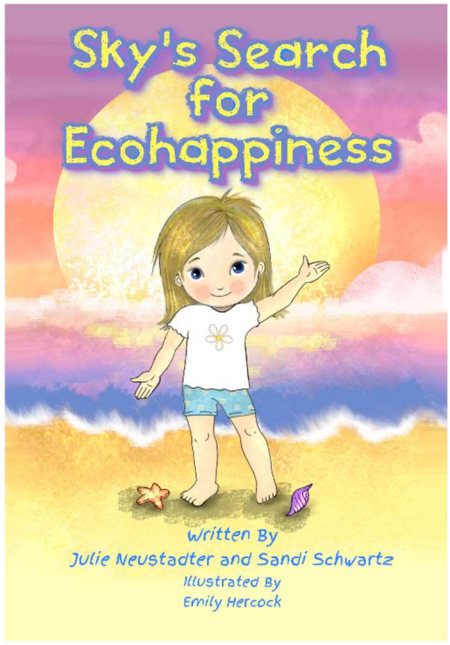
Media and Sales Contact: Sandi Schwartz
Ecohappiness Project
sandi@ecohappinessproject.com
ecohappinessproject.com

Sky's Search for Ecohappiness

By Julie Neustadter and Sandi Schwartz

New children's fiction picture book *Sky's Search for Ecohappiness* highlights nature-based fun to improve mental health and mood in children.

"Sky's Search for Ecohappiness is an inspiring story that teaches children how to deal with feelings in a natural and healthy way." — Lauren Goldblatt, founder of Kickstart Reading, kickstartreading.com



We live in stressful times, and many children are struggling with challenging emotions at a young age. According to the Centers for Disease Control and Prevention, every year one in five American children—15 million kids—are diagnosed with a mental, emotional, or behavioral disorder. Parents are looking for ways to help their children successfully manage these strong emotions. The idea of nature as a safe, effective, and enjoyable tool to ease stress, anxiety, and mood is trending, and offers children a way to cope when their minds and hearts feel unsettled.

Sky's Search for Ecohappiness tells the story of a young girl's quest to manage that feeling of uneasiness many children cannot quite name, but know they feel. Backed by scientific research supporting nature-based stress reduction tools for school-aged children, this story invites readers to follow Sky on her journey as she discovers fun ways to feel happier and calmer using nature. Sky and her friends experience the relaxing and mood-boosting benefits of gratitude, mindfulness, kindness, and creativity in the natural world through yoga, painting, volunteering, playfulness, and awe. This helpful and entertaining story invites children to be present in their feelings and take some manageable steps to balance them.

Sky's Search for Ecohappiness is a must-read for parents, educators, psychologists, and other caretakers who are looking for a way to help children cope when their minds and hearts feel unsettled.

Praise

“As a behavioral pediatrician who treats children with ADHD, anxiety and other mental health issues, I am always on the look out for children's books to recommend to families as a way to "jumpstart" a conversation about mental health, social and life skills. What I loved about ***Sky’s Search for Ecohappiness*** is that it provides a common scenario that kids can relate to and how they can discover what ecohappiness tools they can add to their mental wellness toolbox. It is so important to have kids be outside, connect with nature and other people, especially those with attention and learning differences. I will be recommending this book to families wishing to help their child understand the importance of physical activity, mindfulness, and spending time outdoors!”
—**Dr. Nerissa Bauer**, CEO of Let's Talk Kids Health

“Through Sky's exploration of ecohappiness, Julie and Sandi invite children to discover the positive impact of nature on one's emotions. By actively engaging our senses outdoors, nature magically creates inner strength, resilience, and joy in us all.”
—**Shira B. Kulok**, MS.Ed, Director, Child Development Center at George Mason University and NoVA Outside Board of Directors member

"***Sky’s Search for Ecohappiness*** is an inspiring story that teaches children how to deal with feelings in a natural and healthy way. It gives children tools they need to understand their big feelings ,and helps them cope and de-stress.”
—**Lauren Goldblatt**, founder of Kickstart Reading, kickstartreading.com

"***Sky's Search for Ecohappiness*** is a gentle tale that helps children learn how nature can help bring calm and happiness into their lives. Children will learn how yoga, caring for the Earth, and painting can be simple ways to find their own ecohappiness. These are approaches that I use in my own teaching practice and have seen the transformative power of nature."
—**April Zajko**, M.Ed., Nature-based Early Childhood Educator & Consultant, aprilsteachingtree.com

“**Sky's Search for Ecohappiness** is a great way to introduce kids (and their parents) to the concept of nature’s hand on mental health. I love seeing the actionable ideas for kids to get outside and feel better clearly played out in the story. I recommend this book to any family looking to help kids love the outdoors and be active in their mental well-being."
—**Jilane Truax**, theoutdoorparent.org

“In today's digital world, Sky's Search for Ecohappiness is a book that belongs in your kids' library. It's for parents, grandparents, teachers, school counselors—anyone who loves nature and wants kids to discover the joys of being in nature.”
—**Mary Cassell**, PhD, Community Educator & Public Librarian

Author Bios

Julie Neustadter is an elementary school teacher who always focused on bringing mindfulness into her classroom. Before she started writing for kids, she got undergraduate and graduate degrees in History and Education from the University of Pennsylvania. And, just to shake things up, she went to law school at the University of Miami to promote social justice. You can usually find her surfing, running, or doing yoga to a Springsteen soundtrack in her happy places—the Jersey Shore and Venice, California.

Sandi Schwartz is the Director of the Ecohappiness Project; author of the parenting book ***Finding Ecohappiness: Fun Nature Activities to Help Your Kids Feel Happier and Calmer***; and journalist specializing in environmental, wellness, and parenting topics. Her goal is to educate and inspire families to build a nature habit to feel happier and calmer. Her work has been featured in *The Washington Post*, *Library Journal, National Geographic, Good Housekeeping, Yahoo!, Chicken Soup for the Soul*, *Scary Mommy*, *Very Well Family*, and many other publications and podcasts. She loves painting nature scenes, going for peaceful walks and bike rides, and seeking out natural sites when traveling. Sandi is a passionate environmentalist, fighting for a healthier planet every day through her words and actions, including driving an electric car, choosing eco-friendly products, and participating in community cleanups.

Book Details

Title: *Sky's Search for Ecohappiness*
Authors: Julie Neustadter and Sandi Schwartz
Publisher: Ecohappiness Project
Publication Date: March 1, 2022
Length: 39 pages
Paperback: ISBN 979-8-9855178-0-4
Hardcover: ISBN 979-8-9855178-1-1
E-book: ISBN 979-8-9855178-2-8

Available now from Amazon.com.