Forest Bath

Written by Kirsten Leestma, Illustrated by Maggie Gabel

Details

JUVENILE FICTION
Forest Bathing, Nature, Hiking, Senses & Sensations, Mindfulness & Meditation

24 pages; 8.5" x 8.5"; Color

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Publisher

Nightlight Stories is an imprint of Mission Point Press.

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Nightlight Stories™

Breathe in nature, touch its beauty, and listen to its sounds in this beautiful tale by Kirsten Leestma.

The English translation of the Japanese term shinrin-yoku is forest bathing. Researchers have discovered that leaving technology behind and connecting with nature, or forest bathing, is good for the body and mind. In this gentle tale, the reader embarks on a delightful wander through a forest, park, or any favorite space, using all of the senses. Just take deep breaths, amble, smell, listen, and feel your surroundings. Water is optional!

"This delightful book celebrates the wonders of being outside in nature through every season, with lively text and charming illustrations. The color palette beautifully reflects the forest setting, while the repeated refrain invites children to join in the story. With rhythmic, descriptive language and a well-paced narrative, it's a perfect read-aloud for young explorers."

—Steph Klimmek, school librarian

"Reading *Forest Bath* is like taking an actual walk through a delightful forest! It's an immersive story that engages all the senses and introduces children to the healing power of nature."

—Amy Nielander, author-illustrator, designer, and Detroit Writing Room children's book coach

Kirsten Leestma is a teacher and writer living in northern Michigan. She loves to read and to be on, near, or in one of the Great Lakes. She quietly adventures close to home and abroad, visits bookstores wherever she goes, and takes a forest bath as often as possible. This is her first picture book.

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Maggie Gabel is a Grand Rapids–based illustrator whose work defines the colorful and whimsical world of *Forest Bath*. A recent graduate of Kendall College of Art and Design, her digital illustrations bring all the senses of forest bathing to life. When Maggie is not drawing, she enjoys trying new things with the people she loves. *Forest Bath* is her debut in book illustration. Visit her at gabelgobblestudio.com.