Flip& Flow

3 REA

EMPOWER

DISCOVER AN AWARD-WINNING. ENCHANTING FLIPBOOK DESIGNED TO NURTURE YOUR EMOTIONAL WELLBEING.

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LET THE MINDFUL ADVENTURES BEGIN...

Welcome to a new world of calm and connection with Flip & Flow



We're a new emotional wellbeing brand, transforming the way you experience mindful moments....

Discover thoughtfully crafted invitations to Panse...Breathe...and find peace within.

Our story begins with an award-winning children's book, described as:

A beautiful meditation book every child should have by their bedside

Goals with soul

We're passionate Breath coaches, on a mission to expand your mindful toolkit, with bitesize, breath-based, beautiful rituals for modern-day living.



We invite you to join us, in a world full of selfdiscovery, inspired by a fusion of:

- 🔶 Eastern & Western mindfulness practises
- Neuroscience
 - Nature
- Physiology
- + Psychology
- 🔶 Art & Design
- Storytelling







, It's not just eye candy. it's soul food



Our judges could see the buge benefits that these books would bring to children, planting the seeds for mindfulness and selfcare in future years...

I love the way this makes breath and mindfulness feel magical Eleonore Compton, Deputy Editor, Junior



AN ENCHANTING MINDFULNESS COMPANION

"Once Upon A Breath... In A Magical Forest"



Discover the first of it's kind a beautifully crafted flipbook, designed to stand on your desk for a daily mindful moment of calm and connection.

Thoughtfully designed for children aged 3-10 years, to spark a family ritual with lifelong ripple effects.

The Meditation side guides children to use their breath as a

superpower

Plant the seeds of a growth mindset and nurture emotional literacy as you enjoy creating over 1,000 mindful stories together

allows children to create their own growth mindset affirmations





DEDICATED TO PURPOSE, DESIGNED FOR PLAY





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Screen-free and simple - yet engaging and expansive

Empowering child-led mindfulness practise with "build-your-own" story design

Each card invites curiosity, calm and connection through visual prompts guiding your mind, body and breath

Create over 1,200 flows, backed by science, brought to life with whimsical hand-illustrations

Flip to flow through a meditation on one side, and spin around to see your positive affirmation on the other

Easel stand design, stands on the desk or bedside for daily inspiration

- Presented in a beautiful drawer box for a truly unique gift experience
- Thoughtfully crafted with eco-friendly materials, soft-touch rounded cards, linen and gold to give you a feeling of luxurious tranquillity

















OUR MINDFUL COMMUNITY

Supporting young children & families









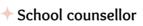
What are these conscious consumers looking for?

Search

- Helping children manage stress
- Gifts under £35
- Mindfulness activities
- / Calming tools for children
- Healthier lifestyle
- Engaging kids off- screen
- Bedtime rituals
- Emotional regulation support

Supporting those supporting others





- + Child therapists
 - Tutors
 - Bibliotherapists
 - Special needs teachers

It's the perfect resource for our calm corner. sensory rooms and SEN children



Clinical waiting rooms
 Children's hospitals
 Chaplains
 Yoga teachers
 Wellness coaches

A beautiful mindfulness companion sparking curiosity and connection

EMPOWER AND SURPRISE YOUR CUSTOMERS

Invite customers to discover a hidden gem



- Award-winning, innovative mindfulness tool
- 🔶 Not yet widely available
- Interactive, tactile customer experience
- Eye-catching design inviting curious customers

A mindful gift that keeps on giving



Be part of a growth story - create a ripple
effect in your community
Become a trusted supplier of mindful
resources to children, parents, professionals
Deliver a feel-good product that people want
to talk about

Support your conscious consumers and a female-led start up



 Diversify your offering from female-led, ethnic minority owned businesses
 We use FSC, recycled materials and soy-ink
 Offer products with further support - we're Breath Coaches actively supporting customers on their wellbeing journey Thank you for your interest in Flip & Flow, we look forward to taking you and your customers on Mindful Adventures!

Order quantity: The books come in cartons of 20 units (To support other small businesses like ours, we currently offer an MOQ of 10 units on request)

Lead time for delivery is 2-8 weeks depending on quantity and location (dispatched from London)



Product Details: "Once Upon A Breath...In A Magical Forest"

~ Spec: Hardback cover, wiro-bound on an easel stand, wrapped in gold embossed linen; 48 loose leaf cards pages, including guide for children and adults.

~ Each book in the drawer box measures: 320 x 165 x 35mm, weight 725g

~ Manufactured in China, with recycled ESKA board, FSC certified paper and Soy-based inks

~ Flip & Flow is a reg. trademark in the UK & USA; published in Feb 2022; all copyright reserved to Zen Squared Creations Ltd.

LET'S STAY CONNECTED

We'd love to hear from you - and if you'd be interested in our forthcoming Adults Flip & Flow?



A hello@flipandflow.co www.flipandflow.co



() @flip_and_flow Breathe ~ Empower ~ Flow

"If you only read the books everyone else is reading... you can only think what everyone else is thinking...