Free Sample Catalog

Pick a book, send its numbered sample file. Every sample is 4 printable letter-size pages.

KIDS

01 **The Calm & Easy Coloring Book for Kids with Autism** — ON AMAZON
For: Ages 3–8 · Sample: A note for parents; Feelings face: Happy; Calm pattern: Honeycomb

02 **The Calm & Easy Coloring Book for Kids with ADHD** — COMING SOON
For: Ages 4–10 · Sample: Geometric animal: Focus Fox; Mirror grid; Hidden-star hunt

03 **The Calm & Easy Coloring Book for Kids with Dyslexia & Visual Stress** — COMING SOON
For: Ages 5–11 · Sample: Why open spacing helps; Design: Boat; Design: Whale

04 **My Big Feelings & Social Stories Workbook** — COMING SOON
For: Ages 5–9 · Sample: Social story: Loud Classroom; What I Can Do; My Turn

05 **Sensory & Emotional Regulation Workbook** — COMING SOON
For: Autistic & sensory-sensitive kids · Sample: My Feelings Thermometer; Star breathing path; Sounds Around Me

06 **My Calm Body & Sensory Diet Workbook** — COMING SOON
For: Ages 4–10 · Sample: Sensory check-in: Loud Sounds; Heavy work card: Wall Push-Ups; Sorting game: Wake Up or Calm Down?

07 **Big Brave Steps** — COMING SOON
For: Ages 4–9 · Sample: Mini social story: the Dentist; Brave Action page; 5-Finger Star Breathing

PARENTS

08 **Ready, Set, Daycare!** — COMING SOON
For: Ages 2–4 · Sample: A note for busy parents; My Morning Routine chart; 5-Week Progress Tracker

09 **Ready, Set, Routine!** — COMING SOON
For: Ages 2–5 · Sample: Good Morning checklist; After School checklist; Cut & glue: Healthy or Treat?

10 **Ready, Set, Potty!** — COMING SOON
For: Ages 2–4 · Sample: Wake-Up Potty chart; Coloring page; Find the way to the potty

11 **Ready, Set, Kindergarten!** — COMING SOON
For: Ages 4–6 · Sample: Day 1: Pack My Backpack; Social story; Cut the curvy paths

12 **Ready, Set, Big Sibling!** — COMING SOON
For: Ages 2–5 · Sample: Lesson 1: A Baby Is Coming!; Routine chart; Big Sibling job cards

13 **Ready, Set, Sensory!** — COMING SOON
For: Ages 2–5 · Sample: What Overload Looks Like; Chapter 2 opener; First-Then Board

14 **Ready, Set, Sleep!** — COMING SOON
For: Ages 1–5 · Sample: Dark, Quiet and Cool; 6-Step Bedtime Routine chart; Bedtime Passes

15 **The Calm Parent's IEP & Therapy Organizer** — COMING SOON
For: Parents of children with special needs · Sample: Acronym Cheat Sheet; Pre-Meeting Priorities & Wins; Session Notes & Home Practice

TEENS & ADULTS

16 **Calm in the Chaos** — COMING SOON
For: Ages 12–17 · Sample: How Anxiety Works; Try It: a skill to practice; Doodle page

17 **Midnight Wind-Down** — ON AMAZON
For: Adults · Sample: Color test page; Design: Crescent Moon Cradle; Design: Chamomile Tea

18 **Quiet Your Mind** — ON AMAZON
For: Adults · Sample: Before You Begin check-in; Design: Box Breathing Square; Mindful reflection page

19 **Midnight Wind-Down: Forest & Ocean Nights** — COMING SOON
For: Adults · Sample: Gel pen test page; Design: Jellyfish; Design: Lighthouse

20 **Somatic & Mindfulness Grounding Journal** — COMING SOON
For: Adults · Sample: The 5-4-3-2-1 Check-In; Day 1: grounding page; Day 1: mandala

21 **Rest Is Productive** — COMING SOON
For: Adults · Sample: Permission Slip; My Low-Energy Menu; Coloring page

22 **Gentle Days** — COMING SOON
For: Adults · Sample: One Step at a Time; You Are Enough; This Feeling Will Pass

23 **The Burnout & Chronic Fatigue Pacing Journal** — COMING SOON
For: Adults · Sample: My 1–100% Energy Menu; Daily Energy Pacing Log; Botanical coloring page

24 **Steady Ground** — COMING SOON
For: Adults · Sample: Coloring page: Mug; 5-4-3-2-1 Reality Anchor; Coloring page: Sunflower

SENIORS & CAREGIVERS

25 **Simple Joys** — ON AMAZON
For: Adults living with dementia · Sample: A Note for Caregivers; Design: Sunshine; Design: Teacup

26 **Simple Joys: Seasons & Holidays** — COMING SOON
For: Adults living with dementia · Sample: Conversation Starters; Design: Spring Tulips; Design: Sailboat

27 **Simple Joys: Life Around the Home & Garden** — COMING SOON
For: Adults living with dementia · Sample: Design: Porch Swing; Design: Fresh-Baked Pie; Design: Wheelbarrow

28 **Remember When** — ON AMAZON
For: Adults living with dementia · Sample: Finish the phrase: The Telephone; Word search; Let's Talk About: conversation page

29 **Remember When: Music, Movies & Classic Cars** — COMING SOON
For: Adults living with dementia · Sample: Coloring: The Drive-In Theater; Finish the Phrase; Word search

30 **Remember When: Large-Print Puzzles for Seniors** — COMING SOON
For: Adults living with dementia · Sample: Word search; Easy maze; Match the pictures

31 **Gentle Hands** — COMING SOON
For: Adults · Sample: Warm-up tracing: Gentle Waves; Bold design: Watering Can; Spot the Difference

32 **Clear & Calm** — COMING SOON
For: Adults & seniors · Sample: Lighting Tips; Design: Sunflower; Design: Bell

33 **The Caregiver's Calm** — COMING SOON
For: Dementia & family caregivers · Sample: You Matter Too; Caregiver Burnout Self-Check; Daily check-in