

Gentle tools for emotional awareness,
energy balance, and self-trust for
children



 *Greetings from Little Energies*

I wanted to take a moment to introduce you to Little Energies, a children's wellness and energy-awareness series I created to support kids in understanding themselves from the inside out.

Little Energies is a collection of thoughtfully designed, self-published tools that help children explore their emotions, energy, and inner awareness in a way that feels accessible, empowering, and grounded in everyday life. The series includes an illustrated children's book, a chakra learning guide book, a kid-friendly oracle deck, and a guided journal—each created to meet children where they are and grow with them over time. These pieces can be used individually or combined as a complete package for a more expansive, supportive experience.

At the heart of this work is a belief I hold deeply: when children are given language and tools to notice their energy, check in with themselves, and trust what they feel early on, they build a strong sense of self-knowing before it becomes layered over by the many impressions life brings. Rather than needing to return later to "remember" these skills, the awareness remains intact—supporting them in navigating the world with greater balance, confidence, and emotional resilience as they grow.

Each piece of the Little Energies collection offers a gentle entry point into this awareness. The Quest for Balance introduces simple energy practices through story and imagination; Sky Chakra & Her Energy Family supports a foundational understanding of the chakra system; the Little Energies oracle deck invites intuitive reflection and energetic check-ins; and the Little Energies journaling guide encourages self-expression along with energetic and emotional literacy. Together, they form a cohesive system that families, caregivers, and healing spaces can return to again and again.

I've included a brief wholesale sheet for reference, and I'm beginning to connect with a small number of aligned shops to see if Little Energies might be a good fit for your space and community. My hope is to place this work in environments that already value mindfulness, creativity, emotional wellness, and care for the whole person.

Please feel free to reach out if you have any questions or if you're interested in sharing Little Energies with your community.

IN GRATITUDE,

Sky

