

# Barrhaven author launches children's book with a focus on social emotional learning

Local author and father of two, Brian Nolet, has officially launched his first children's book, *Jungle Buddyz: A Race to Remember*, in collaboration with local elementary school teacher Dave Mossman, under the brand name The Buddyz.

The Buddyz is dedicated to creating children's books and resources that focus on social emotional learning for young children. Through their engaging storytelling, Nolet and Mossman aim to help children develop important life skills in a fun and relatable way.

*Jungle Buddyz: A Race to Remember* tells the story of a nervous sloth named Scooter who faces self-doubt before a big race in the jungle. With the support of his friends, the Jungle Buddyz, Scooter learns to believe in himself and navigate his emotions. This charming tale serves as a catalyst for discussing social-emotional issues such as self-confidence and resilience.

Nolet and Mossman have received tremendous support for their debut book, with hundreds of copies sold across multiple countries including Canada, the United States, France, and Australia. In fact, their book quickly became a bestseller on Amazon in mid-December, receiving rave reviews from both parents and children.

"The positive response we have received from children and parents alike has been heartwarming," said Nolet. "Seeing kids not only enjoy reading the book but also understanding its important message is truly incredible and rewarding."

"The illustrations are great! My three year old thoroughly enjoyed this book from cover to cover," said Tina Clinton, mother of Gracelynn.

In addition to their book, The Buddyz offer resources for parents and teachers on their website, including free printables like coloring pages, puzzles, and lesson plans covering various subjects like health, language, art, and social studies for students in Kindergarten to Grade 3.

The official book launch

will be held featured live discussions on social media about the inspiration and creation process behind *Jungle Buddyz*. Participants will have the chance to win exciting giveaways, including copies of the book, stuffed animal versions of the main character, and more. To be a part of this exciting event, follow @BuddyzCanada on social media, and visit [www.thebuddyz.ca](http://www.thebuddyz.ca) for more information on the book and available resources. *Jungle Buddyz: A Race to Remember* is available in both English and French on Amazon.

On Wednesday, January 24, 2024, Nolet and Mossman introduce the newest addition to their family of empowering resources for children - the "Jungle Journal." Designed to assist kids in understanding and expressing their emotions, the *Jungle Journal* stands as an innovative tool aimed at nurturing emotional intelligence and well-being among young children.

The launch date coincided with Bell Let's Talk Day, a national initiative promoting open conversation about mental health. For each *Jungle*

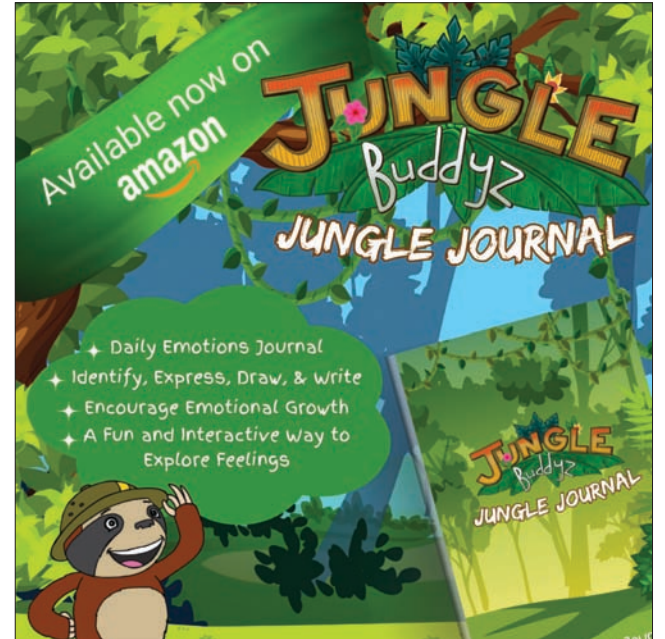


Barrhaven author Brian Nolet reads his *Jungle Buddyz* book to his son.

*Journal* purchased on January 24th, 100% of the proceeds were donated to Kids Help Phone. This Canadian non-profit organization offers confidential support to young people aged 5-29 through phone and online counseling services, as well as a wealth of information and resources on essential topics such as mental health, bullying, rela-

tionships, and more.

"The 'Jungle Journal' builds upon the success of our beloved 'Jungle Buddyz' children's book series, which has already garnered significant attention and success for promoting social-emotional skills in young children,"



In light of the critical importance of mental health awareness amongst our youth, we kindly request your support in spreading the word about this initiative in your esteemed media outlet. Together, we can make a genuine and lasting impact on the lives of children.

said Nolet. "With this emotions journal, young minds can now delve even further into their feelings, learning to identify emotions and express themselves daily,

fostering a deeper understanding of their emotional landscape".

Dozens of reviews can also be found by searching *Jungle Buddyz* on Amazon.

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