

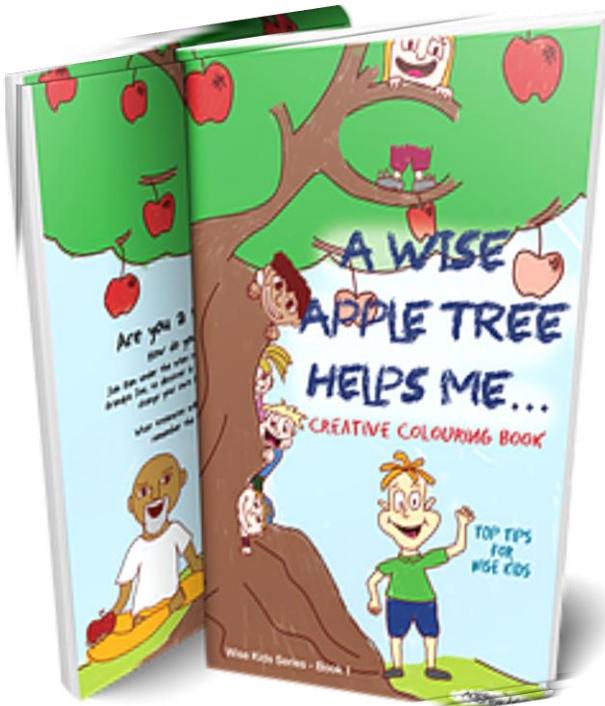
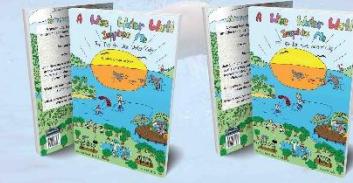
*A Wise Apple Tree  
Helps Me  
Books 1 & 2*



**ANDREW HOLT**  
AUTHOR EDUCATOR  
[www.andrewgholt.com](http://www.andrewgholt.com)



*A Wise Water World  
Inspires Me  
Books 1 & 2*



# Media Kit

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Contact Author

**Author:** Andrew Holt

**Category:** Children's books, Education, Emotions, Self-esteem, Empowerment.

**Print ISBN:** A Wise Water World Inspires Me: Top Tips for Wise Water Kids: 978-1-925833-26-3

A Wise Water World Inspires Me: Top Tips for Wise Water Kids: Creative Colouring Journal: 978-1-925833-65-2

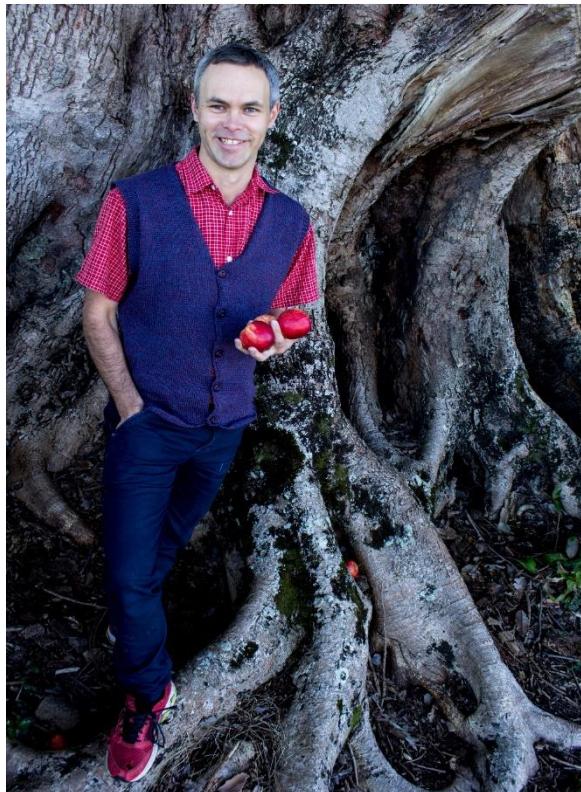
A Wise Apple Tree Helps Me: Top Tips for Wise Kids  
978-0-994336-30-9

A Wise Apple Tree Helps Me: Top Tips for Wise Kids:  
Creative Colouring Journal 978-0 994336-31-6

# Author Bio

## Andrew in 25 words...

Andrew Holt is a passionate educator, author and workshop facilitator creating space for inspiring children and adults to develop resilience, self and social awareness, mindfulness and character.



## Andrew in 250 words...

Andrew Holt writes books for children of all ages. A primary school teacher, yoga teacher, and mindfulness trainer, Andrew has travelled the world working with parents and children from many different cultures. With a kid's sense of adventure, he's explored the deserts and gorges of Australia, the dark jungles of Indonesia, the ancient Himalayan Mountains of India and Nepal, and the rolling grasslands of Africa.

Andrew's experiences have brought him to the conclusion that wisdom isn't just for old folks; kids have their own valuable perspectives on the world too—if only we'd listen and create safe spaces, with opportunities for them to explore their interests and apply their wisdom.

Andrew's mission is to share a few helpful tips for the next generation's journey (alongside reminding this generation too) as he creates SPACE where kids' wisdom can shine. And, to have as much fun as he can while doing so. He incorporates this vision into the growing, Wise Kids Book Series as well as the Wise Kids Hero Quest workshops.

His **first book** in the Wise Kids Series, *A Wise Apple Tree Helps Me: Top Tips for Wise Kids*, was released in September 2015 with positive feedback from a wide section of society; from counselors, teachers, parents, children, doctors and social workers to name a few. Themes of mindset, gratitude, goal setting, relaxation tips, gratitude, positive psychology and much more.

This **second book**, *A Wise Water World Inspires Me: Top Tips for Wise Water Kids*, continues with empowering questions around the themes of emotions, water and going with the flow was released in December 2018.

# Book Bio



It's ideal for teachers looking for their students (particularly, but not exclusive to grade 4,5,6) and home schoolers to colour/ reflect/ discuss and journal each day (perhaps after lunch) around topics they can all relate too. Classroom sets are available.

*The Top Tips for Wise Kids* in this 2-book series, has been integrated into *The Wise Kids Hero Quest*. A journey where our 'Wise Kids' learn to integrate these concepts. See website for more details.

## A Wise Water World Inspires Me – Top Tips for Wise kids

National Australian Curriculum aligned, promoting self-awareness, social awareness, self-responsibility and social responsibility.

'A Wise Water World Inspires Me' - *Top Tips for Wise Kids* is the second rhyming book in the *Wise Kids* series. It is about a young boy Sam on an adventure to a Water World with his Grandfather and learning about his emotions and making choices. The book shares his relatable experiences of each place in the water world.

Along the way the reader is engaged personally by reflecting on what choices they would be making with a powerful question on each page. In the creative colouring journal especially, this goes deeper as children (of all ages) can colour the illustrations or have freedom to express themselves on a lined or blank page after each chapter. Here are the questions of inquiry within the book...

What adventures of fun will I have under the sun?

What do I believe, for me to achieve?

How do I express my dance at every chance?

How can I have a great year and not be a slave to fear?

What emotional slide will I decide to ride?

Can I read my body's clues to dance away any blues?

What helpful action can I do to change my sadness to satisfaction?

How will I shine my best as I journey on my quest?

# Target Audience

## WHO SHOULD READ

- Children ( 7-11+)
- Parents,
- Grandparents,
- Educators,
- Schools.
- Really anyone who works with children (counsellors, psychologists).



## BOOK BENEFITS



- Adult/ child relationship building through discussion.
- Increased understanding of emotions.
- Child/child relationship building.
- Engaging, colourful and relatable illustrations.
- Opportunities for growth through self-reflection.
- Increased social awareness and responsibility.
- Individual expression through space in the *Creative Colouring Journal*.
- Relaxation through colouring in the *Creative Colouring Journal*.
- Self-awareness on strengthening resilience. Reflections on qualities of water and flow, in relation to emotions.
- Short, simple engaging rhymes.
- Analogy of the water world on earth, to that within us.
- Awareness of how much fun we can have when we play fun in water.

# Testimonials

The ones inside

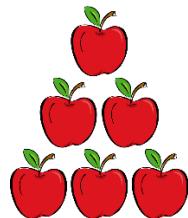
"Andrew Holt's *A Wise Water World* is without a doubt one of the most important books you could be reading with a child. The evocative yet relatable artwork in his book nicely compliments and bolsters his mindfulness lessons on each page. Whether you are a teacher, a parent, a relative, or a mentor of some sort, Andrew's book is an ideal resource for anyone who wants to help children learn the two most important mental health skills according to the research: mindfulness and acceptance of one's feelings." – *Dr Patrick Lockwood, Psy.D.*

"Speckled with lessons and endearing illustrations, Andrew's second edition for the *Wise Kids Series*, explores ideas about environmental conscientiousness, friendship and belonging in a way that is as relatable as it is unique – a gift for readers of all ages and wise-water sages!" – *Claire Kelly , Principal , McGuire Secondary College, Shepparton , Victoria*

"It's good. It helps people relax with their emotions. The water helps me relax. I liked the bookshelf part. " – *Louella (9)*

"The wisdom and lessons in this series of books is timeless, and applicable for children of all ages." - *Davina Davidson – Mindset Coach*

# Testimonials



“*A Wise Water World Inspires Me...* thanks again for an outstanding tool to unlock discussion with both my boys: aged 12 and 8 (of whom, both struggle to connect and verbalise their emotions). Sometimes we as parents battle to connect with our OWN emotions - this book was a great tool to connect with my OWN emotions and to guide my boys to understand that they always have a choice as to how they direct or channel their emotions to ensure a positive outcome or experience.” – *Hennita - parent of 5 children*

“*A Wise Water World Inspires Me* is a brilliant and creative book, bringing together engaging rhymes and pictures to highlight an important message to children on leading a happy and emotionally resilient life.” – *Jamie Rose, Happiness Ninja*

“Wow! Andrew has worked his magic again with this second book in the *Wise Kids Series*. It’s a must read for kids who want to achieve their potential and help others do the same. Adults can benefit too.” - *Brenda Robinson, Primary S*

# WISE KIDS HERO QUEST

## Wise Kids Academy

- \*Mindset      \*Strengths (Positive Psychology)      \*Mindfulness      \*Relaxation
- \*Self-directed Learning      \*Self- inquiry      \*Self-Awareness      \*Social-Awareness
- \*Reflective Journalling      \*Visioning/Goal Setting      \*Emotional Intelligence
- \*Neuroscience      \*Ancient Wisdom      \*Authentic Learning      \*Self/Social Responsibility
- \*Australian Curriculum aligned

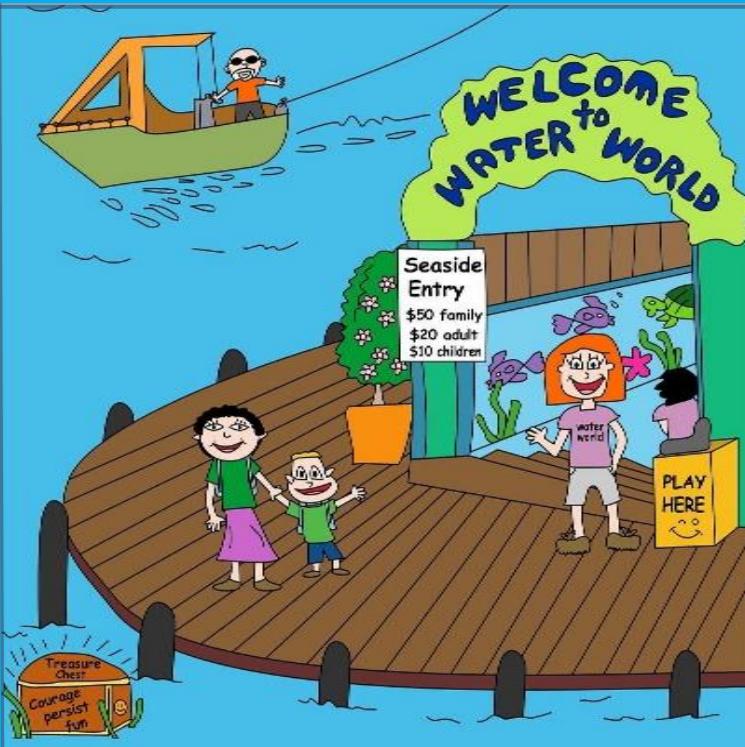


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Andrew Holt - Educator, Author

# Book Excerpt



## 'A Wise Water World Inspires Me' – Top Tips for Wise kids.'

**What do I believe,  
for me to achieve?**

"Step up on the skis, BELIEVE it can be done,  
jumping into life can be so much fun."

"Grandpa Joe, my mind wants to poison me and say,  
I'm not good enough to try and ski today."

"Remember courage," he says. "Give it a go! My own  
grandpa used to say, 'overcome your fears, be in the flow.  
BELIEF is the key to move and share your best.  
A brave heart is what beats inside your OWN treasure  
chest."



I have the power to choose how I feel.  
I deserve happiness.

- |  |   |
|--|---|
| <p><b>1.</b> Who are you? What's your background?</p> <p><b>2.</b> Tell us about your book?</p> <p><b>3.</b> What age group is it targeted at?</p> <p><b>4.</b> What keeps you inspired?</p> <p><b>5.</b> Why did you decide to illustrate your own book?</p> <p><b>6.</b> What inspired you to write your first book?</p> <p><b>7.</b> Are there more books in the <i>Wise Kids Series</i>?</p> | <p><b>8.</b> Do you have a favourite quote / rhyme from your book?</p> <p><b>9.</b> What sort of feedback have you had?</p> <p><b>10.</b> I understand these books are a stepping stone for a greater vision. What is that vision?</p> <p><b>11.</b> What projects are you working on now?</p> <p><b>12.</b> Where can people buy the book?</p> <p><b>13.</b> What is your next fun adventure that you will have under the sun?</p> <p><b>14.</b> How can people get in touch with you?</p> |
|--|---|

# Interview Questions



*“If you focus on the bad,  
then you’ll be mad or sad.*

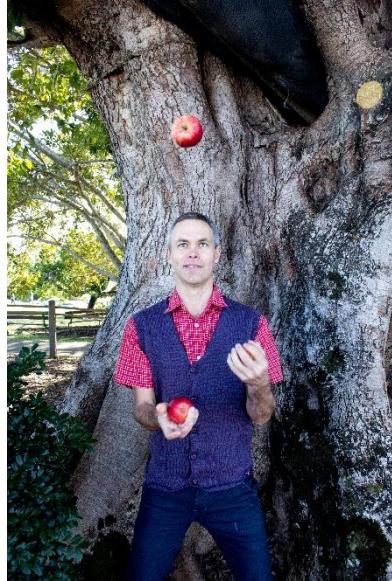
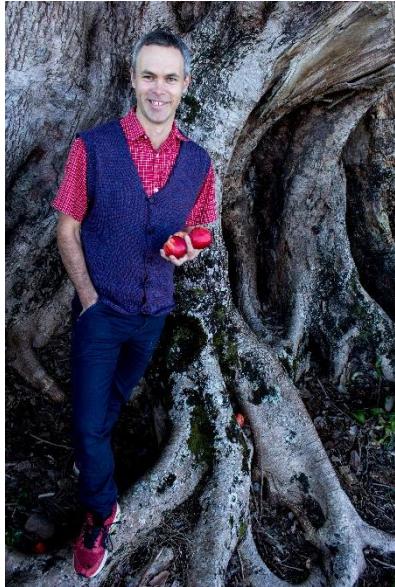
*So focus on what is alright and you’ll be a bright shining light.”*

*– Book 1 in the Wise Kids Series - ‘A Wise Apple Tree Helps Me’ –*

# Author Photos

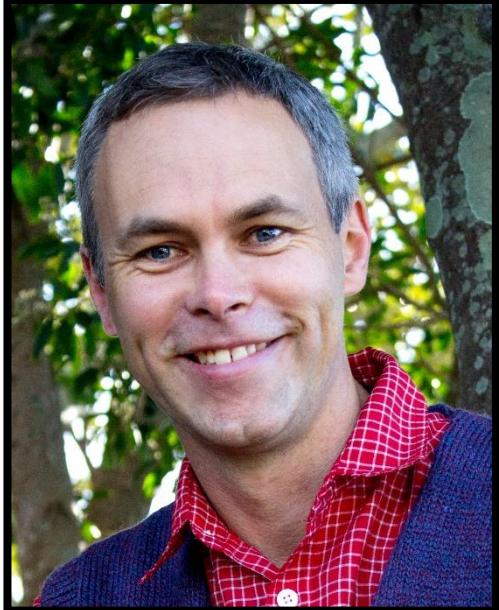
I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

-Thank you.



# Connect with

# Andrew!



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**Instagram:** ‘andrewgholt.’

**LinkedIn:** ‘Andrew Holt.’

