New Children’s Storybook Gently Informs Young Kids About Global Warming

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BOULDER, Colo. (PRWEB) November 06, 2019 -- Highly-acclaimed children’s author Andrew Newman has brought forward a new and important children’s book, The Sunburnt Polar Bear, and its message is both timely and highly relevant to today’s world dynamic. The Sunburnt Polar Bear, the 14th addition to the Conscious Bedtime Stories series, is a tale about the plight of polar bears in the wake of global warming that gently introduces young readers to climate change and offers them ways to become a part of the solution. A one-of-a-kind children’s book, this new offering from Conscious Stories takes up the goal to help parents and teachers educate children in a non-fearful way about what is occurring right now on our planet.

Exceptionally illustrated by Liesl Bell, The Sunburnt Polar Bear tells the tale of polar bears trying to cope with increasing heat at the North Pole. Like all Conscious Bedtime Stories, the book begins by inviting readers and listeners to engage in Snuggle Breathing to slow down and become present to the unfolding story. Following the story, kids are invited to learn more about climate change. The story concludes with Top Tips to Help the Polar Bears Thrive. Included in the book is a letters kids can remove, sign, and mail to their legislators, asking for attention and action to help stem the fast-moving effects of global warming on our planet. Finally, the book offers a set of stickers for kids to peel and wear to let others know they care about the planet.

The Sunburnt Polar Bear is now available for pre-order through Indiegogo, where campaign supporters can order copies for themselves and others, for a classroom or school, obtain an e-book copy or school climate kit, donate to several African book programs, or choose from among the other enormously popular children’s titles that are a part of the Conscious Stories Series. Supporters can participate by visiting https://igg.me/at/Sunburntpolarbear.

“Our children hold a key to solving the challenges we are facing as humanity but how we introduce them to these challenges makes all the difference. The first step is to create a safe, connected, loving space in which they can learn about their inner and outer worlds. Then we can help them to engage with some of the big challenges and climate change is one of these,” observed Newman. “The most powerful vehicle in addressing climate change is individual awareness and action. To allow our kids to move to action we need to make them aware of the issues in a comfortable and inspiring way. The Sunburnt Polar Bear does just this by introducing them to the concept of climate change in a safe and non-threatening way.”


A collection of bedtime picture books for kids ages 3 to 7, Newman’s conscious stories are experiential, beginning with asking the reader and listeners to enjoy easy breathing practices that soften the atmosphere and create deep connection. Each of his stories offer heroic characters who employ a heart- and value-based approach to exciting challenges. As the story characters overcome difficult situations, young children learn a new social-emotional skill. Each story ends with an activity designed to bring awareness and integration about the themes and spiritual values the stories contain. The architecture of each story creates a unique yet significant opportunity for bonding between parents and children.

“My stories are for families who recognize the wisdom of their children and want to nurture their spirituality, sense of oneness, and belonging to a larger global community. They are a tool for conscious parents to grow connection with their children through simple breathing exercises, meaningful characters and heart-centered activity pages,” noted Newman, a native South African now living in the Boulder, Colorado area. “They are specially written and illustrated to make advanced spiritual concepts easily accessible and even more easily integrated into a child’s daily life.”

Andrew Newman is a graduate of the Barbara Brennan School of Healing; he has been actively involved in men’s work through the Mankind Project since 2006. His additional portfolio of work includes publishing over 2500 donated poems as the PoemCatcher, volunteer coordination for Habitat for Humanity in South Africa and directing Edinburgh’s Festival of Spirituality and Peace. Newman’s Conscious Bedtime Story Club is a culmination of all of these areas of experience, intended to bring parent and child into deeper connection and spiritual union with each other.

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