

Children's Book 'Finding Magic' Inspires a New Way of Teaching Children Emotions

A whimsical, research-backed children's book blends psychology and imagination for parents to help their children build emotional intelligence.

SINGAPORE, May 16, 2025 /EINPresswire.com/ -- What if the first lesson we taught children was not how to follow rules, but how to deal with feelings? This is the question that drives [Finding Magic](#), a beautifully illustrated and emotionally intelligent children's book by author [Arshiya Jhunjhnuwala](#)—a mother, social impact advocate, and education professional with deep roots in child development.

Now available across platforms, Finding Magic is more than just a story—it's a resource for families and educators alike. This children's picture book (ideal for ages 5–9) introduces young kids to the foundations of emotional resilience, perspective-building, and self-reflection, in a way that's age-appropriate and whimsical. Set against the vibrant backdrop of Singapore's Holland Village, the story follows two sisters, Ava and Mia, who receive a mysterious glowing stone from a kind bookstore owner named Uncle Goat. Expecting magic that grants wishes, the girls are surprised to find something even more powerful: the ability to shift how they see and respond to life's everyday challenges.

The story is drawn from child psychology and social-emotional learning, backed by months of thoughtful development. The manuscript was shaped through focus groups with mothers, reviewed by both a child psychologist and a social psychologist. "If we can teach children to choose joy even when things don't go their way, we're giving them a superpower they'll carry for life," says Jhunjhnuwala.

As schools and parents increasingly seek out children's books that support mental wellness, Finding Magic answers a rising need in the market for literature that goes beyond simple morals. To align with its message of accessible learning, the book also carries a social mission: for every



Author Arshiya Jhunjhnuwala

five copies sold, one is donated to a low-income school library in a developing country.

For more information, review copies, or interview requests, please contact:

Follow Arshiya on Instagram for updates, behind-the-scenes moments, and insights on raising emotionally resilient kids through storytelling.

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