

MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!

- ▶ Written by Nan Arkwright
Illustrated by Joe Bauman



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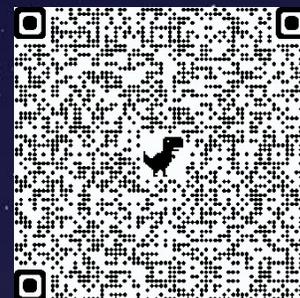
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MISSION: CONTROL! A BIG FEELINGS ADVENTURE!

▶ BOOK SYNOPSIS

When a young boy's tantrum sends him into outer space, can he stop the aliens from controlling his attitude? Joseph doesn't want to go to bed. When his mom asks him to turn off the TV, the imaginative boy's meltdown launches him on an intergalactic adventure. But as Joseph escapes to Planet Kelvin 273, he must battle the Green HypnoZoids to save himself from their hypnotizing powers.

Joined by his beloved dog, Gretchen, Joseph has to gather the self-control to defeat the aliens. But if he can't master his overwhelming emotions, he fears his pesky enemies will always have command over his life.

Can he conquer his outbursts and return home with new problem-solving skills?

In *Mission: CONTROL! A Big Feelings Adventure*, you'll discover:

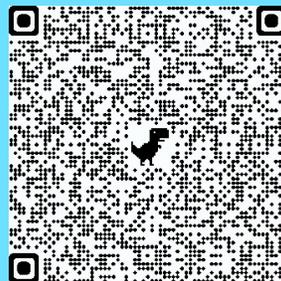
- Tools for addressing anger in a non-threatening and entertaining way
- How parents can model positive actions to assist their child in learning to manage problems
- A delightful story that shows effective methods for improving behavior
- A creative view of the flight-or-flight response
- An encouraging mindset for kids dealing with disappointment, and much, much more

Mission: CONTROL! A Big Feelings Adventure! is an inspiring children's picture book suitable for ages 4-10 to help youngsters deal with their emotional reactions and grow from setbacks. If you and the child in your life like valuable lessons, inventive journeys, and relatable heroes, then you'll love Nan Arkwright's out-of-this-world tale.

Buy *Mission: CONTROL! A Big Feelings Adventure!* to become an ace with will power today! Summary by Bryan Cohen.

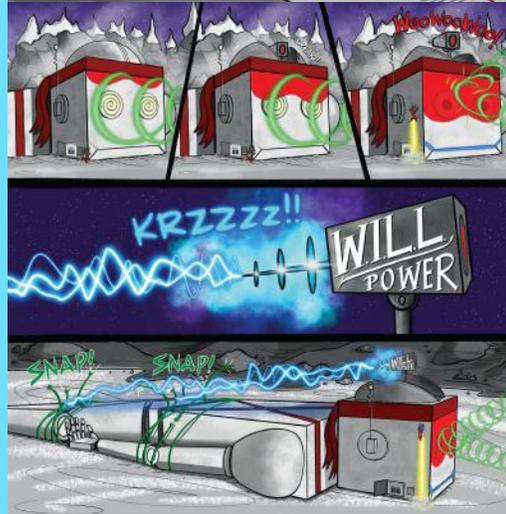
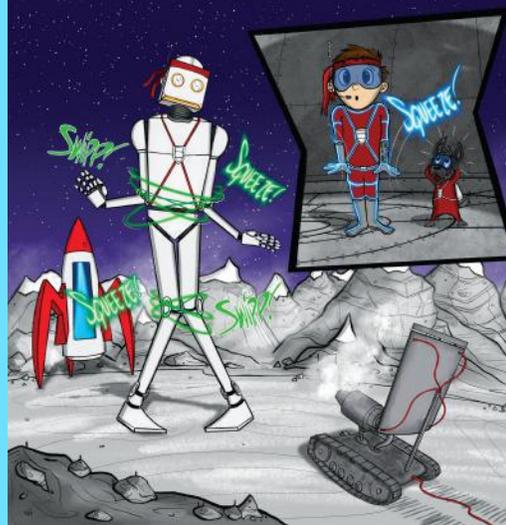


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Nan's Bio

Nan remembers the moment she decided in third grade that she wanted to work with children. As a pediatric occupational therapist, she gets to do just that. She teaches children emotional regulation and social skills in order to transform challenging behavior and facilitate healthy connections with adults. She wrote this book so kids and parents could share a story about the big feelings to which they can both relate. Through her writing and occupational therapy practice, she helps children understand how to become agents of positive change for themselves. Learn more about her private practice at www.ahopskipandajumpahead.com



Joe's Bio

Illustrator Joe Bauman has an imagination so big he's able to bring levity to a deep topic through his colorful, engaging illustrations in *Mission: CONTROL! A Big Feelings Adventure!* A multimedia artist and illustrator with more than 25 years of experience, Joe has built his computer graphics expertise on both the artistic and production side. With deep roots in production at PDI/Dreamworks, he is as well-versed in his talent as he is in his ability to collaborate with creatives in all fields.

www.jbaumanart.com

PARENT QUOTE

“ The strategy of me saying, 'Shields Up!' and him saying, 'I can handle it,' has worked twice so far! As soon as I told my son to put his shield on, he calmed down out of a tantrum over not being able to buy a new toy today and eating dinner. ”

MISSION: **CONTROL!** A BIG FEELINGS ADVENTURE!

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Download the Book Cover

MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!

▶ AWARDS & REVIEWS

"Joseph is busy watching TV with his dog Gretchen. While he is having fun, his mother interrupts and says it is bedtime. Joseph reacts as many children do with pitching a tantrum. Nan Arkwright in her book Mission: Control! shares how Joseph learns to control his anger and his emotions in general. Joseph's mother responds to Joseph's anger in a positive and helpful manner. Her calmness in the storm is contagious and helps lead to calmness in Joseph. Sit down with your child, snuggle up close, and read this wonderful little book to your child. Joe Bauman does a fantastic job of illustrating each page of this book.

Mission: Control! A Big Feelings Adventure gives insights on how to teach your child to control their feelings (control, not bury them). As a parent, you will see a wonderful way to handle conflict. You can use this book as a tool to open communication with your child that leads to peace in the home. Nan Arkwright has written a treasure in Mission: Control! As a pediatric occupational therapist, she has years of helping children learn to control their emotions with the help of their parents. Children will love hearing and reading about Joseph's adventure as he learns to control his anger. They will love the wonderful artistic work by Joe Bauman. Nan knows how to deal with children in a loving and kind way, to teach them about emotions and how to deal with them. This book opens a myriad of possibilities for the parent to explore feelings with their child(ren)."

- Reviewed By Daniel D Staats for Readers' Favorite



AWARDS WON



Children Adventure



Gold Award Recipient



Growing Pains



Best Cover Design



Best Illustrations

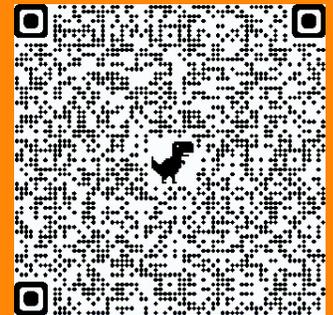


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► Nan Arkwright

Would you like to have Nan as a guest on your podcast, blog, or as a guest speaker at your event? Reach out to the team at info@thebadgesofpower.com to schedule.

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► GET TO KNOW THE AUTHOR

► Interview Questions for Nan Professional



1. How did you come to write this award-winning children's book and at this stage of your life?
2. How did two broken hips lead you to writing this book?
3. How did you and Joe, your illustrator, connect?
4. What's it like to work together? Isn't your way of working together a little unusual for authors and illustrators?
5. What makes this book groundbreaking?
6. Who should read this book?
7. On your website, why do you provide so much content and so many activities for kids to do with their families?
8. What has the response been from readers?
9. What are you currently interested in learning more about?
10. What do you most hope children and their adults will take away from this story?

Personal

1. You must put a lot of time into your therapy and in your book. How do you keep a balance?
2. Lots of things are hard for kids. What's something that is hard for you?
3. When you're not busy working with kids or writing for kids, what do you do?
4. What satisfaction do you derive from writing the book?
5. Tell us some fun facts about the book that readers might not know about.

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▶ Joe Bauman

Would you like to have Joe as a guest on your podcast, blog, or event? Reach out to the team at info@thebadgesofpower.com to schedule. Check out more of Joe's work at www.jabumanart.com.

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▶ GET TO KNOW THE ILLUSTRATOR

▶ Interview Questions for Joe



1. How did you start your career in illustrating?
2. Who are your influencers? What artists inspire you?
3. What tools do you use to create the artwork?
4. You used to work at Dreamworks. What were some of your favorite experiences there?
5. How do you create the characters and settings once you've read the author's manuscript?
6. What do you want readers to take away when they look at your artwork in this book?
7. What satisfaction do you derive from illustrating the book?
8. What's your favorite part about drawing?
9. Any tips for aspiring artists out there?
10. What are you currently interested in learning more about?
11. What do you have next on your plate?
12. What parting thoughts or tips would you like to share?

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"I highly recommend this book to all parents who are looking to help their child deal with and communicate their feelings. It is an excellent book for kids, because they learn tools to regulate their emotions in the form of an engaging super hero story. It is also beautifully illustrated in a fun, colorful comic book style look, so it immediately attracts their attention. As a parent, I appreciate that I am also given the language tools to help my daughter when she gets overwhelmed with emotion. My daughter and I look forward to reading more of Joseph's adventures together as a family!"

- Caroline Kermel, Animation Producer

► Collaboration Opportunities

Would you like to have Nan and Joe as guests on your podcast, blog, or event? Reach out to the team at info@thebadgesofpower.com to schedule.



"Writing turned out to be an unexpected pleasure and learning experience that has kept me busy and productive during COVID. My favorite part of my job is seeing children grow and having long-term relationships with families. This book is now my most powerful and effective therapeutic tool. I love guiding children to discover how they can grow a smarter and stronger brain, just like the boy in the book."

► Nan Arkwright



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#missioncontrolthebook
#growthmindset



► CONNECT WITH US ON SOCIAL MEDIA

Activities



Blog



Social Media



FUN FACTS ABOUT NAN

LINKS



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<https://www.facebook.com/missioncontrolthebook>



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Fun Fact #1: Nan remembers watching Neil Armstrong land on the moon in 1969.

Fun Fact #2: Nan has a Red Point Siamese cat named Talullah who sleeps by her side while she writes. Look for her in a future book.

Fun Fact #3: Nan likes pizza, chocolate, outdoor sports, and stories.