



# The Milo Way

HELPING LITTLE HUMANS LEARN & GROW  
THEIR WAY

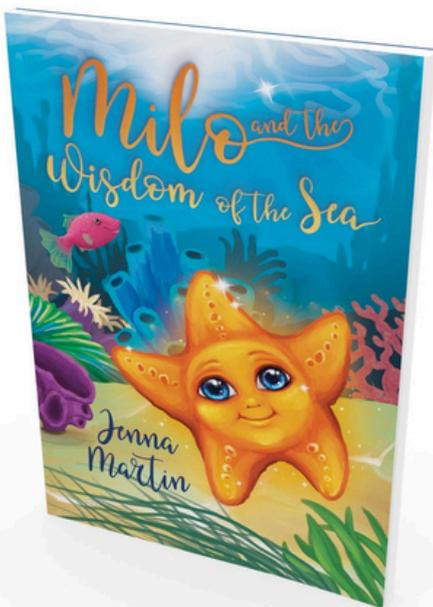
## WHO WE ARE

The Milo Way brings together storytelling and emotional tools to help children understand their feelings, build resilience, and navigate their inner world.



## THE STORY THAT STARTED IT ALL

Milo is the only cartwheeling sea star in the ocean—until a bully and a devastating storm change everything. Injured and far from home, he must discover that being different isn't his weakness... it's his superpower.



“Milo’s story encourages children facing adversity, and it delivers, showing that life’s challenges can become powerful tools.”  
(Parent of Katie, Age 8)

“Milo is a character that resonates with your soul—gentle, kind, and able to overcome the odds with love and cartwheels.”  
(Parent of Noah, Age 6)



## PROGRAMS & TOOLS

Workshops and tools that combine mindfulness, storytelling, and creative expression to help children understand their feelings and build resilience.

### **Milo's Toolbox for Big Feelings**

Helps children name, understand, and express emotions.

### **Power Cards: A Bully Recovery Resource**

Supports children in reclaiming their voice, rebuilding confidence, and processing feelings of powerlessness.

### **Adventures in Creative Journaling**

A creative writing and journaling workshop that helps children find their voice through storytelling and imagination.

## RECENT & UPCOMING APPEARANCES

- **Hope Grows Here Podcast** — Guest, February 2025
- **KidLit Fest at Barnes & Noble** — Author Appearance, September 2025
- **Bella's Heart Ball (benefiting Bella's Backpacks)** — Featured Partner, March 28, 2026
- **Silver Linings Television Show** — Guest, May 4, 2026
- **Fred & June's & It's Novel Books** — Author Book Signings, May 2026

## ABOUT THE CREATOR



Jenna Martin spent the early part of her career training to become a child and family psychologist — and what she learned there never left her. Today, she's a children's author, meditation teacher, and the founder of The Milo Way, an emotional wellness brand designed to give kids the language, tools, and confidence to navigate big feelings with a little more ease. Through books, workshops, and her Power Cards deck, Jenna translates decades of behavioral science (and her own hard-won personal practice) into something children can hold onto. Her mission is simple: help little humans feel less alone and a lot more capable.