

# Book Review



Books for children



## Incredible You

Rhys Brisenden and Nathan Reed  
TATE publishing  
Age: 5-11

This is such a beautiful book  
-both in words and in artwork!

With a rhyme style that reminds me a little of Dr Seuss, it is packed full of fun and affirmation. It begins by recognising that sometimes we might wish we were something or someone different and takes an imaginative journey into wondering what else we might prefer to be - perhaps a tall giraffe - or maybe a fish - did you know that fish get to eat all the seaweed they wish?

Having explored some of the options, we're then reminded of some of the amazing things that make us wonderful as we finish with a celebration of 'incredible you'.

There are plenty of opportunities to interact with this story, both immediate - such as having fun on the page that reminds us we can do funny voices- as well as inspiring wider family activities such as 'write a kind note'.

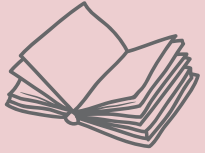
A great book for primary aged children and a brilliant way to explore a little more of how we are 'fearfully and wonderfully made'.



# Family Devotion



Books for children



## 'Incredible You'

Rhys Brisenden and Nathan Reed



### Bible Verse

'I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.'

Ps 139:14



### Wonder

- If you could be an animal, which animal would you be? Why?
- Can you think of anything else that makes you amazing?
- Have you noticed anything amazing about a friend / family member?
- What is the thing you like most about yourself?



### Do

- Can you have a go at some of the activities in the book? sing ... dance ... make up a story ...?
- Draw around each other on big pieces of paper - or draw a body outline on a piece of A4 paper. On each person's page, draw or write all the things you love about that person.



### Pray

- Take it in turns to say some simple thank you prayers:

'Thank you God that you love me and that You say I am incredible.  
Thank you that you made me ... (kind, funny, caring ...)

'Thank you God for ... (my brother, my mum, my friend ...)  
Thank you that they are ... ( a good listener, generous ...)



### Listen

Take a few moments to be quiet and to listen as you ask God to remind you of something He loves about you. Share with each other what popped into your mind.

