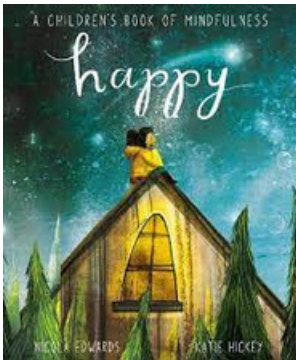


Book Review



Books for children



Happy -
A children's book of mindfulness

Nicola Edwards, Katie Hickey

Little Tiger

Age: 3-6

Pausing to be still and to be present in the moment is something that most of us could benefit from giving more attention to!

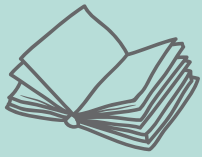
This is a beautiful book that helps children to explore ways of doing just that - to notice more of the wonder that surrounds them and to engage their senses as they pause and breathe. Full of God-inspired truth that encourages and supports emotional well-being - this book is full of wisdom for us all.

Sprinkled with wondering questions throughout that help you explore the ideas together as well as practical ideas that will help you put it into practice.

And to top it all - the artwork is beautiful - what more can you ask for?!



Family Time



Happy - A children's book of mindfulness

Nicola Edwards, Katie Hickey



Books for children



Bible Verse

"Be still and know that I am God."

Psalm 46:10



Wonder

- Take a moment to pause and to be still. What can you see, hear, smell, feel, taste?
- What do you think makes God 'happy'? Why?



Do

- Have a go at some of the activities from the book - I really love the relaxing and the tasting activities.
- Play the feely bag game. Choose 3 or 4 small items with different textures (try fluffy, smooth, rough, soft, hard) and put them into a bag or pillow case. The person who is guessing has to guess what the items are just by feeling. They can hold, squeeze or shake the outside of the bag and they can put their hands into the bag and feel each item - but no peeking! Be careful not to use anything sharp.



Pray

What have you noticed today that has made you feel happy? Can you create a thanksgiving picture and fill it with thank you prayers - it might be a wall, with a prayer written on each brick - or what about a garden, with thanksgiving flowers in it?



Listen

Imagine a big empty picture frame in your mind and ask God to draw a picture in it. What picture did you see in your mind? Why do you think God might have drawn that picture?



wonderfulme.org.uk

