Imagine Eating Lemons

A Children's Introduction to Mindfulness



Jason Rhodes & Richard Dearing

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Graffeg Limited, 24 Stradey Park Business Centre,
Mwrwg Road, Llangennech, Llanelli,
Carmarthenshire, SA14 8YP, Wales, UK.
Tel: 01554 824000. www.graffeg.com.

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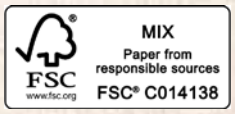
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This is Chester Chestnut.
He's a happy little chap.
He loves to dance and
sing and jump in puddles
with a
SPLASH!



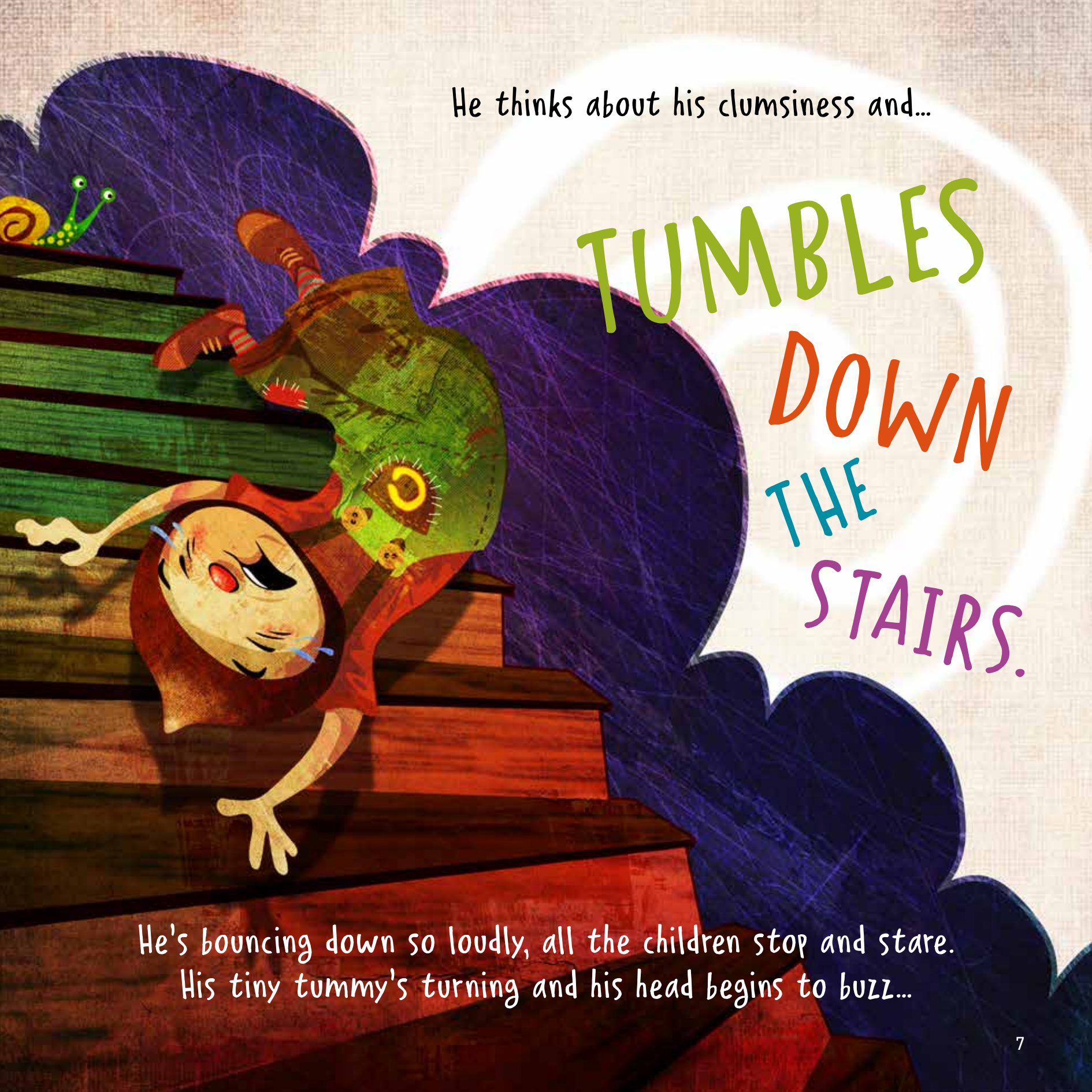
Now Chester's
very cheerful, but
sometimes his tummy
hurts.

A tiny thought will
grow and **grow**
and make him feel
much worse.



Today he starts at school,
he's the only one that's new.

"What if I'm too shy to play,
I don't know what I'll do!"


He thinks about his clumsiness and...
TUMBLES DOWN THE STAIRS.
He's bouncing down so loudly, all the children stop and stare.
His tiny tummy's turning and his head begins to buzz...

To make himself feel better, have a look at what he does...



He slowly takes a deep breath in...



and wiggles all his toes.



He feels his tingly fingertips...



and tickling in his nose.



He stops and listens carefully. What noises can he hear?
The pattering rain on the window pane and a steam train passing near.

Welcome to Chester Chestnut's
miniature woodland world.

Follow Chester's journey as he gains a clearer understanding of his thoughts and feelings through the practice of mindfulness.

With vibrant illustrations and playful rhyme we discover some of the simple benefits of mindfulness and how we can use it to settle our busy everyday minds.

Find me in every picture.

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