

Imagine Eating Lemons

A Children's Introduction
to Mindfulness



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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.



8 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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