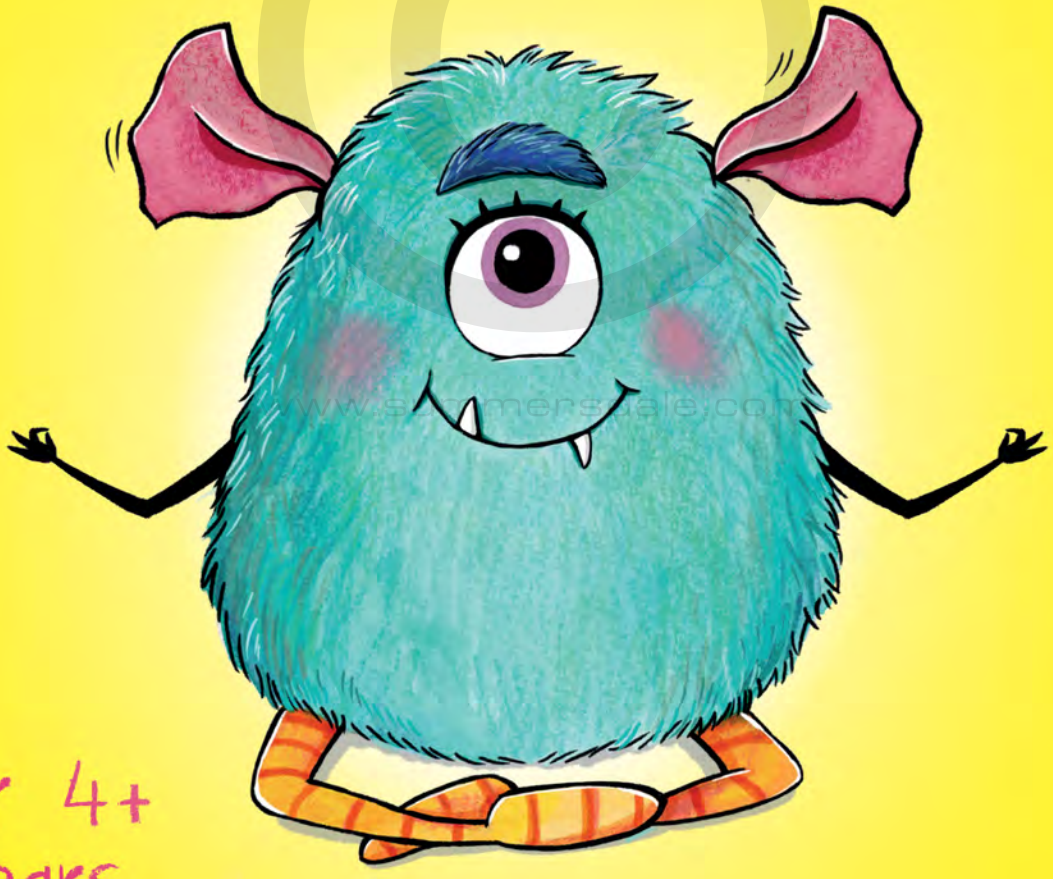
A Little Monster's

GUIDE TO MINDFULNESS



For 4+ years

Emily Snape

www.summersdale.com

A LITTLE MONSTER'S GUIDE TO MINDFULNESS

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Note to parents and carers

This book will help your child to:

- understand what mindfulness is
- recognize their emotions and focus their attention on what they're feeling and doing in the present moment
- ease feelings of stress and anxiety
- build key life skills like self-control
- feel calmer and happier with fun, simple mindful activities.

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These approaches can become powerful tools that will encourage your child to calm themselves and slow down.



Hi!

I'm Pickle. What's your name?

We're moving house soon and I will have to go to a new school. I get a yucky, fizzy feeling in my tummy whenever I think about it.

Mr Growl (my teacher) suggested I keep a MINDFUL JOURNAL. He explained that being mindful is focusing on what's going on RIGHT NOW, instead of what HAS happened or MIGHT happen. It can help you feel better.

I'll try ANYTHING (I even ate dinner standing on my head last week).

So, here goes...

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Pickle's Mindful Journal

Day of the week: Monday

What mindful activity have you tried?

I had a go at ~~medpitating~~ ~~megiatating~~ meditating.

To meditate, first you get comfy. Then you try clearing your head of worries. To do this, take slow, deep breaths.

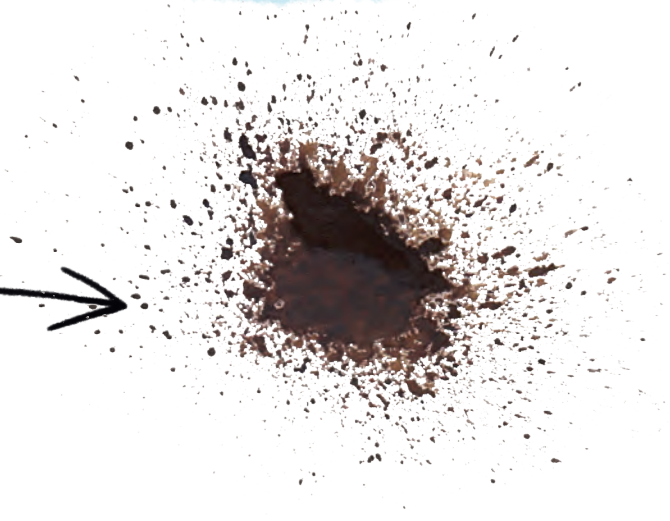
Think about how each part of your body feels, from head to tail.

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I noticed that my back felt stiff, so I relaxed it.

You can try placing a hand on your tummy, feeling it moving as you take breaths in and out.

Whoops! I dropped my journal in some mud!



How did it make you feel?

Soooooo relaxed and flippy-floppy until I realized...



Pickle's **Mindful Journal**

Day of the week: Tuesday

What mindful activity have you tried?

Mindful munching!

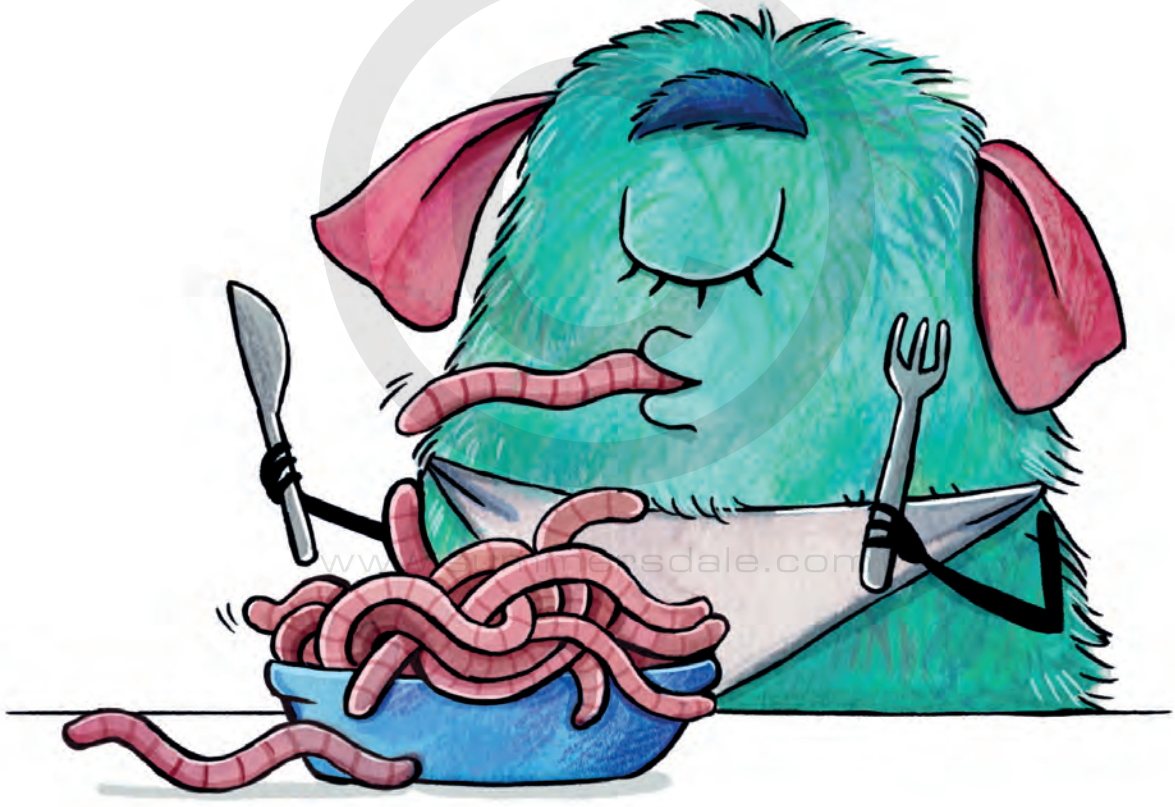
You can be mindful at mealtimes! Instead of eating like this...



...You slow down and enjoy each mouthful!

How did it make you feel? Surprised.

I didn't realize bugs could be SO crunchy and slurpy AT THE SAME TIME! I loved the way the bugs wiggled in my mouth.



P.S. Children shouldn't eat bugs, so try a raisin instead! First, look closely at the wriggly skin. Give it a sniff... raisins smell great! Pop it in your mouth and feel it on your tongue. Then savour the sweet taste explosion. Yum!