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Happy: A Children's Book of Mindfulness

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[Elizabeth Schlenther](#) [3]

~~Not a Choice:~~

off

Media type:

Book

BfK Rating:

5

Mindfulness is one of the 'in' things these days, and this gentle, lovely book featuring five children of different colours and interests fulfils the diversity demand too. We meet them separately and together, and at the very end, they are all sleeping in the same bed - a metaphor for the need to share in every way. But the main theme of the story is techniques to help us live in the moment, and this is accomplished with two-page spreads, a poem on one side and a charming and beautifully presented illustration on the other. The colours are soothing and the children happy because they are learning how to cope with worries, problems and differences. Listening, feeling, relaxing, tasting, touching, discovering, smelling, loving - and, finally, appreciating are all given as ways to help us live in the moment. 'It feels good to give thanks at the day's end for the pink blushing sky overhead, a hot meal, comfy shoes, or a good friend, and the warmth of a soft cosy bed.' These things do feel good, and this picture book will help small worriers - and even those who don't worry - develop tools to help themselves to calmness of mind and body.

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