

THE PURRFECT PAWSE

A little book to help children pause, stretch and be grateful



AVRIL McDONALD

ILLUSTRATED BY TATIANA MININA

INCLUDING



STARS IN THE NIGHT



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For my two little stars, Maggie and Luke.







I am a tree
I stand tall in
the ground

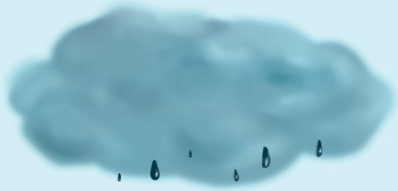
As I reach

for the sun



I will not
make a
sound





I am the rain





Falling down
from the sky

The Purrfect Pawse uses rhythm, rhyme and repetition to encourage children to take a pause, stretch out and unwind with Catreen the cat. Its beautiful verse brings to life pleasant imagery that connects them with the wonders of nature. The gentle stretching activity is an ideal example of a 'daily dose' of emotional well-being that children can effortlessly learn and incorporate into their day.

The book also features the enchanting poem 'Stars in the Night', in which Wolfgang the wolf takes children on a magical starry journey into their minds to think about all the people, things and places they love, stir them around in a cup and drink them up like hot chocolate. 'Stars in the Night' not only warms children's hearts but also helps them get into a powerful, positive state of mind.

Designed for use with 4- to 7-year-olds.



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Children's
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