

Your Softness is Your Strength: A Little One's Guide to Celebrating Softness (Life Lessons for Little Ones)

AUTHOR

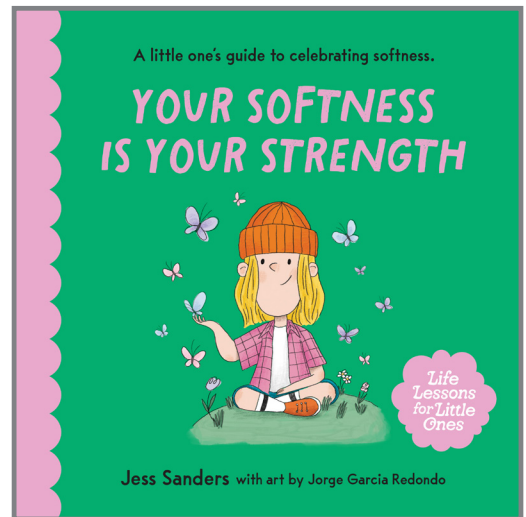
JESS SANDERS

ILLUSTRATOR

JORGE GARCIA REDONDO

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SYNOPSIS

Did you know that there is a special softness that lives in your heart? It has always been there and it's an important part of who you are.

If you have ever felt like your softness is a weakness, you are not alone.

This book is for any child who needs a reminder that their softness can be their greatest strength.

ABOUT THE AUTHOR

Jess Sanders is a social worker and bestselling, award-winning author of books including *Love Your Body*, *Be Your Own Man* and the Life Lessons for Little Ones series. Jess has a passion for creating resources that nurture positive mental health and promote gender equality. Every project she pursues is born from the question, 'Why does it have to be this way?'. Jess is regularly invited to speak on radio and at events about her work and her books.

ABOUT THE ILLUSTRATOR

Jorge is a designer and illustrator who began drawing as soon as he could hold a pencil, and hasn't stopped since! Inspired by a weird mix of elements, such as 90s cartoons, comics, mid-century design and street photography, he works both traditionally and digitally for both publishing and a wide range of commercial projects. His work is character-based, colourful, whimsical and always tells a story. When he is not drawing or designing, he can be found lost in a bookshop buying more books to read, sketching people in coffee shops or trying to befriend each cat he finds! Jorge lives in Spain.

STUDY NOTES

- What do you feel in your body when you give someone a warm hug?
- What do you love to create and share with the world?
- Have you ever felt like your softness was a weakness?
- How do you feel when you support a friend?
- How do you feel in your body after you've told someone what you are feeling inside?
- Has there ever been a time when someone didn't see the strength in your softness?
- Who would you like to share your softness with?