



RAINBOW MINDS  
*wellbeing*

# NOURISHMENT WORKBOOK



# MINDFUL BOOKS

## FOR YOUR CHILDREN

- ~ "In My Heart" by Jo Witek
- ~ "Kind" by Axel Scheffler
- ~ "I am Human" by Susan Verde
- ~ "Yoga Friends" by Mariam Gates & Rolf Gates
- ~ "My Magic Breath" by Nick Ortner & Alison Taylor
- ~ "When I'm Feeling..." book series by Trace Moroney
- ~ "Kindness Makes Us Strong" by Sophie Beer
- ~ "I Am Enough" by Grace Byers
- ~ "Have You Filled A Bucket Today?" by Carol McCloud



# HOME PLAY PRACTICES

## FOR YOU, AS THE GUIDER

This week I invite you to get REALLY clear on what nourishes / depletes your soul. Use the template below to list all the people, experiences, things that come to mind & schedule in time for nourishment every single day – start with 5 mins, and observe how it naturally shifts your inner calm & ability to show up with patience with your children.

**WHAT DEPLETES YOUR SOUL?**

**WHAT NOURISHES YOUR SOUL?**