

GO AND... BE INTENTIONAL

CHILDREN'S BOOKS

Children aren't the only ones who need to be reminded it's okay to be uniquely you. Books, TV shows and movies can help us all live with intentionality as we discover our gifts, interest and uniqueness and learn to establish priorities with intentionality. Check out these "be intentional" conversation starters for big kids, little kids and adults. Here are five books and one movie idea to get a conversation started about intentionality.

With each book and the movie debrief by asking these two questions:

1)What does intentionality mean in this story? What was needed by the characters in the story?

2)What was the outcome or impact of exercising intentionality? What lessons were learned?

End your storytime with prayer asking God to help you be intentional.

"The Orange Splot" by Daniel Manus Pinkwater

A lyrical story that introduces the concept of individuality, accepting of others' differences, and respect for those around us. It is an old book brought back to life so some of the expressions might need a little interpretation. Mr. Plumbean's expression of creativity and individuality challenges his neighbor's ideas about the importance of having a "neat street." Mr. Plumbean's intentionality come through as he shares, "My house is me and I am it. My house is where I like to be and it looks like all my dreams". You will find several a read-aloud options online.



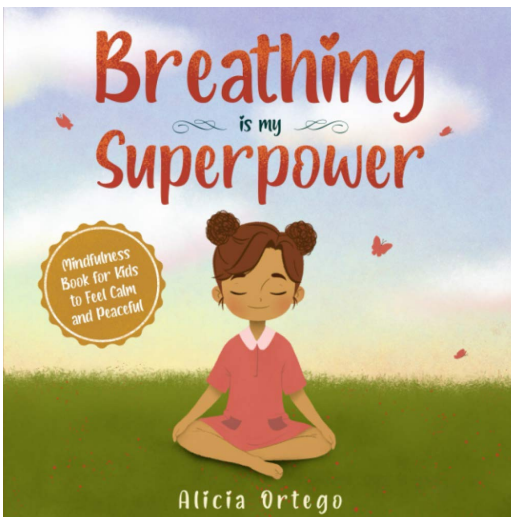
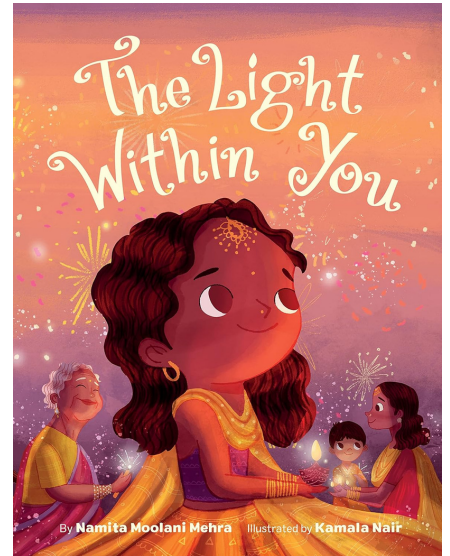
“Wonder” Movie



Based on the book, Wonder is the story of a young boy named Auggie Pullman. While Auggie is a “normal 5th grader”, there’s 1 thing that makes him different – his facial disfigurement. As a result of his deformity, Auggie has been homeschooled his entire life until he starts middle school. Auggie gets off to a rough start and is called hurtful names about his looks. He finds himself feeling more and more isolated and targeted. As Auggie continues to try and show his classmates that there’s more to him beyond his disfigurement, he finally starts to become more accepted by his peers – and by himself. Wonder is an excellent choice for parents who want to teach their children not only about self-love, but about seeing their greatness and their uniqueness and how special it is to the world, and how important it is to embrace and love every part of who they are, unconditionally. It is available on a variety of streaming platforms. Review adapted from mountainkidslouisville.com.

“The Light Within You” by Namita Moolani Mehra - illustrations by Kamala Nair

This book has great reviews. Check out this review posted on Amazon. “A beautifully illustrated story about a child straddling two cultures, one in India and one in the U.S., who travels to India to visit her grandmother to celebrate Diwali. With her grandmother's guidance, she finds her own internal light and cultural traditions that she can share with her friends in her new town in the U.S. when she returns. The story offers up a universal message that everyone has a unique light and cultural traditions that we can share with others. We just need to realize this for ourselves.”



Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and Peaceful by Alicia Ortego

Breathing is my Superpower teaches children to regulate their emotions, especially if they are feeling upset, angry, or stressed. Sofia will show you how to control their breathing in various situations. It is written for children, but the techniques presented will help anyone do a better job of managing their own body, breath, and emotions. And really - breathing sounds like a great superpower for all ages!

How This Book Got Red by Margaret Chiu Greanias, Melissa Iwai illustrator

A book about finding courage to be ourselves and live with intentionality. Red discovers a new book about pandas, and she can't wait to read it. Except it is about only one kind of panda, and red pandas are completely left out of the book. There are never stories about pandas like herself – red pandas. So she decides to take matters into her own paws and write her own book. But what if the only kind of pandas the world sees are black and white, will anyone read her book? Red must find the courage to finish her story. “How This Book Got Red” provides the conversation opener to have the courage to tell our own stories.



Children Who Dance in the Rain by Susan Justice and 4 others

Acclaimed as the Children's Book of the Year, a captivating tale that cultivates empathy, nurtures self-confidence, and inspires an attitude of appreciation in young minds. Written to help foster empathy, emotional intelligence, and social skills by introducing children to diverse perspectives, experiences, and a sense of gratitude for the blessings in their lives. Reading level is 4-8 years of age but impact goes way beyond the reading level. With intentionality we can see the world around us with new eyes and lean into gratitude.