

The Inside Day

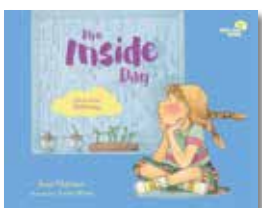
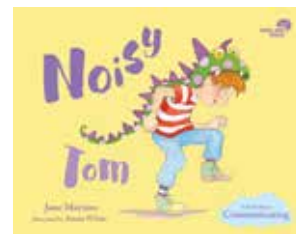
A Book About Wellbeing

How do you feel at your best?

In Smiling Mind 4: *The Inside Day*, Milly and her friends are stuck indoors on a rainy day. Read the story and use these pages to complete the activity in the back of the book.

Before you start writing and drawing about your feelings, listen to the My Internal Weather meditation in the free Smiling Mind app. This is a six-minute guided exercise that encourages children to be curious about how they are feeling inside and out. Just like the weather, our emotions change. You can find the My Internal Weather meditation in the Programs section for 7–9 year olds of the Smiling Mind app.

Collect all five books in the Smiling Mind series.



Purchase *The Inside Day*
by Jane Martino and Annie White
at your local bookstore.

SMILING MIND



The Inside Day

A Book About
Wellbeing

Choose an animal and pretend to be
that animal for a few minutes.

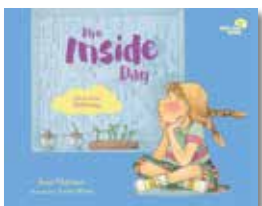
The animal I chose is called a _____.

It moves by _____ (eg. hopping, strolling, scampering, running).

This animal is feeling _____ (eg. calm, afraid, powerful).

It makes sounds like _____ (eg. coo, squawk, woof, meow)

Draw a picture of your animal.



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SMILING.
MIND



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Now, just like Milly's class did, lie down on the ground and notice what it feels like inside your body. What is the weather doing inside your body?

Circle the answers. The weather inside my body today is:

Warm

Rainy

Excited

Confused

Cold

Cloudy

Nervous

Happy

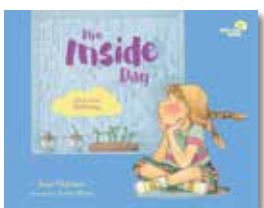
Sunny

Sad

Swirly

Stormy

Draw the weather that you are feeling inside your body.



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SMILING MIND



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How do **You feel** at your best?

Milly realises that there are lots of things that help her to be at her best and to feel at her best. One of the things is spending time with her family, which makes her feel special.

What do *you* do that helps you to be at your best?

And how does each thing make you feel?

1. I feel at my best when.....

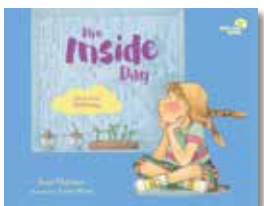
It makes me feel.....

2. I feel at my best when.....

It makes me feel.....

3. I feel at my best when.....

It makes me feel.....



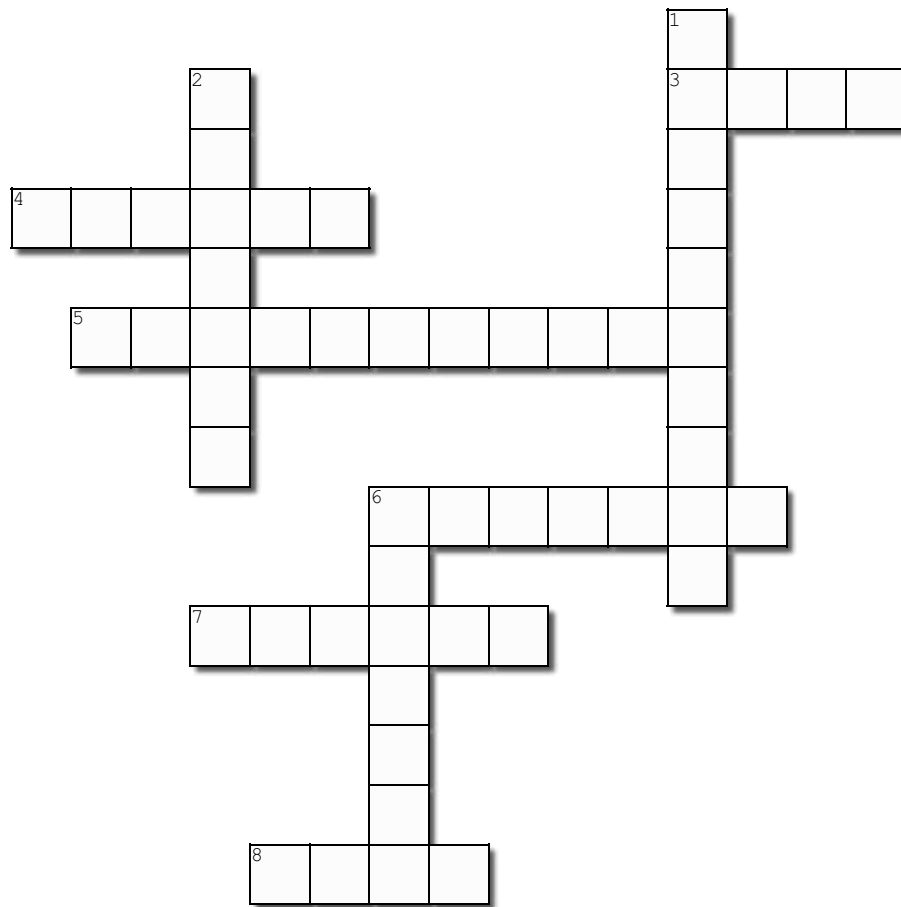
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Complete the crossword using the clues to choose a word and place it in the grid.

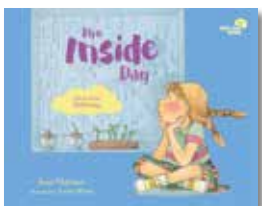


Across

3. Droplets of water falling from the sky.
4. Parents, siblings and other people who love us
- 5 You use this to think of creative ideas
6. Sensing an emotion
7. The opposite of outside
8. The opposite of worst

Down

1. Playing make-believe
2. Creatures
6. People to play with



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ANSWERS: Pretending, Family, Feeling, Friends, Rain, Best, Inside, Imagination, Animals

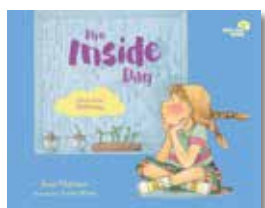
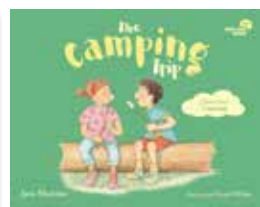
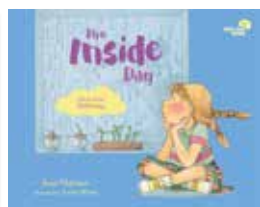
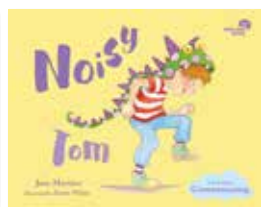


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From the creators of Australia's #1 mindfulness app comes a story about Milly, who has her outdoor play time ruined by a rainy day. With the help of their teacher, Miss Fish, Milly and her classmates discover ways to be at their best inside the classroom and feel at their best inside themselves by listening to their bodies and remembering all their favourite moments.

Collect the whole series!



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OUT OCTOBER

