

Noisy Tom

A Book About
Communicating

What is your way of showing feelings?

In *Smiling Mind 3: Noisy Tom*, Tom loves making noise to communicate how he's feeling. Read the story and use these pages to complete the activity in the back of the book.

Before you begin writing and drawing about your communication style, listen to the *Let's Go On Safari* meditation in the free Smiling Mind app. This is a three-minute guided 'body-scan' which encourages children to be curious about what's happening inside their bodies when they feel various emotions. Find the *Let's Go On Safari* meditation in the Programs section for 3–6 year olds in the Smiling Mind app.

How have you shown your feelings today? Choose five words from the word bank below, or write your own words.

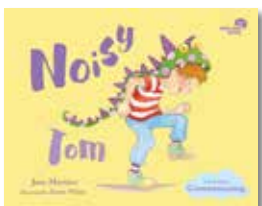
- 1.
- 2.
- 3.
- 4.
- 5.

Jumping
Laughing
Running
Yelling
Crying

Thinking
Listening
Smiling
Frowning
Grimacing

Talking
Singing
Dancing
Bouncing
Clapping

Gasping
Watching
Whispering
Screaming



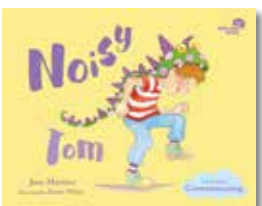
Purchase *Noisy Tom*
by Jane Martino and Annie White
at your local bookstore.



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Draw a picture of one time when
you were having fun and your whole
body felt alive!



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SMILING
MIND

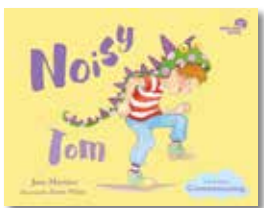


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Word Search

O	S	M	P	E	T	O	M	S	H	A	P	P	Y
E	U	D	A	N	A	F	E	E	L	I	N	G	P
A	F	D	A	N	C	E	N	O	I	S	Y	W	P
W	H	I	S	P	E	R	S	U	C	O	F	A	M
E	I	L	G	N	I	G	N	I	S	D	S	T	U
G	M	Y	M	U	Y	O	M	D	U	O	L	C	J
T	F	F	E	F	N	P	W	M	N	Y	U	H	M
L	E	I	L	I	N	L	I	G	L	P	S	I	D
Y	P	I	S	L	N	A	A	N	N	C	L	N	P
L	E	I	U	W	I	Y	I	I	C	Y	N	G	N
E	E	L	O	Q	P	F	I	Y	B	O	D	Y	N
I	S	R	L	A	Q	U	B	R	E	S	G	I	G
E	F	P	L	C	H	L	Y	C	E	L	I	M	S
L	U	C	O	E	M	O	T	I	O	N	O	T	I



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FEELING
YELL
QUIET
PLAYFUL
SINGING
FOCUS

BODY
HAPPY
CLAP
LOUD
NOISY
JUMP

DANCE
CRYING
FROWN
WATCHING
WHISPER
SMILE

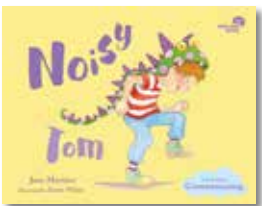
TOM
EMOTION



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Colouring in



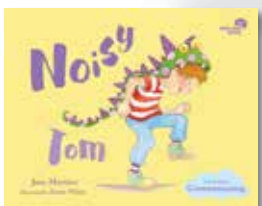
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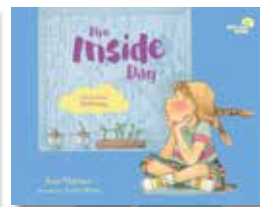
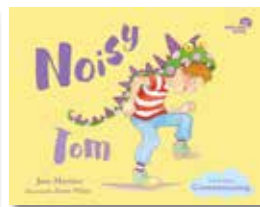


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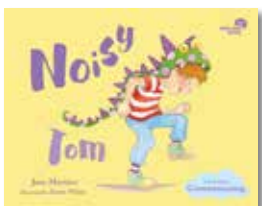
From the creators of Australia's #1 mindfulness app comes a story about Tom, a boisterous child who loves nothing more than to tell the world how he feels. During an outing to the park, Tom's dad shows him that other people are also enjoying themselves by listening quietly or smiling, expressing their feelings in different ways than Tom does.

Collect the whole series!



OUT
JULY

OUT
OCTOBER



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