

The Camping Trip

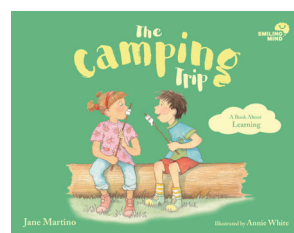
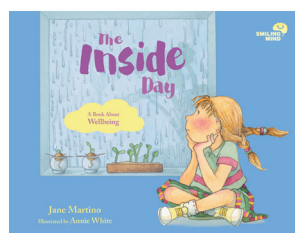
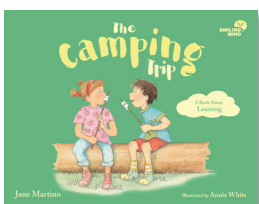
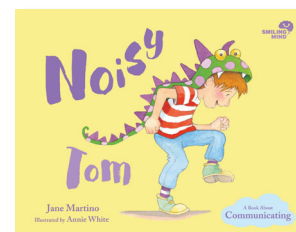
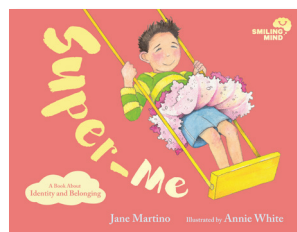
A Book About
Learning

How do you feel at your best?

In Smiling Mind 5: *The Camping Trip*, Henry finds himself out in nature without his favourite book on animals. How will he be able to enjoy himself now? Read the story and use these pages to complete the activity in the back of the book.

Before you explore the nature around you, listen to the Nature Sounds meditation in the free Smiling Mind app. This is a three minute exercise that guides children to practise mindful listening with sounds of nature. When we listen mindfully, we can listen with our ears as well as with our eyes and with our minds. You can find the Nature Sounds meditation in the 3–6 year olds section of the Smiling Mind app.

Collect all five books in the Smiling Mind series.



Purchase *The Camping Trip*
by Jane Martino and Annie White
at your local bookstore.

SMILING
MIND



The Camping Trip

A Book About
Learning

Let's go on a Nature Hunt!

Using your different senses, find items outside
that fit each of the descriptions below.

I saw ...

Something colourful
Something patterned
Something really small
Something round

I smelled ...

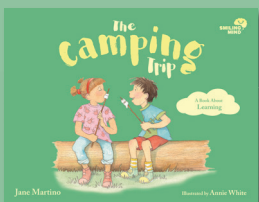
Something flowery
Something salty
Something earthy
Something sweet

I touched ...

Something soft
Something bumpy
Something smooth
Something wet

I heard ...

Something that snaps
Something that crunches
Something that whooshes
Something that sings



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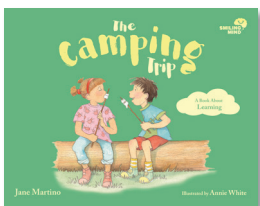
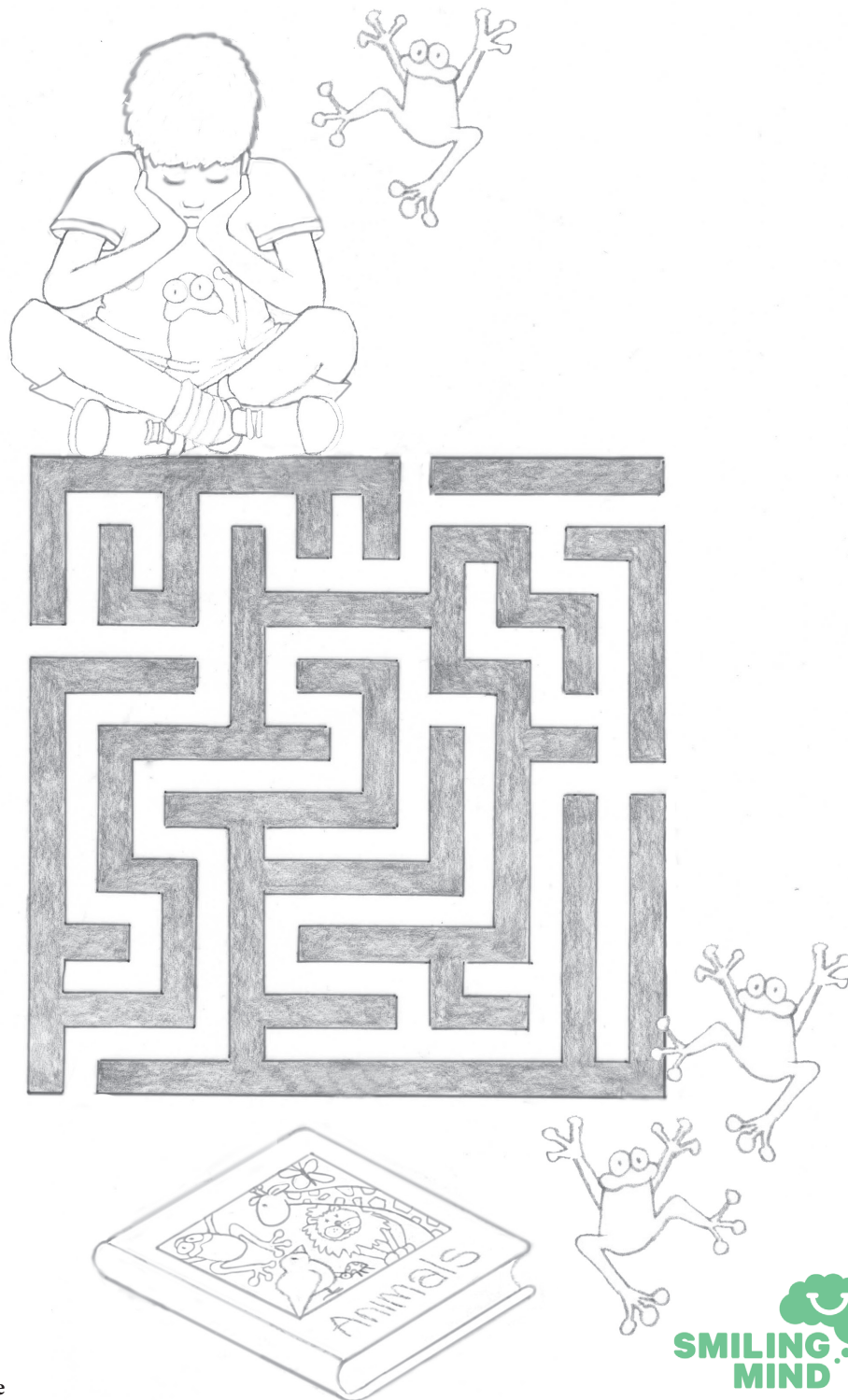
SMILING
MIND



The Camping Trip

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Connect Henry to his favourite book.



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SMILING.
MIND



The camping trip

Colour in the picture

A Book About Learning

Who knew magpies liked cornflakes?



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SMILING:
MIND

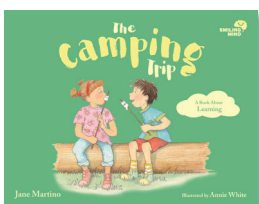
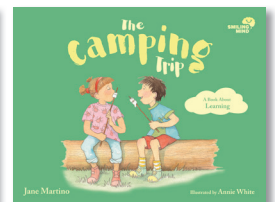
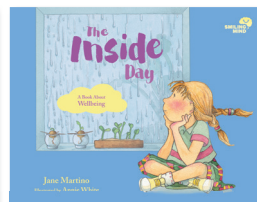
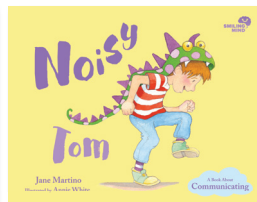
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Learning

The Camping Trip

From the creators of Australia's #1 mindfulness app comes a story about Henry, who finds learning from a book safer than exploring the world outside.

When his family goes camping and Henry forgets his trusty animal book, he must learn to observe nature and have fun outside through self-led play.

Collect the whole series!



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