



# STORYTIME & MINDFULNESS WORKSHOP

## ***Practice Mindfulness through Storytime! (Ages 3-8)***

Enjoy a Storytime and Mindfulness Workshop with children's author and mindfulness instructor, Michele Foote.

**\*\*Book Review\*\***

***What Should We Do Today, Mommy?*** is a wonderfully appealing picture book for young children, their parents, and teachers. It will engage readers with immediacy, for who has not heard the words, "What should we do today?"

The author takes an obvious delight in looking at the daily life of a mother and daughter as they explore their home, neighborhood, and community looking for things to do. Through the enthusiasm of the child, these simple adventures become a delight for both and remind us of the joy of being in the present moment. The illustrations throughout the Chicagoland area bring this daily quest to life and charm with their whimsical portraits of an energetic little girl and mother enjoying their day together. There is warmth, love, and affection pervasive on each page, reminding us of the joy of accompanying a young child who looks out at the world each day with fresh eyes!

~ Dr. Joan Franklin Smutny, PhD, Director of The Center for Gifted/Midwest Torrance Center for Creativity

A fun and engaging way to slow down and connect with your child or students through Storytime!

By practicing simple breathing exercises with your child or students, you will plant the seeds for them to develop their own mindfulness practice one day!

Adults and children will discuss gratitude by journaling, drawing, and sharing special moments!

### ***What is Mindfulness?***

*Mindfulness is bringing your attention back to the present moment with kindness and curiosity—with fresh eyes, like a child!*

~ Michele Foote

### **Benefits of Mindfulness:**

- Improves physical and mental health.
- Improves cognitive functioning and creativity.
- Builds stronger relationships.
- Improves focus, memory and decision-making skills, less reactivity.
- Inspires more empathy, compassion, and love.
- Reduces stress, anxiety, depression, and even chronic pain.

**\*\*\*Book Reviews Cont'd\*\*\***

Our children take us into places in our heart we didn't know existed, which loosens the grip of our ego, expands our sense of self, allowing us to access our ability to love unconditionally, live fully in the present moment and enter the experience of consciousness. *What Should We Do Today, Mommy?* reminds us of what a gift it is to have our children in our lives so that we can journey together!

~ Dr. Shefali Tsabary, PhD, New York Times Bestselling Author of *The Conscious Parent*

Young children amaze us, challenge us, surprise us, and teach us to look at each day as a celebration. This charming picture book illustrates and reminds us that young children have a natural sense of wonder about the world. *What Should We Do Today, Mommy?* resonates with all playful, curious, and imaginative young learners. It is a keepsake.

~ Adell Kabins, Director, Banner Preschool, Wilmette, IL

*What Should We Do Today, Mommy?* is a sweet story that reminds everyone (not just mommies) to see the beauty in the simple, everyday things, and to capture the teachable moments. Children will connect personally and emotionally with this story and want it read to them over and over.

Ms. Foote also came into my Kindergarten classroom to share her experiences and process about becoming an author. She was informative, kind, and spoke to each child on their level. It was a wonderful presentation.

~ Fran Engstrom, Kindergarten Teacher, Romona Elementary School, Wilmette, IL

**Michele Foote Biography**



Motherhood has been one of the most rewarding experiences of Michele Foote's life. After her children were born, she began a daily journal, recording the simple and everyday moments she shared with them. This journal inspired her picture books, *What Should We Do Today, Mommy?* and *Love You to Pieces*, which reminds us of the joy of being in the moment and the power of unconditional love.

Michele's third book, *Playdate in Outer Space*, celebrates the importance of play. With a little imagination, there's no telling where you can go in life!

Michele is a Certified Mindfulness Coach by Harvard Medical School teacher and author, Dr. Chris Willard, and his Growing Up Mindful Course. She has completed 100+ hours of Conscious Parenting Courses by New York Times Bestselling Author, clinical psychologist, and Oprah's favorite parenting coach, Dr. Shefali Tsabary. For the past ten years, Michele has been an avid daily meditator and can't imagine starting each day without her mindfulness practice. She is enthusiastic about sharing mindfulness with families to live a life full of joy and greater purpose. Michele grew up in Grand Blanc, MI, and lives with her family in a northern suburb of Chicago.

**Contact Michele at [michelefoote20@gmail.com](mailto:michelefoote20@gmail.com). Available for Storytime and Mindfulness Workshops, Speaking Engagements, Birthday Parties, and Special Events.**

**Other books by Michele Foote. Add to your library and order here: [www.michelefoote.com](http://www.michelefoote.com)**

