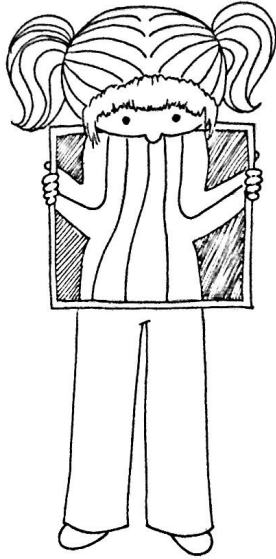


## MY RAINBOW

# Sarah Greenall



My background is in Fine Art and Art Therapy. I teach mindfulness and social skills to school aged children through the Learning Disabilities Association of Toronto District. I was originally looking for a book to help children with the concept of mindfulness but was not able to find anything I felt would be useful in the program I was teaching. On a whim I sat down and wrote one of my own. After that I just kept writing.

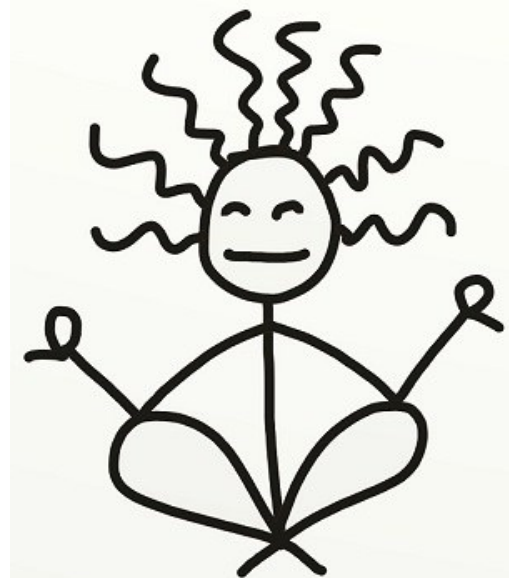
My books are available for order at [blurb.ca](http://www.blurb.ca) or you can follow the link below...

[http://www.blurb.ca/search/site\\_search?search=sarah+greenall](http://www.blurb.ca/search/site_search?search=sarah+greenall)

I have written two books one is called ***Molly's Hectic Life***. It is an introduction to mindful practice with children in the form of a story book. It takes the child through what would be known in mindfulness as a body scan, which guides children in examining and being aware of their bodies and gives practical solutions to how to deal with stress and expressing stress and anger in positive ways.

My second book is called ***My Rainbow***. It is also based on therapeutic theories and helps children recognize and clarify emotions in a non-judgmental way. The most important message in this story is that no matter how you are feeling, no emotion is bad or wrong. There are times when we are happy and times when we are not, but all of our emotions are important and part of who we are.

## MOLLY'S



## HECTIC LIFE