

BE WHERE YOUR FEET ARE!



By **Julia Cook**

Illustrated by **Jon Davis**

*These are my feet
and this is me.
Sometimes I'm not
where I'm supposed to be.*



*My brain gets crowded.
There's so much going on.
I do three things at once,
and get two of them wrong!*

*"Be where your feet are,"
I hear people say.
"Do one thing at a time.
It's a much better way."*



*Every day, my feet get ready
for school, but the rest of me
has other things to do.*



*"Is your homework in your backpack?
Did you brush your teeth?
Don't forget your permission slip
for the field trip next week."*

*"Remember you have a game tonight,
so hurry home right after school.
Good luck on your trombone tryout!
And try hard to follow the rules."*



TROMBONE!
SCHOOL RULES?



My feet walked me to school, and on the way, I practiced my trombone solo in my head.



*"I'm a trombone rock star!
See how I can blow!!!"
I marched right past the school,
and didn't even know!*



From the bestselling author of *Bubble Gum Brain* and *My Mouth is a Volcano!*, comes a hilarious story about learning to be present wherever we are....and what can happen when we're not.

These are my feet and this is me.

Sometimes I'm not where I'm supposed to be.

***My brain gets crowded. There's so much going on.
I do three things at once, and get two of them wrong!***

"Be where your feet are," I hear people say.

"Do one thing at a time. It's a much better way."

Each day, there are many so things to think about. Getting ready for school, turning in homework, taking a math test, band solo tryouts, soccer practice...and it's a long way from your head to your feet.

Be Where Your Feet Are! reinforces the concepts of **mindfulness** and **being present** in a way children will remember, while showing how good life can be when we learn to appreciate the world – and people – around us.



Julia Cook, M.S. is a national award winning children's author, counselor and parenting expert. She has presented in thousands of

schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the "what to say" and "how to say it."

JULIA COOK


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