

# Embracing Life's Wonders

Lessons Inspired by "Little Soul's Adventures: Alone in the Dark"

Age: 4-8

## Objective:

- To foster an appreciation for the wonders of life and the beauty that surrounds us
- To encourage your child to find joy in simple pleasures and experiences
- To connect the themes of the book "**Little Soul Adventures: Alone in the Dark**" with appreciating life's wonders and cultivating gratitude

## Materials:

- Copy of the book "**Little Soul Adventures: Alone in the Dark**"
- Chart paper and markers
- Art supplies (crayons, markers, pencil crayons)
- Blank paper or journals
- Worksheet for reflection (created by the parent/teacher)

## Procedure

- **Introduction (10 minutes):**
  - Begin by discussing the concept of appreciating life's wonders and the importance of finding joy in everyday experiences.

- Ask your child to share something that they find wonderful or beautiful in their lives.
- **Read Aloud (15 minutes):**
  - Read the book "**Little Soul Adventures: Alone in the Dark**" aloud to your child, emphasizing the moments where Little Soul discovers and appreciates the wonders of life.
  - Pause at key moments to discuss the wonders Little Soul encounters and how they make them feel.
- **Wonders Collage (15 minutes):**
  - Provide art supplies and ask your child to create a collage of things that they find wonderful or beautiful.
  - Encourage your child to use pictures, words, or drawings to represent the wonders they appreciate.
- **Sharing and Discussion (10 minutes):**
  - Invite your child to share their collages with a friend or family member.
  - Encourage them to explain why they chose those particular wonders and how they make them feel.
- **Gratitude Journal (15 minutes):**
  - Distribute blank paper or journals to your child.

- Ask them to create a gratitude journal where they can write or draw something they appreciate each day.
- Encourage your child to include both big and small wonders in their journals.
  
- **Reflection Worksheet (10 minutes):**
  - Give your child a sheet, which includes questions such as:
    - What wonders did you include in your collage or gratitude journal?
    - How do those wonders make you feel?
    - How can you cultivate a sense of appreciation for the wonders of life in your daily life?
  
- **Group Sharing (10 minutes):**
  - Provide opportunities for your child to share their reflections or gratitude journal entries with friends or family members.
  
- **Connecting to the Story (5 minutes):**
  - Discuss specific moments in the book where Little Soul appreciates the wonders of life.
  - Encourage your child to make connections between the story and their own experiences with finding joy in everyday wonders.

- **Closing (5 minutes):**
  - Summarize the importance of appreciating life's wonders and finding joy in simple pleasures.
  - Encourage your child to continue noticing and appreciating the wonders around them, fostering a sense of gratitude and happiness.

### **Extensions:**

- Plan a nature walk or outdoor exploration where your child can observe and appreciate the natural wonders around them.
- Invite your child to create a "Wonders Wall" where they can display their collages or artwork depicting the wonders they appreciate.
- Share and discuss inspirational quotes or poems that celebrate the beauty and wonders of life.

\*\*\*Note: Activities can be adjusted based on need and abilities of your child. Encourage your child to be mindful and observant of the wonders that surround them, fostering a sense of gratitude and awe.