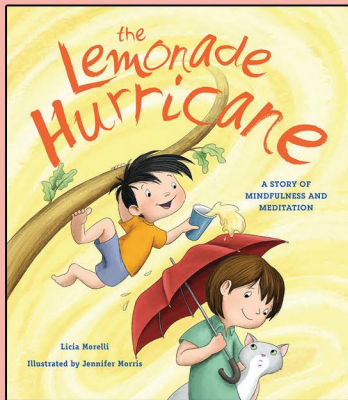


“A child-friendly introduction to the practice of meditation and the benefits of mindfulness.”
– Kirkus Reviews

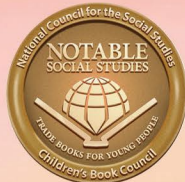


The Lemonade Hurricane
A Story of Mindfulness and Meditation

Written by Licia Morelli
Illustrations by Jennifer E. Morris

Ages 3 to 8
Tilbury House Publishers
ISBN: 978-0884483960

www.LemonadeHurricane.com



Stay Mindful

Make a

Relaxation **Bottle**



Materials

- * Clean plastic bottle with cap
- * Light corn syrup
- * Food coloring
- * Warm water
- * Glitter
- * Duct tape

Wash bottle and remove any labels. Fill bottle 1/3 full of corn syrup. Add a few drops of food coloring and approximately one to two teaspoons of glitter. Fill bottle to the top with warm water and tightly screw on cap. Cover cap with duct tape so it doesn't come unscrewed.

NOTE: Food color can stain. Please be careful near furniture and carpets.