

A little one's guide to celebrating softness.

YOUR SOFTNESS IS YOUR STRENGTH



*Life
Lessons
for Little
Ones*

Jess Sanders with art by Jorge Garcia Redondo



Dear Reader,

*Each one of us has a special softness
that lives in our heart. This softness is an
important part of who we are and it's our
greatest strength. Treasure your softness,
share it with others, and keep it safe.*

Your friend,

Jess



Making the most of this book with your little ones

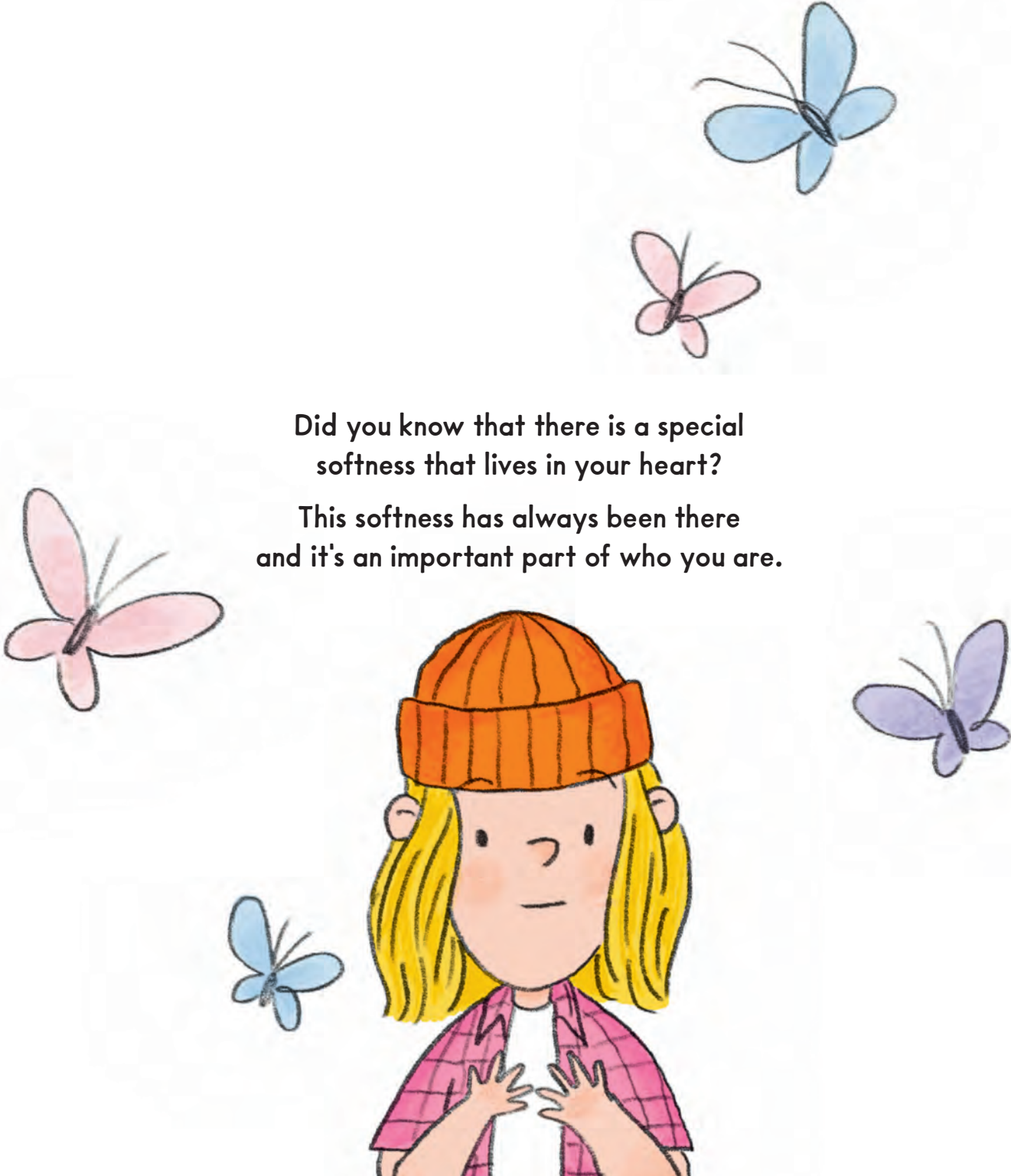
This book has been designed to be used as a guide and discussion tool, or simply as a story about the strength that exists in softness.

Historically we have tended to value 'masculine' qualities such as being stoic and tough over 'feminine' qualities such as emotional sensitivity and expression. However, we now know that resilience does not come from repressing or ignoring our emotions. It comes from embracing and feeling them. To give our little ones the best chance of developing resilience and safely navigating life's challenges we must show them the value and inherent strength that exists in softness.

Reading this book and facilitating a discussion with your little one is a great place to start but it is not where this lesson ends. If you live and love from a place of softness and give yourself the space to be vulnerable each day, you will be giving your little one the greatest gift of all – permission to be their whole selves.

If you'd like to explore more ways to unpack this topic, each *Life Lessons for Little Ones* book is supported by specially designed discussion questions available at www.jessanders.com.au

Jess Sanders is a social worker and best-selling, award-winning author who specialises in supporting young people. Jess has a passion for creating resources that nurture positive mental health and promote gender equality.



Did you know that there is a special
softness that lives in your heart?

This softness has always been there
and it's an important part of who you are.



Softness is listening to a friend and offering a warm hug.



Softness is having a big cry
and feeling all your feelings.

And softness is telling
a loved one what you
are feeling inside.





There is softness in being still and quiet, especially
if the world outside of you is busy and loud.



There is softness in being in nature and wondering at the beauty of it all.



And there is softness in making and sharing with
the world the things you want to create.



But sometimes we forget that
our softness is a beautiful and
powerful thing.