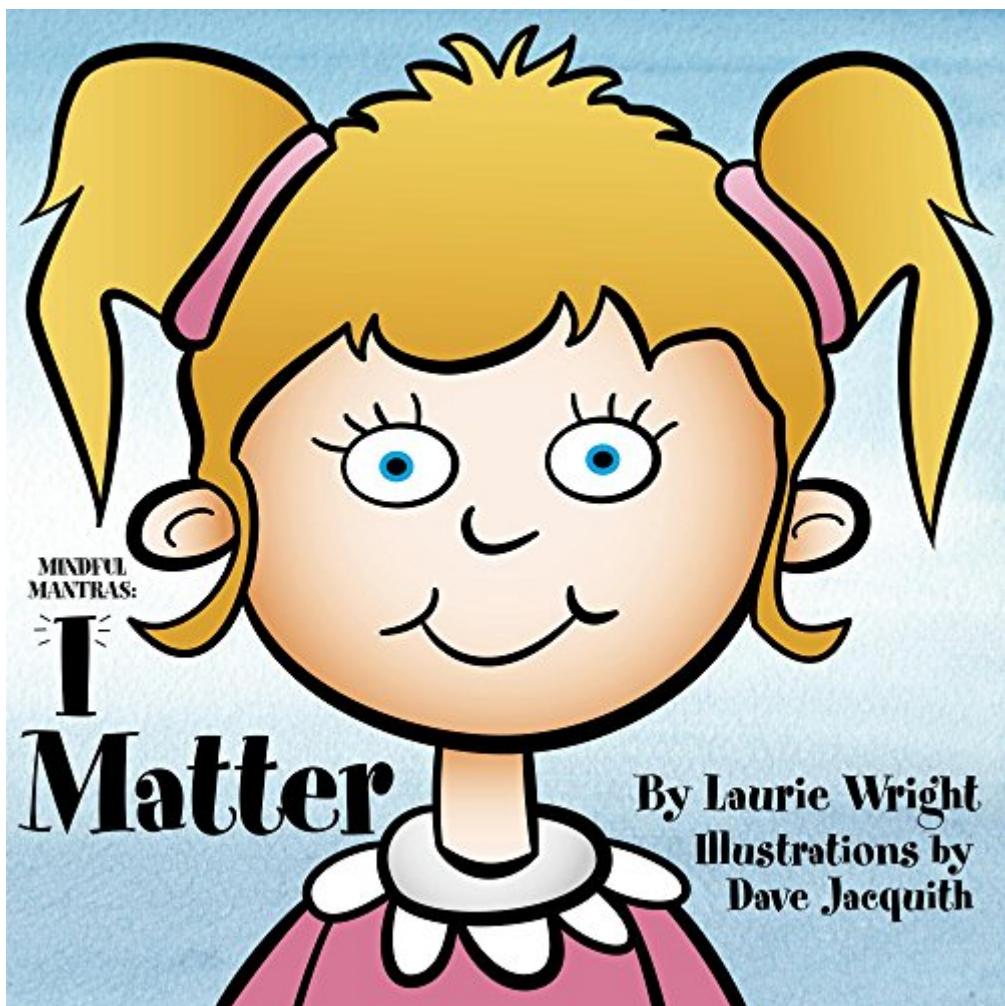


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# I Matter (Mindful Mantras Book 2)



## **Synopsis**

I matter is a POWERFUL thought. How often do you look at yourself in the mirror and tell yourself you matter? How often do you think about all the people you matter to? Do you ever think about WHY you matter? Our children need to grow up knowing without a doubt that they MATTER. Why? Children can feel small and insignificant in a busy and often complicated world, and begin to question their place in life. This becomes especially serious in the teenage years when peer pressure is at its worst. Let's work together to teach our children to look between the lines and to realize how much they matter, whom they matter to, and why they matter. Purchase a paper copy of I Matter and get the Kindle version, FREE! Teachers can go to [bit.ly/IMatterLessonPlan](http://bit.ly/IMatterLessonPlan) for a free lesson plan to use with this story, and to help boost the self-esteem in your students.

## **Book Information**

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## **Customer Reviews**

Great book for mindfulness. Great conversation starter for kids. I enjoy using all the books in this series. Thank you!

I was so disappointed with this book. I loved the first book in the series, I Can Handle It, and expected a positive message in this book. The book is a series of events in a child's day....and the little girl knows that she matters because other people are happy with her behavior and smile at her. So the message is that the only time you matter is when you put the needs of someone else above your own and make them happy. I was looking to affirm a child who struggles with feeling OK because he has a different way of looking at the world than his age mates and who struggles with regulating his super sensitive emotions. Teaching him to be a people-pleaser in order to "matter" is just not a good message for him. In my opinion, it is not a good message for any child.

This book is wonderful way to teach students or young children to be mindful of their feelings and the world around them! It builds self-confidence through positive acts of kindness, empathy, and mindfulness! This book will be useful in my classroom during our life-skills and character building lessons!

My kids and I really like this book. It helps them see how the little things they do are important and that they do matter. Also repeating the mantra throughout the book helps kids remember it and internalize it. My son often says that he matters (or that he can "handle it" from Laurie Wright's first book.) The boys like finding the little bug too!!

Despite the fact that our lives get so busy this childrens book has helped my children cope with the fact that they "matter" too. I am huge fan of the author and look forward to the next one. Awesome book. I highly recommend to any child!!

Nice reading for the kids. It's so important for them to realize they matter and are important!

Awesome book. Page by page. A must have

This sweet book is a beautiful reminder that however simple our actions are, we are connected to community, and we all have impact on our society. A very important lesson for all children.

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