



SUNSHINE CARDS

MAKING FRIENDS WITH YOUR INNER BUDDY



Intentions

My intention for the foundation of these cards is to help children find and keep their inner guidance. Most of us have been taught to seek guidance exclusively outside of ourselves. It's my hope and desire that children will maintain this guidance throughout their lives; enabling them to connect with others to make thoughtful, compassionate and loving decisions that help sustain our evolving world.

It's my understanding that children grow up in all sorts of families (keeping the village in mind!). They may be with their grandparents or aunts and uncles. Perhaps they may be with friends of the family or even with adopted families. They may have 2 moms or 2 dads. Step dads, moms and cousins! How wonderful to have so many people that love them; which is the way that I reference the special and important people in their lives... "the people that love you."

I made sure to use a lot of references to nature as this is one of the easiest ways that most people find to connect to themselves and ultimately each other. How many times have the small people we love shown us an amazing bug! They reach for us with their grubby hands and lure us out into the dirt to make mud pies! They remove their grass stained jackets just in time to slide into their chairs for dinner. My hope is that these cards will be helpful for the children that hold the cards in their hands and the people that love them. Thank you...





Suggested Card Use



Children may enjoy picking one card out at a time and looking at it with someone, or if they can read, by themselves. The cards may also be used as a parenting tool whereby the card is picked instead of a punishment for behavior, rather an opportunity for growth.

The cards may also be used in a classroom setting with teachers or in a counseling session with a therapist or school counselor.

A game may be made with a group of children each picking a card and then talking about what they think or feel about the contents of the card after the card is read. In this way children and the people that love them are encouraged to explore their thoughts and feelings and maybe have fun!

Please feel free to explore other options as well, most of all enjoy being with each other and have fun!

ISBN 978-0-9843914-1-7

Sunshine Cards: Making Friends with Your Inner Buddy

Illustrated and written by Melissa Granchi

www.melissagranchi.com

Published by Coffee Stained Books, 2015





A Little Sunny



Do you ever have a day where things aren't going your way? You woke up late and your shirt doesn't fit? Maybe it's just time to quit! Wait a minute! What's the sunny part, the part that brings a smile from your heart? A fun time with your friend? Giggling at the movies all the way to the end?





ALL One



Look at your hands, your feet, and your amazing smile! Think about the people you love once in awhile.

😊 Those who live close and the ones you don't see. They might come from another city, state, and even another country! Most of them have bodies a lot like you and me. We're all alive! The trees, the birds, and even the sun; we're all part of each other. We're All One!





Body



Take a big breath... 1, 2, 3 feel the air move into your belly. Feel it in your nose, down to your toes.

😊 We get help from the people who love us and then we have to help ourselves too... taking care of your body is up to you! What can you do? Eat healthy foods, wash yourself clean, get a lot of sleep so you can happily dream. 😊





Brave



Sometimes being brave is saying no or yes. What do you think about this? We might feel scared to go to school or try a new food! The people who love us tell us it's okay ... but inside our belly's not feeling that way. That's when we can say, "I'll try it today!" or if we check our belly again and it still says "No way!" We can be brave and say, "No, not now, maybe later."

What does your belly say to you and how do you know what to do?





Breathe



1,2,3, take a big breath! Don't hold it in; let it out nice and slow ... there you go! When you're outside looking at a bug or if someone you love is giving you a hug, take a breath! Even when you're eating or right before you go to sleep, take a breath, make it deep! When you're busy at play or you need a time away, take a breath. When is another time you can take a breath?





Bugs



So many bugs on the earth!
They're pretty small, and we don't
always see just how amazing they
can be. When we do, we can learn
so much. Maybe not always by
touch. When we really look, there
are many small things we see?
Are they smaller than a flea? Do I
need to be gentle as I can be?





Change



My shirt is too tight! I grew overnight; the people who love me said... it all happened when I was in bed! We have to get a new shirt, the old one doesn't fit... we might even feel sad for a minute.

The caterpillar changes into a butterfly... things are changing all the time. You or your home, inside or outside. Change is normal, no need to hide!





Choices



If it's up to me, what choice will it be? Do I want the banana or the hot tea? Maybe I'm not sure. Let's think about it and find the answer.

Is it yes, no, maybe, not now, or I need more time. What choices do you have, what can you find?

What do you have to do even if you don't want to? Clean the sink? Do homework? Hmmmm... what do you think?





Clean Up!



Do you need a little help to keep things clean? Right before you say good night, check if your body is clean alright. Do you keep your room fresh? Or is it a mess? What's it like when things are cleaned up?

Do you like it better?

Or maybe not? Hmmmm...





Cloudy



Maybe today is a cloudy day.
Sometimes things are just okay. We
need more sleep in order to play.
We might feel crabby and want to
stay home all day!

Do you have cloudy days? What's
it like to have a cloudy day? Can
you put in some Sunshine? Draw
a picture? Make it a fun time?
HMMMMM...





Dream



What an amazing life is out there for you. You can be a dancer, an astronaut, or work at a zoo. Maybe a mechanic, a Mom or a Dad? Look at all the choices you have. Dream about what you want to do! What an amazing life is out there for you! Dream on dear one, your life has just begun! 😊





Earth



The Earth is such an amazing planet! Let's remember not to take it for Granite (hehehe 😊). What's your favorite thing about being an earthling? How can you do your part to take care of Our Earth? Where will you start? Can you pick up litter, what's your part? Taking care of Our Earth begins with...

ME!





Family



Who do you love? Who's your family? Maybe it's people who live close to you or far away? What do you say? Even your neighbor or a big belly pig, some families can be really big! Family can even be a tree or a bumblebee! What do you love? Name your family!





Food



Our food comes from our Earth. We need healthy food to grow. Don't you know! What's healthy mean? Does it have to be green? What kinds of foods are healthy for you? Try and see if you can name 1 or even 2! What can you do to make a healthy YOU? 😊





Forgive



When I feel really hurt by a thing someone said, I can take some time to let it go from my head.

If they did it on purpose, I can stay away ... if not, I can take some time and then go and play.

Sometimes the people we love might have a hard day. It doesn't mean they don't love us; they just need some love sent their way.

Has this ever happened to you?

What can you do?





Friends



Sometimes we need someone to talk to who isn't part of our family. A person from school, someone who listens just to me. Someone to play with who will giggle and say it's okay when I wiggle. Are my family my friends, will they be with me 'til the end? A dog or a cat can be just that! Maybe no one can see my invisible friend... except, only me! Who or what are your friends?





Gentle



Not too tight ... there, just right!
We can be gentle with the people
we love ... the clothes that we
wear and the tiniest bug! Wait
a minute! Even ourselves, give
yourself a hug! How can you
practice being gentle?





Giggle



Laugh out loud deep in your belly!
Do you hear it? Listen really
close ... your belly sounds like
jelly! 😊 There are times when
it feels really good to have a big
giggle ... what makes you giggle?
Do you giggle when you wiggle? 😊





Happy



Do you feel it in your belly, your toes, or your nose? Does the sun seem to shine wherever you go? Does it feel like a sweet kiss on your face or the wind blowing leaves all over the place? Does it make you feel like you can fly? Or just start singing without asking why? Is it someone you love letting you know that they care? Let's take a minute to sit down and share. 😊





Healthy



Are you healthy? What's that?
Take care of your body and give
it a nap. Make sure that it's
clean, you know what I mean! Be
kind to yourself and let yourself
dream. Eat tasty foods especially,
GREEN! Remember to drink lots
of water. Make sure you exercise.
Yes, it's true ... it's no SURPRISE!

😊 How do you feel? Make sure
that you know. Give love to
yourself-it will help you grow! How
do you stay healthy? Can you
name the ways? 😊





I Can Do It!



Even when I don't like the new way, I can give it my best and try today. I don't have to win, I can just have fun. I don't have to be number ONE. Give it a go, you're amazing you know! 😊





I Don't Like It!



I have feelings, I can think it's true!
If I say I don't like something, it's
not about you. I still love you and
all that you do. It's about me, you
see. There are other times when
I need to do things I don't like,
it's true. I know they're good for
me ... like brushing my teeth when
I want to watch TV! What are
things that you have to do that
you don't like? What do you like?





I'm Amazing!



I don't have to win or even be smart; I'm amazing it's true. Right from the start!!! From the very second of birth, I just have to breathe and be alive on our Earth!

Do you know how amazing you are? Just for being here along with the stars?





Imagine



You'll see, let's take an adventure.
Come dream with me! Remember
to let yourself play and dream of
faraway places and the people
you've seen. Write it, paint it, or
sing it alive. Come on let's do it,
let's build a bee-hive! What do you
imagine? What are your dreams?





It's Okay



Maybe I just feel okay today-not wonderful or sad. Today I'm right in the middle or just over a tad. 😊

Nothing really big is going on. I'm with the people I love and we're getting along. When are the times when you feel okay? What's it like, is today the day?





Learn



I love to take a look at a new book. Find a new place to see. It's amazing how much fun learning can be! What do you like to learn about? Take a few minutes and check it out!





Love!



Do you feel it when your face turns into a smile? Do you feel it at school once in awhile? Do you feel it in your throat when you sing? Or when you do your favorite thing? What's it like to love? Who or what do you Love?





Mad



Sometimes when we feel really mad and we do something we didn't mean to do, mad turns into sad. ☹️

When our face feels hot and we start to get mad, that's when we can take a time away so mad turns into glad! What can you do when you feel mad? What's it like?





Maybe



Not yes or no it's maybe so!
Sometimes I just don't know! Give
yourself time to think about what
to do, that's right it's up to you!
When can you say maybe? Taking
extra time to think doesn't make
you a baby! Do you need extra
time to think about something?





☾ MOON ☾



Our beautiful moon helps us see at night. What would we do without her white light! We don't have to feel afraid. We can learn about how the night is made. 😊 Some critters can see better when it's dark. Yes, that's when they get to go to the park! Do you know about the night? Does it feel alright? Can you see just how amazing the night can be? Is there anything you can learn about just in case you have to go out?





Music



Tap, blitty, bap, bap! Listen to the sound! I love having music around!

What sounds do you hear? Does your buddy whisper in your ear? Do the leaves move to a special song? Do the kitchen pans make a lovely GONG! How do you make music?

Do you sing or tap or listen to someone take a nap?





Nice



"Thank you for helping me carry my bags," says a person I love as they give me a hug. When we pick up litter from the ground, I'm pretty sure the Earth is happy we're around. 😊 What's it like when you do something nice for someone or something? Just how much happiness do you bring? What nice things do you do for You?





No



Sometimes I want to say no and then I say yes... oh man, I didn't mean it! What a mess! Sometimes the people we love don't give us a choice, and then we might feel like we don't have a voice. If we say no, we might still have to go!

☹️ When it's your choice and no is best for you... trust yourself, you know what to do! When do you say no? Do you still have to do it? If so, can it help you grow?





Peace



Take a deep breath, feel your fingers and nose! That's right; breathe peace in all the way down to your toes! Try it once more and see how you feel... stop a second, there's peace and it's real. Peace is here all the time. When do you feel peace in the day? Can you add more peace when you play?





Play



Weeeeeee! So much fun! In our place with friends or out in the sun! Sometimes you have to work before you can play; no need to worry it'll be okay. Can you take time to play in your day? What about turning work into play?

What's play like for you?





Please



"What's the magic word?" they say. Hmmmm, "Now" or "my turn" or "ME." Wait, that's not it. It's PLEASE!!! 😊 When we want to ask for something or need some help, "please" works well even for ourselves. When do you say please?
To who or what?





Rain



Rain, rain, go away ... I really want to go out and play! Wait a minute!

The rain washes the earth and helps the plants grow and they help us grow too you know! 😊 Is there anything else like the rain, something I don't like but can love just the same?





Rainbow



So many colors in the rainbow!
Just like people, we're all different
you know! On the inside we're all
the same. We come in all shapes
and sizes just like a game! Some
people like to sing and some like
to dance and some people even
wear polka dot pants! 😊 What an
amazing Earth we live on where
people can all learn to get along.
How can you get along with other
people and critters?





Rest



Are you tired? Do you need a time
away? Only you can say. Check
inside, you have nothing to hide.
We need our rest so we can feel
our best! How do you rest? Do you
need more sleep? Do you need
some quiet time? A cup of tea?
HMMMMM....





Scary



Gurgle, churn-my belly, oh it burns!

What's that feeling? I feel scared.

What's going on? Do I need to leave? If I have to stay can I cover my eyes so there's no surprise? Cover my ears so I don't have to hear? Do I need a big hug or tucked in like a bug? Take a breath, check inside to see how your belly feels? If you're not scared... that's great? If you are ... can you make sure that you're safe?





Share



Sometimes I don't want to share
and it's not because I don't care.

Sometimes I just need a time
away and I don't want to play, not
with anyone. I don't even want to
have fun. Then there are other
times when I do! I want to share
my time, my love, and my toys
with you! When do you like to
share? And when are the times
that you don't?





Silly



I'm feeling really silly! I just named my foot Willy! I'm just kidding. 😊
Sometimes we need to giggle and let our wiggles out! And give a big shout! Even when you're big and grown up, having a silly time can be what it's all about. Is now a silly time? If not, take a big breath and a little rest. 😊





Sunshine!



Good morning Sunshine! We need the sun to bring light to our day. The sun helps us grow in its own special way. When we feel sunshine on our face we can't help but smile. We'd love to stay out in it for awhile. Maybe take a nap and dream. Wait a minute, I need sunscreen! What else is like sunshine in your life? What makes you smile?





Teacher



We all have teachers who show us what we know. In fact, it's true, they help our brains grow! We learn from each other. Even an ant can show us how to work together! Who or what are your teachers? Books? The Earth? The Stars? Let's think about it, even you ARE!





Thank You!



"Thank you!" I say when someone takes my plate away. When someone holds the door open for you, a "thank you very much" will always do! When are the times when you can say thank you? What do you think? Do you know what to do?





Time Away



Sometimes I'm tired and don't want to play. Maybe I just need some time away. Away from the noise and bright light, I just want to say good night! When do you need time away? Let's think about it, do you know what to say?

Hmmmm....





Trees



Trees grow their roots into the earth and they can get really tall. Higher than a house, high above it all! Stand up tall and take a look around. How are you like a tree with your feet on the ground? And your head in the sky? Let's think about it, what makes you grow up high?





Try It!



Go ahead and try it out and see
what it's all about! I can try a new
vegetable or a new place to see.
I can try it out; it's all up to me!
What's it like to try something
new? You can do it, it's up to you!





Universe



Take a breath and feel your body deep inside all the way down to your big toe. There you go! Watch as you move nice and slow. Further out now, above your house. Moving out of your town, you can barely see the ground! Toward the stars, heading straight for Mars! Now you can feel yourself in the Universe! What's it like to be part of such a big space? Do you know your place?





Well Done!



I did it! I gave it my best! I tried and I didn't win, I just took the test. Whatever I do, I try my hardest and do the best I can. I'm good enough just the way I am. In fact, I'm amazing! 😊 Yes I am, just for being me on the planet Earth. This is true since the day of my birth. Do you know how amazing you are? Do you know that you're a star just because you are who you are? 😊





We're the Same!



Yes, my friend and I are the same. We even have the same name! We like the color green and we share the same dream! We both like to run, even just for fun! It's okay if people are different than you. They can teach you things you never knew! What things are the same for you and the people you know? Can your differences help you grow?





Wiggles



Shake, jump, stamp, hop, squirm,
and run. It's got to be done!
Getting my wiggles out can be so
much fun! "So much energy in
one day," the people who love me
cheerfully say. 😊 When do you get
your wiggles out? Does it help to
sing and shout? Before you get in
the car to go really far? At night
before bed, how do wiggles get out
of your head? Hmmmm...





Windy



The wind blows through your hair.
And on through the trees and it
doesn't stop there it goes out to the
sea! How amazing can traveling be?
The wind can clean up a yard and
it doesn't even work very hard! 😊
How are you like the wind? What
do you think of the wind?





Work



Can work be fun? Or does it just have to be done? What about a game of cleaning your room? Try and hop to get the broom? 😊 Can it be that work is fun for you and me? What can you do to make work fun for YOU!





Yes!



We can say yes when we're feeling our best! And sometimes we can say no when we don't want to go! Say yes when you really want to and things will likely be okay for you! Do you say yes when you really want to? What does Yes feel like inside of you? Let's talk about it!

Hmmm...





You Are Welcome!



When you say "thank you," I say "you are welcome." Even though we don't have to, it's just really nice when we do. These 3 friendly words can bring an extra smile once in awhile! 😊 Can you talk about when you can say, "You are welcome" 6 times in a day? 😊

