

INTRODUCTION

Welcome to the second book in the Wise Kids Series, “A Wise Water World Inspires Me”- Top Tips for Wise Water Kids. This book complements the first book (focus, grounding, being present) through creating space and opportunities for discussion and reflection on our body’s feelings and emotions as we desire to move, let go, flow, and respond to the changing circumstances around us.

Throughout my teaching experience and life, I soon discovered that foremost, my own emotional habits (my weather) and those of the children in the class could and would affect the space for learning. If I was not able to have tools and tips to observe and manage my own emotions, how could I then help those in my class? My chance to provide a safe place for learning to thrive would be compromised.

I have been inspired to write this from being witness to thousands of children, parents, and teachers (including me) grappling with their own emotions in their daily interactions; affecting their best intention to creating a space for their children to learn whilst managing various life circumstances. At the same time, having the intention in my own learning to be the best model I can be.

Over 20 years interacting daily with emotions in the classroom has certainly influenced me, but I am also influenced by my understanding of modern psychology and how children best learn, emotional intelligence, neuroscience (particularly the reticular activating system) and epigenetics mixed with ancient understandings of Chinese medicine and the chakra system. I have also been fascinated by Dr Emoto’s work with water and the documented effects that emotions and thoughts have. The research on mindfulness and its effects on self-regulation of our feelings and emotions, amongst many other benefits, has also been influential.

I love the analogy of water, the different ways it expresses itself, and the ways in which it is like our emotions. From stormy weather and wild seas, to the still lakes and waterholes, and from strong rivers to gentle streams. All are affected by the invisible wind...which I feel is another analogy to the invisible thoughts and feelings we have. We are of the water planet. Our bodies are made mostly of water. Could our sounds, feelings/emotions, thoughts, and actions (vibrations) affect not only the environment we

live in, but the structure of our body's health too? Ancient health systems point this way and modern health systems are indicating this too.

I write this knowing that I am still learning from my emotions (energy in motion), which is the human experience for all of us. The importance of learning from our feelings and our emotions (emotional intelligence) is paramount in my experience to living a well-rounded happy life. For they affect the choices and the actions we take towards our relationships and the energy in motion towards creating the life we wish.

How powerful and of paramount importance is it then, if we can share tools and tips with the children in our care? Helping them to not reject, hide, judge, or repress their feelings and emotions as bad or good, but to be aware and allow them to flow into safe movement and expression. Doing so in a supported way, as they to begin at a young age to practice programming habits and beliefs of how to navigate this journey they are beginning to undertake, called life.

I share this book with all good intentions to help children (and parents) create a life well lived. To use as a tool in the home, classroom, or elsewhere for bringing greater self-awareness to yourself (for you are the one responsible for modelling this change) and then the children in your care. To help them understand their feelings and emotions in response to life's continual flow of change in various situations, events, and people encountered.

This book also fits perfectly within the Australian Curriculum under the 'General Capabilities' banner relating to the 'The Personal and Social Capability Learning Continuum'. This section organises itself into the four interrelated areas of self-awareness, self-management, social awareness, and social management. Each of these elements are themes throughout this book and can be embedded into daily conversations as an educator or parent and in topics of health, wellness, and psychology of learning in any given moment.

A Wise Water World Inspires Me: Top Tips for Wise Water Kids has been set out in chapters to read separately, or it can be read from start to finish. Enjoy reading this book with your children, discussing the many concepts it contains, and how these can be integrated into yours and their lives. Also observe your children and how they can naturally flow like the river; for they too are your teachers in the example they can create

for you! What are they sharing with you in their behaviour that reflects, just like water, that same quality in you?

Both the stand-alone children's book and the accompanying Creative Colouring Journal complement each other. The accompanying Creative Colouring Journal allows for reflection and deeper integration into the brain of the many concepts within.

Within the Creative Colouring Journal, space is included after each chapter, where readers can share their personal responses using their own feelings, wisdom, insights, rhymes, or illustrations that have come from personal experience. This new awareness and these shifts in thinking can come about as results of possible discussions whilst reading the book with peers, family members, teachers, social workers, counsellors, psychologists or other therapists.

I thank the many people, including all the children I have ever taught and learnt from, colleagues, family, and friends, and all who I have met on this amazing book/life journey. Our everyday thoughts, words, feelings, responses, and actions have contributed in some way to what is present in this book today.

May you and your child gain insights into your emotions and feelings that will empower them in following their heart's desires. Fuelling their actions into creating a world they wish to live in and respond to from choice and awareness. This leads to empowerment and a sense of freedom.

Enjoy the next watery ride. 😊

Andrew Holt

Wise Water Kids

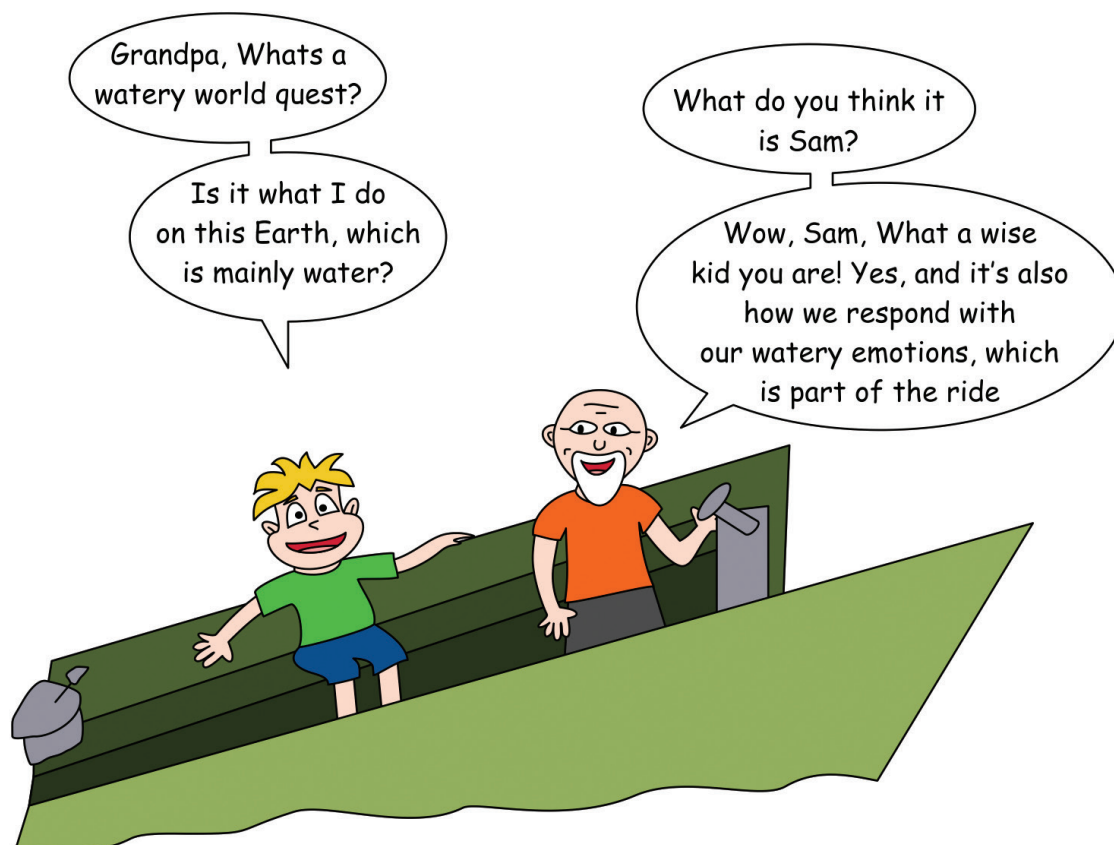
Which Questions are for you today ?

What adventures of fun will I have under the sun?	2
What do I believe, for me to achieve?	4
How do I trust in my gut to get me out of a rut?	6
How do I express my dance at every chance?	8
How can I have a great year and not be a slave to fear?	10
What emotional slide will I decide to ride?	12
Can I read my body's clues to dance away any blues?	14
How am I sharing and caring today?	16
What helpful action can I do to change my sadness to satisfaction? . . .	18
How will I shine my best as I journey on my quest?	20
How do I allow time to slow and rest, to flow towards my best?	22
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What do I do with the anger and guilt that I have built?	26
What will I inspire by transforming feelings into my desire?	28
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What adventures of fun will I have under the sun?

“Hi Grandson, take care, slow down and you’ll know the way, a mystery trip is here for you to come and play. A mixture of fun and relaxation is best, are you ready to ride on a watery world quest?”

“We’re here on board this watery boat, * let’s practice some tips for you to stay afloat. Into the Watery World we will ride, on this world quest there is nothing to hide.”



* Watery Boat = The Earth and also the situation I’m in



I learn to go with the flow.

What do I believe, for me to achieve?

“Step up on the skis, BELIEVE it can be done,
jumping into life can be so much fun.”

“Grandpa Joe, my mind wants to poison me and say,
I’m not good enough to try and ski today.”

“Remember courage,” he says. “Give it a go! My own
grandpa used to say, ‘overcome your fears, be in the flow.
BELIEF is the key to move and share your best.
A brave heart is what beats inside your OWN treasure chest.’”



I am me, and I am good enough.