

Thank You, Rain

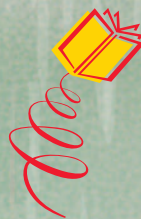


DAN MCCAULEY • ILLUSTRATED BY JO LORING-FISHER

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free spirit
PUBLISHING®



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To my Dad, who would take us out in
the rain in our little green coats.

To my sister Grace, who is never
afraid to splash in puddles and sing
into the world.

—Dan



For Mary, who always sees the
sunshine through the rain.

With love, JLF



Rain dances down my window,
reminding me I can't go outside.
Not without getting soggy and cold.

Tap,
tap,
tap.



The day has turned to a gloomy dusk.
"I've been stuck inside all day," I think.
Then I hear a jingling at our door . . .

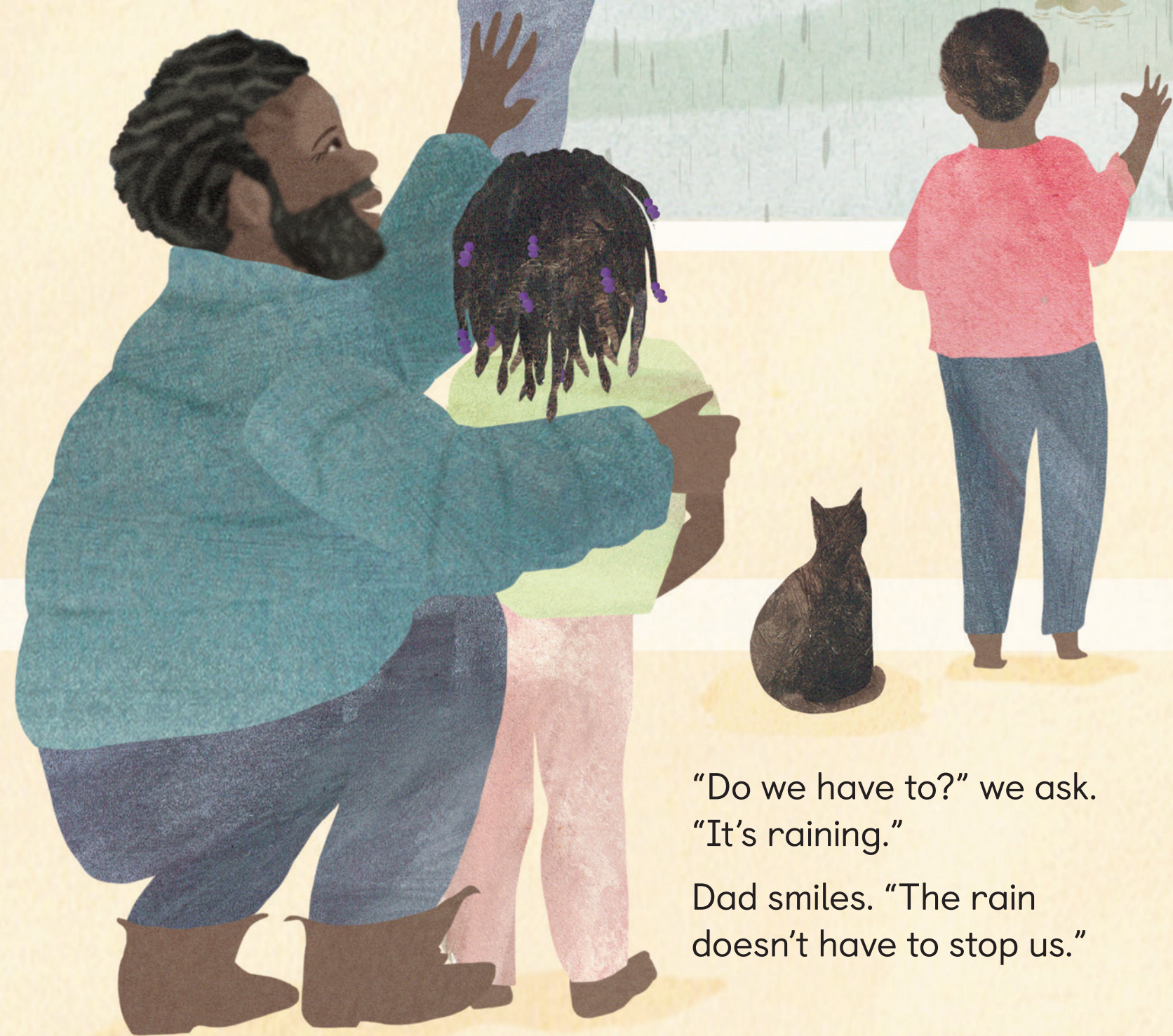


“Dad’s home!”

Dad’s beard scratches our cheeks as he picks up me and Marcus and kisses our foreheads.



“Are you two ready for our walk?” he asks.



“Do we have to?” we ask.
“It’s raining.”

Dad smiles. “The rain doesn’t have to stop us.”

A Note from the Author

Dear Reader,

Sometimes, a light tap of rain at our window is an invitation from the world to slow down—to watch and listen to the wonders around us. This story is inspired by walks I'd take with my sister and our dad. Slowing down and paying attention to the world around us is called *mindfulness*. Going outside to do this is called *mindful movement*. When we take an interest in experiences and find things fascinating, we are being curious and experiencing awe. Being curious is connected with happiness! When we are playful, taking time to make ourselves and others laugh, this is known as humor. Humor is associated with happiness too.

On your hard days, I hope the rain showers you listen to turn into music. I hope you dance in puddles and laugh when you get too wet. I hope you see your reflections and dance in those too. And when the rain kisses your forehead, I hope you feel the world thanking you for being here—for slowing down, listening closely, and becoming aware of how beautiful nature is.

Love,
Dan

A Note from the Artist

Sometimes stepping outside in the rain is the last thing you feel like doing. Having to layer up to avoid getting wet may seem like too much hassle. But, as you can see from this story, it can also be a lot of fun. You might even see a glorious rainbow!

I love the sounds and smells of the rain. I find them very relaxing—and once the rain has stopped and the sun shines, the whole world seems refreshed and renewed. Have you noticed how the birds sing? Have you seen them bathing in water and observed how the plants seem to nod with the joy of being revitalized? Notice how the raindrops sparkle like jewels in the sunshine.

If you stand still and listen carefully (you could even put your ear close to the ground), you will hear the water soaking into the ground and into the roots of the plants.

Taking time away from normal activities and focusing on the little details around us—particularly the natural world—can help our minds relax and help us think differently. This is an important and powerful tool that you can use throughout your life.

I have tried to give a sense of magic in the pictures I created for *Thank You, Rain*. I hope that you agree and enjoy looking through the pages of this book. Maybe you can create your own piece of art to help you remember a rainy adventure. Making art can be a mindful activity too!

—Jo

Questions to Think and Talk About

- What is your favorite moment in the story?
- How does the main character's mood change? How do her feelings about the rain change?
- What does the rain feel like on your skin? Is it soft? Cool? Ticklish?
- What do you see when you look at raindrops on different surfaces, like leaves or the sidewalk?

- How would you describe the way the air smells when it's raining? What about before and after it rains?
- What colors do you notice around you when it's raining? How do things look different in the rain?
- When you close your eyes and listen to the many sounds of the rain, what do you hear?
- How do you feel on the inside when it rains? Happy, calm, or something else?
- How would you describe the rain to a friend who has never seen or felt it before?

Ways You Can Say, "Thank You, Rain"

Like the people in the story, you can learn ways to enjoy the rain, be present in the moment, express thanks to the world around you, and become curious. Here are some ideas to try by yourself or with a grown-up you trust.

Calming Deep Breaths

Deep breathing helps our bodies and minds feel calmer. Find a comfy position where you can sit or stand. Close your eyes if you like. Inhale through your nose, feeling your belly expand. Hold your breath for a moment. Then exhale slowly through your mouth. Feel your body relax as you continue breathing.

Enjoy the Rain with Your Senses

Depending on where you are, who you're with, and how hard it's raining, you could walk outside in the rain, or take it all in from your window. Use your senses and curiosity to observe. What does the rain feel like on your skin? How does the air smell when it's raining? How would you describe rain's sound? How do you feel as you watch the rain?

