

The pattern of one's thoughts is greatly influenced by the immediate surroundings, and by the actions of the people in those surroundings. I am a great believer in the power of thoughts, for all actions begin with a thought. Educating and raising children, to be the best that they can be, is a form of art in my eyes. It requires an open mind imagination and a large heart. This book is an attempt to give readers of all ages, a fun and gentle introduction to positive thinking. 'Sonny's Adventure in Mystery Park' can be read, like other books, for the purposes of entertainment. The positive way in which the story unfolds, in its self, will have a subtle influence in the right direction. The quiet affect of the positive influence is usually discovered over time, simply because of its smooth nature. On the other hand, entertainment form which elements of aggression and horror unfold, will have a faster and more notable influence, due to its loud nature.

I recommend reading the book for sake of entertainment first. On a separate occasion read the book again with the intention to carry out the activities listed below. The questions are laid out in order of pages. You may choose not to act on all the activities at once, in fact, I recommend that you will break the conversation/activity, as soon as you see that the child's concentration has run out. The break can be as long as you need it to be. There are no set rules; you should consider the child's nature in that regard.

The freedom to exercise the expression of thoughts will promote and stimulate the mind to search for original thoughts.

Have Fun.

❖ Questions and activities for page six:

Choose one player to act as the keeper of the park, (usually the adult or the oldest in the group). The keeper of the park cannot allow just any one into the park, only those who believe in having fun can enter. And so, the keeper must find out, who out of the kids knows what fun is all about. And so the keeper of the park asks:

- Do you believe in having fun?
- What do you do for fun? Show me...
- Is it important to have fun? Why?
- Do you like making new friends?
- How do you make new friends and where?

Here, you can ask the child/children, to act as if they don't know each other. They will then pretend to make friends with one another (or with you). This line of questions can help you find out more about how well the child does in his/hers social group.

❖ Questions and activities for page 9 to 11:

Now that I know, that you kids love to have fun I need to find out if you can find unusual sounds (says the keeper of the park)

- Have you ever heard an unusual sound?
- What did it sound like?
- Can you make an unusual sound?

These questions are all about fun, allow the child to express his/her thoughts and imagination. The keeper of the park will then teach the child/children how to find the direction of a sound, just as Sonny did...

- ❖ Chose who is going to be the whistling wind, the others will sit in a circle and close their eyes. The job of the whistling wind is to whistle quietly or make a quiet and soft sound, while standing in one place. The children, with their eyes closed, then need to guess from which direction the whistling/sound is coming from. When the child/children, find the direction of the whistle/sound, someone else can be the new whistling wind. (Turn can be taken if there are only two of you playing the game). Try and finish the game well before the children lose interest in it.

This game gets the child/children to exercise their sense of hearing and alertness to their surroundings.

❖ Questions for page 17.

- Why is Sonny worried?
- Would you be worried if you were on a flying swing? Why?
- Can you make a worried face?
- Is it important to let others know how you feel? Why?

- ❖ And now the keeper of the park will say with a kind voice: In Mystery Park we can ask any question we want! When we ask questions and get answers, we have

more information about something we didn't know before. In Mystery Park we are not shy to ask questions.

- Anyone have a question?

❖ Question for page 18:

- Why does Sonny want to go to a place no other kid has been to before?
- Do you want to go to such a place? Why?

Here you can learn if the child wants to be away from everyone and why. The answer to the above question from Sonny's point of view is: because it will be an adventure no one else had yet had. If the child did not come up with a comparable answer, do suggest it: "maybe he (Sonny) wants to be the first one to have fun in a new place". This is the first direct introduction of positive thinking to the child, (one can want to go somewhere just for the fun of it). There is no need to 'over do it', suggesting the different way of thinking will do the job.

❖ Questions for page 20:

The concept of trust and understanding one's gut feeling is pointed out here. In order to build trust so that the child will feel free to speak truthfully, tell them about a time you yourself got into trouble.

- Why isn't Sonny afraid anymore?
- Did you ever get into trouble? What for?
- Did you have a funny feeling in your stomach when you did that?
- Did you know that what you were doing was going to get you in trouble?
- If the answer is yes ask:
- Did you know that you made a **bad choice**?
- How did it feel in your stomach when you did that?
- Tell me about a time you made a good choice/ a time you did something good.

- Were your family/friends, happy with you when you made a **good choice**? Did it feel good in your stomach when you did that?

In Mystery Park we like to make choices that give us, our friends and our family a good feeling.

❖ Questions for page 23:

- What are you really good at?
- Are you as good as your friends or better?
- Can you show me?

Allow the child to be confident about their abilities and do not challenge their self image... If the child cannot name anything that he/she, is good at, help by naming different activities such as sport, reading, games of some kinds and so on, this will help build his/her confidence.

- How do you know when something is wrong?

If the child find this question challenging remind them of the game you played in order to find the direction of the sound. And ask the question again. Here you can find out if the child is under some kind of negative influence, or bullying as children know what they know from their immediate surrounding

❖ Questions for page 25:

- In the story it says that Sonny did some thinking, what does it mean 'to do some thinking'?
- Do you do some thinking? When? Give me an example.
- Can you think now about what you would have done if you were like Sonny stuck in a storm?

Here you can choose to play a little game of hide and seek. Choose an object and get the child to hide it. If the child had hiding the object in an obvious place do find it quickly and then hide it well yourself. When it's the child turn to hide the object again tell the child to do some thinking and hide the object really well. You can stop playing the game after the child had hiding the object for the second time and continue with the line of questions.

- Is it important to think for yourself?

Use the game above as an example for the result of 'doing some thinking.

- What would have happen to Sonny if he didn't do some thinking?

❖ Questions/activities for page 27 :

Here (page 27) Sonny is being realistic, although he wasn't worried, things didn't change. Sonny has to consider that he was wrong before and that it was time to act. Sonny is using the energy of his anger in a constructive way. (It is better to be angry and act on it than to stay passive and think that there is nothing you can do). It is important however to use the anger in a positive way. With the next line of questions we will try to do just that.

- Why did Sonny get angry?
- Was he right to get angry?
- What did he do when he got angry?

(Read the page again if necessary in order for the child to find the answer, help the child find the answer if needed)

- Do you get angry?
- Tell me about a time you got very angry.
- War you right to get angry?
- What happened after you got angry what did you do?
- What happened after that?

Make a conclusion: If someone is angry for a good reason it is important to say something in a smart and polite way.

❖ Question for page 33:

With this next line of questions we will help the child understand that they can make their dream come true.

- Did you ever make a wish?
- Did it come true?
- Do you have a new wish? What is it?
- If the child's wish is tangible ask:
- Can you get it yourself? (if the answer is yes ask how)

If the answer is no, show the child that if he/she really wants, they can get and achieve anything. If it's a toy that they want, he/she, can save their pocket money, and purchase the item. If they don't get pocket money, suggest the option of work. .

➤ What do you want to do when you grow up?

Discuss with the child about the steps he/she needs to take in order to become whatever it is they want to become. Conclude with 'nothing is impossible!'

Planting a seed and allowing it to grow. That is all we have to do....