

# BE WHERE YOUR FEET ARE!



By **Julia Cook** Illustrated by **Jon Davis**

*My brain gets crowded.  
There's so much going on.  
I do three things at once,  
and get two of them wrong!*

*"Be where your feet are,"  
I hear people say.  
"Do one thing at a time.  
It's a much better way."*



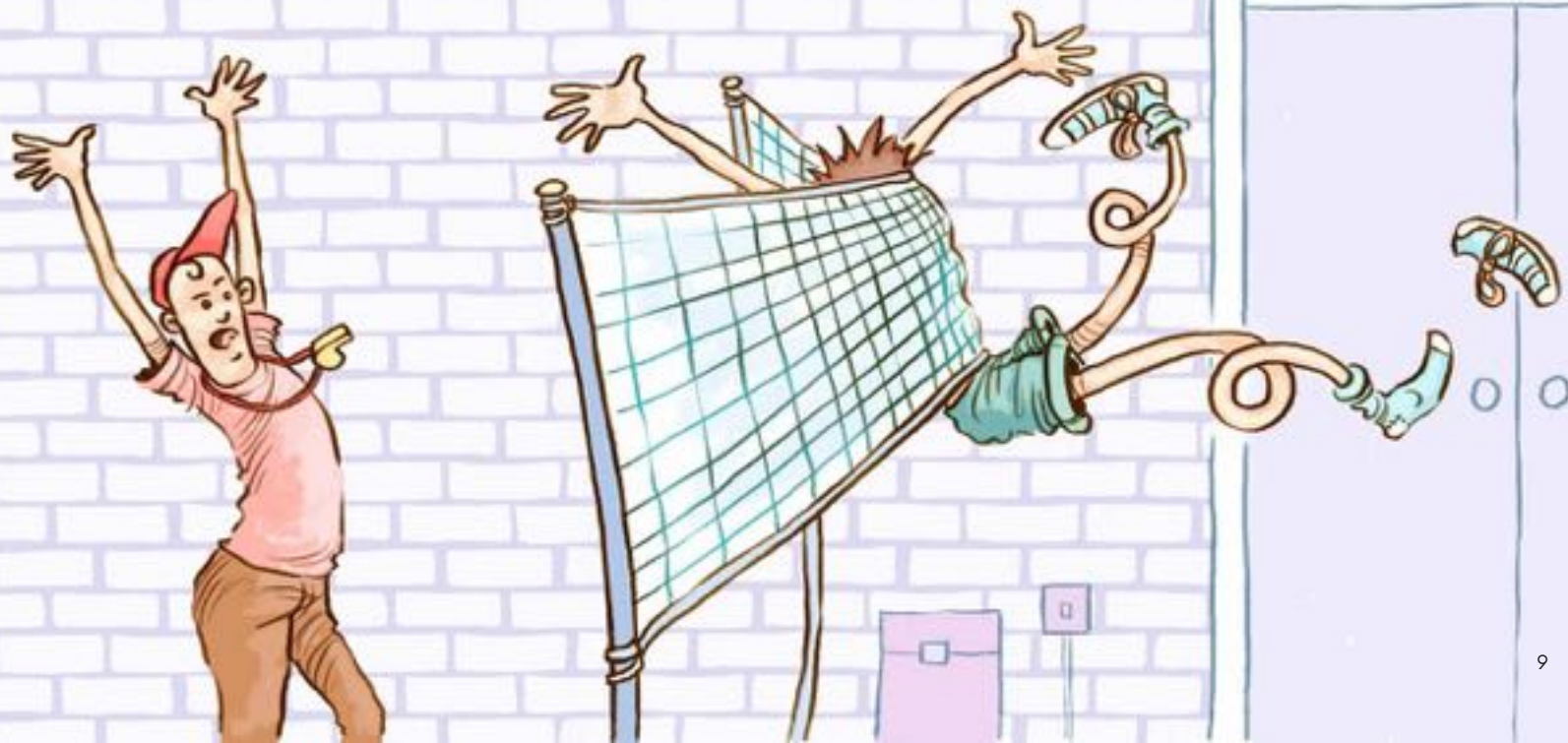
Every day, my feet get ready  
for school, but the rest of me  
has other things to do.



*I ran down the hall as fast as I could.  
I needed all the warm-up time I could get.  
I decided to cut through the gym,  
and ran right into the volleyball net!*



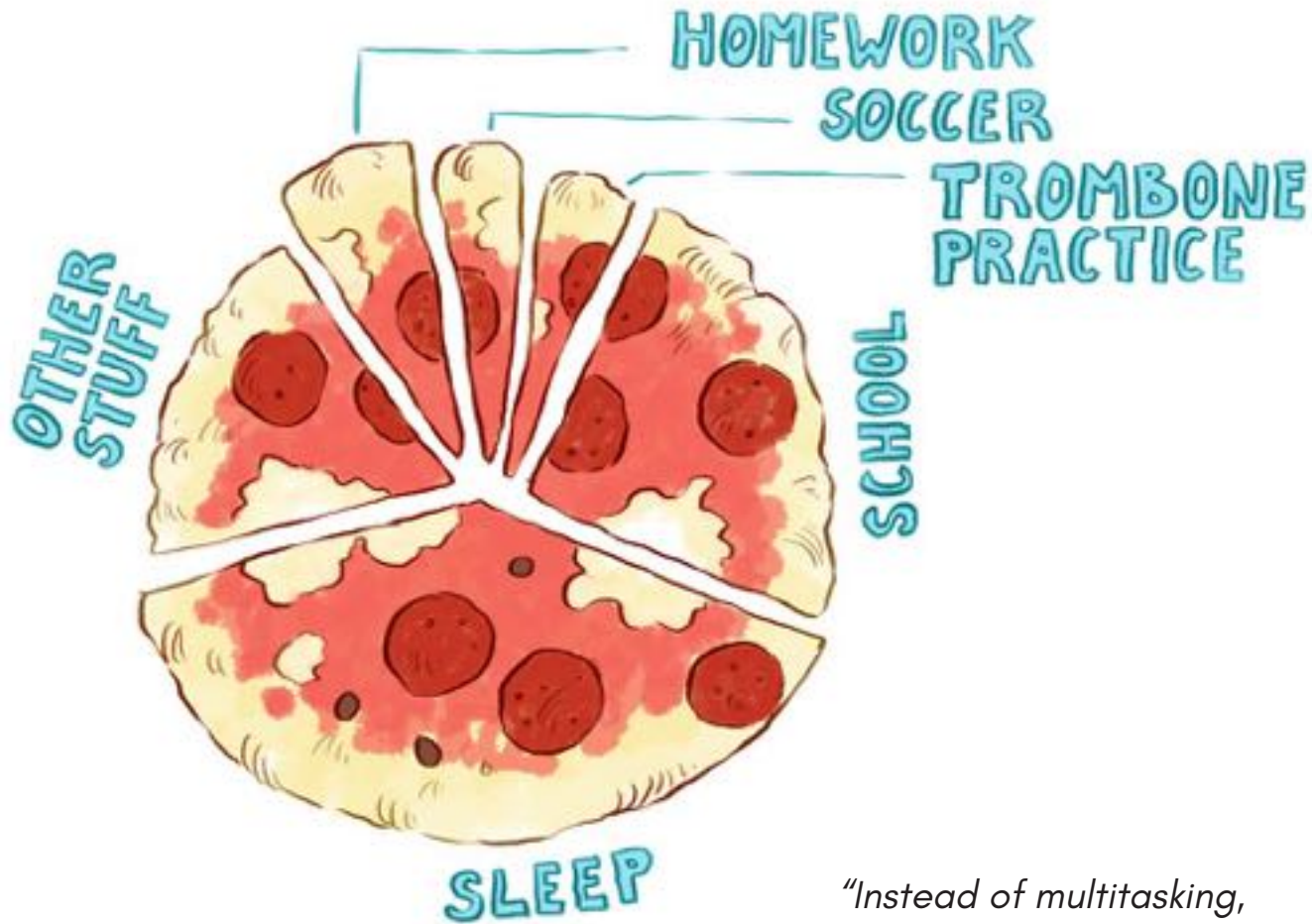
**“Hey! Be where your feet are!”**




Give yourself a mindful moment,  
and make your feet and brain a team."



“Well, how do I do that?”



*“Instead of multitasking,  
break your time up into hunks.  
20 minutes for this, 40 for that,  
and some things need bigger chunks.”*

A cartoon illustration of a kitchen. On the left, a boy with blonde hair, wearing a pink long-sleeved shirt and blue pants, is cooking. He is holding a smartphone in his left hand and stirring a pot on the stove with his right hand. The stove is white with a blue oven door. To the left of the stove is a sink with a stack of blue and white dishes. A washing machine is open, and green laundry is being pulled out. On the right, a boy with spiky brown hair, wearing a yellow t-shirt and green shorts, is shouting with his arms raised. The kitchen has blue cabinets and a checkered floor.

*Now when someone is talking to me,  
I give them all of my brain.  
But my life would be so much better,  
if others would do the same!*

**"MOM!!  
BE WHERE  
YOUR FEET ARE!"**

From the bestselling author of *Bubble Gum Brain* and *My Mouth is a Volcano!*, comes a hilarious story about learning to be present wherever we are....and what can happen when we're not.

***These are my feet and this is me.  
Sometimes I'm not where I'm supposed to be.***

***My brain gets crowded. There's so much going on.  
I do three things at once, and get two of them wrong!***

***"Be where your feet are," I hear people say.  
"Do one thing at a time. It's a much better way."***

Each day, there are many so things to think about. Getting ready for school, turning in homework, taking a math test, band solo tryouts, soccer practice...and it's a long way from your head to your feet.

*Be Where Your Feet Are!* reinforces the concepts of **mindfulness** and **being present** in a way children will remember, while showing how good life can be when we learn to appreciate the world – and people – around us.



**Julia Cook, M.S.** is a national award winning children's author, counselor and parenting expert. She has presented in thousands of

schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the "what to say" and "how to say it."

**JULIA COOK**



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