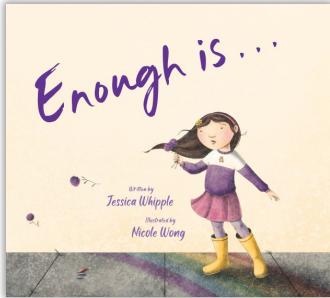


A Note about *Enough Is...*



Tilbury House 2023

This book is about contentment, wants, and needs...because wanting is uncomfortable! Wanting something new, wanting more of something, wanting something others have... And so having "enough" can feel uncomfortable at first—like a sweater that's a bit too small. That's why the sweater is a mnemonic for "enough" in the book.

Magnet Activity + Talking Points

Make a sweater magnet for the fridge!

You will need: Crayons, scissors, magnetic tape, two mini spring-loaded clothespins

Instructions: Ask the child to color the sweater, cut it out, and stick a piece of magnetic tape to the back of the clothespins. Hang on the fridge or anything else that's made of steel. As the child is coloring, you can chat about the following:

1. What does it feel like to wear a sweater that's too small? What words come to mind?
2. Think about a time you wanted more of something, but had to be "ok" with what you had. How did you feel?
3. Think about a time you shared something of yours with a friend. What did you share? How did you feel about sharing it?
4. The book says "More is so loud and pushy and Most beats down your door, but Enough whispers, 'I have all I need.'" What do you think the author means that "More is pushy?" What does she mean that "Enough whispers...?"

