

The Signs I Left for Myself

Companion Guide for Parents, Educators & Caregivers

This companion guide was created to support meaningful conversations, emotional connection, and gentle reflection inspired by *The Signs I Left for Myself* from the Little Soul Series by Sally Riley.

“Hope can be found in the smallest signs around us.”

Themes Explored

- Mindfulness
- Hope
- Connection
- Awareness
- Gratitude

Conversation Starters

- What signs in nature make you feel calm?
- What small things make your day brighter?
- How do you know someone cares about you?
- What helps you feel connected?

Activities

- Go on a nature walk and collect special treasures.
- Draw signs of hope you notice around you.
- Create a gratitude journal page.
- Practice mindful breathing outdoors.

Calming Affirmation

I am connected to love, hope, and kindness.

Reflection Space

Thank you for sharing these gentle moments of connection and emotional growth together. For more books and free emotional wellness resources, visit: **mylittlebook.ca**