

Family Faith Formation

Books and Readings on Play

The Book With No Pictures by B.J. Novak

"This picture book with no pictures knows a thing or two about both books and kid-friendly comedy . . . Once children get the joke, they'll want to play it on as many of their grownups as possible." — The Bulletin of the Center for Children's Books Amazon Review

Video: <https://www.youtube.com/watch?v=6t23T6Vfan0>

BJ Novak reads part of his book (good to watch to see the kids' reactions!) <https://www.youtube.com/watch?v=EZwY5BeYcyo>

The Book With No Pictures

by B.J. Novak

Mindful Moment: Laughter Yoga

Jokes help us heal with laughter. Sometimes you don't even need a joke to laugh. Here's a special type of yoga to try.

Centering: Let's now get into our meditation positions.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Sit up nice and tall.

Focus your eyes in front of you or close them.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Family Movie

Patch Adams

<https://www.imdb.com/title/tt0129290/>

The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor had ventured before, using humour and pathos.