

# My Quiet Place

By Monica Mikai

Ages: 5-8 /Grades: K-3

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## About the Book

In this soothing picture book, follow one child's day-to-day as she creates her own "quiet places" in the bustling action and high volume that swirl around her. Follow along as she navigates the serenity of dawn to the bustle of breakfast, the cacophony of street sounds, and the *everythingness* of people's lives packed together in a crowded bus or market.

Through this book, neurodiverse readers will feel heard and understood when they're feeling overstimulated, while kids who don't experience this phenomenon are given the chance to hear and understand the idea of sensory overload. The compassionate and empowering lessons here normalize anxiety and give language to its symptoms. The story is sure to make an excellent jumping-off point for teachers to spark dialogue, understanding, and empathy.

## About the Author

**MONICA MIKAI** is an author and illustrator currently residing in Atlanta, Georgia. She has a BA from Rider University, where she double majored in Art and Elementary Education. She also holds an MFA from The New York Studio School, where she studied Painting. She is passionate about creating beautiful stories and illustrations that inspire readers to see life from a new perspective. You can find out more about her at [monicamikai.com](http://monicamikai.com).

# When I'm Overwhelmed

Circle five things you like or want to do when you're feeling overwhelmed. If none of these call to you or something you like to do isn't listed, write your own in the blank space!

Listening to music

Doing crafts

Quiet time

Watching ASMR

Playing with a fidget toy

Reading a book

Asking for a break

Journaling

Watching a movie

Stretching

Playing a game

Drawing or making art

Dancing

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Doing a puzzle

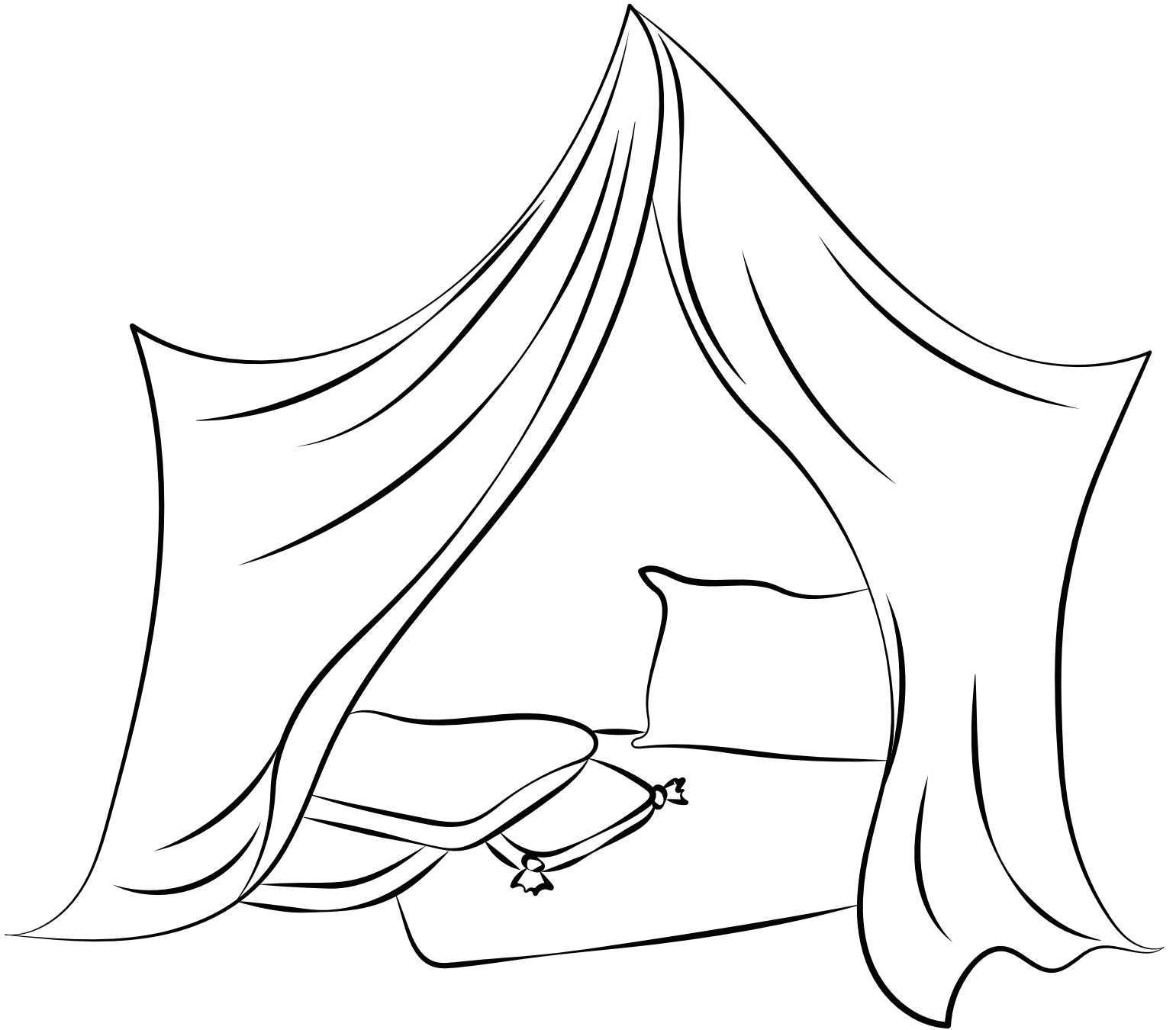
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Taking a deep breath

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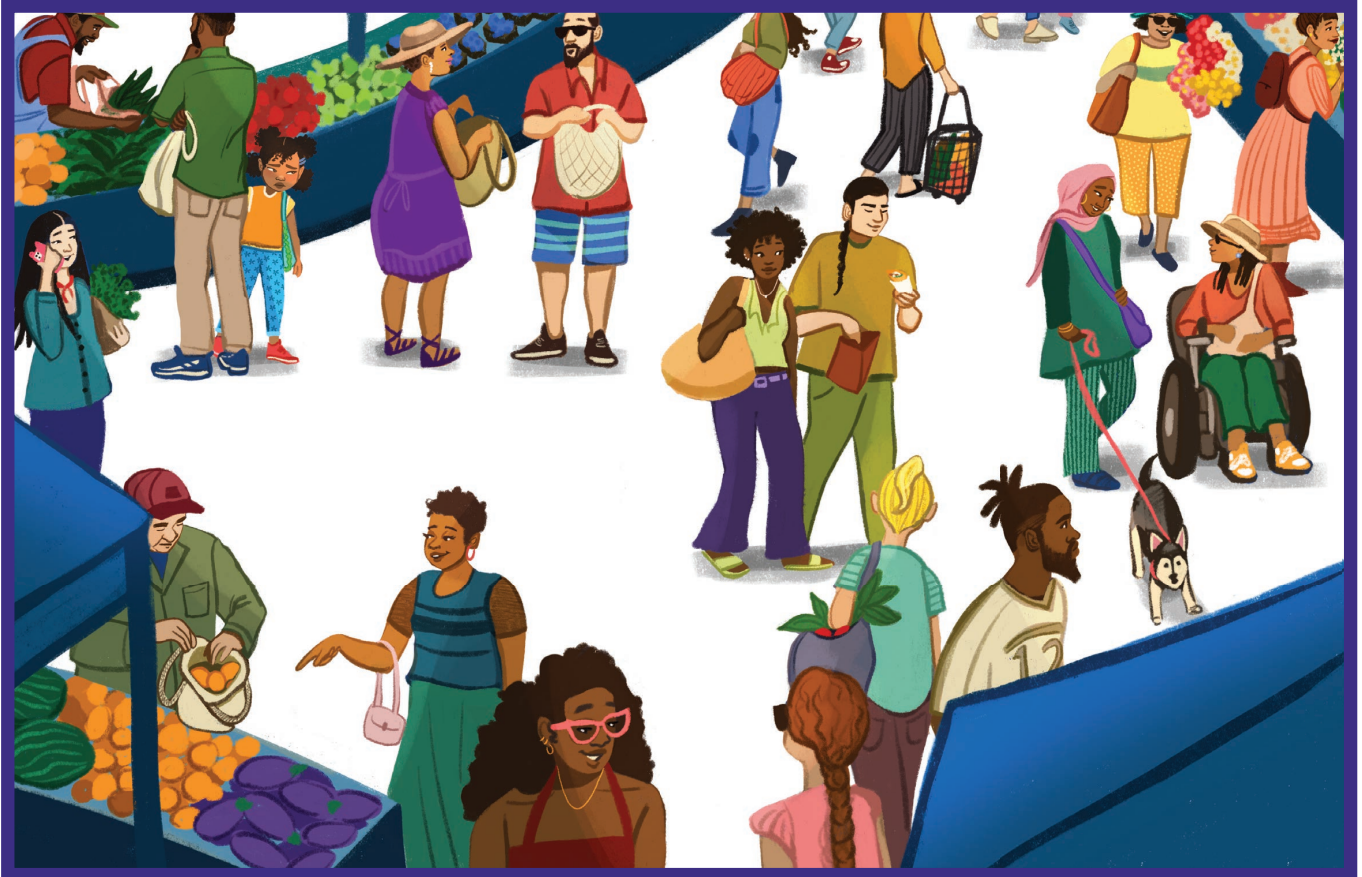
# Create Your Own Quiet Place

Draw what your quiet place to relax would look like!  
Fill this blanket fort with items that would soothe you. You can  
draw your favorite toy, book, or any crafts you like to do.



# Practicing Empathy

Pick a character from this drawing. Describe how they look, what you think they're doing, what you think they're feeling, and what you think they could be thinking.



Describe how they look: \_\_\_\_\_

Describe what you think they're doing: \_\_\_\_\_

Describe what you think they're feeling: \_\_\_\_\_

Describe what you think they could be thinking: \_\_\_\_\_

# Practicing Mindfulness

Whenever you're feeling stressed or anxious,  
try to ask yourself these questions.

**What are 5 things you are happy about today?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are 4 things you are excited about for tomorrow?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**What are 3 things you are excited about for next week?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What are 2 things you are excited about for next month?**

1. \_\_\_\_\_
2. \_\_\_\_\_

**What is 1 thing you wish could have been better today?**

1. \_\_\_\_\_