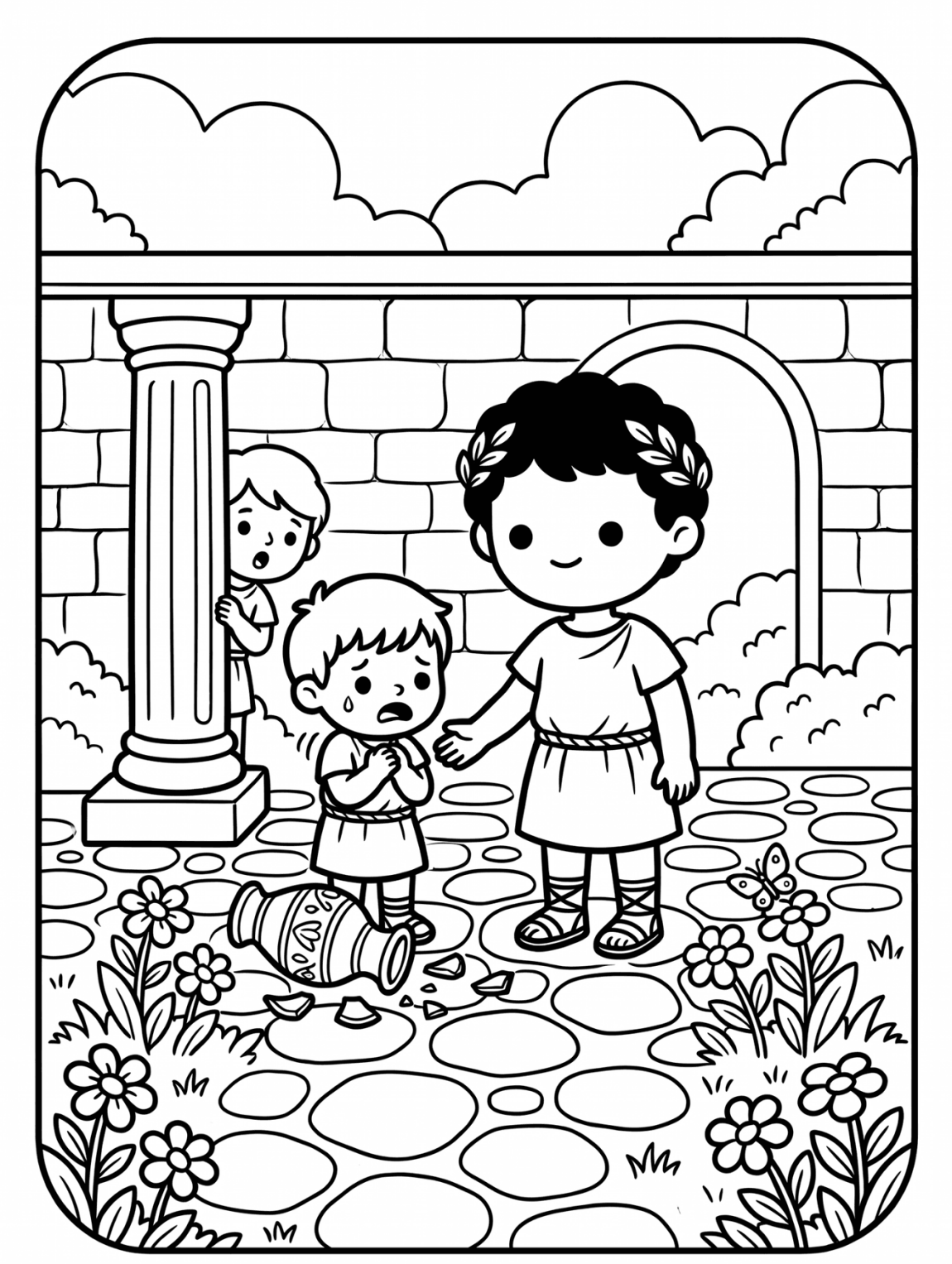


spark & wonder

*It's not the thing that upsets you. It's what you think about it, and you can change that now. - after Marcus Aurelius · Meditations 8.47*



*Being angry about what happened usually hurts more than what happened. - after Marcus Aurelius · Meditations 11.18*

spark & wonder



*Everything keeps changing. How life feels depends on what we think about it. - after Marcus Aurelius · Meditations 4.3*

spark & wonder



*The thing in your way can help you on your way. - after Marcus Aurelius · Meditations 5.20*

spark & wonder



*We suffer more often in imagination than in reality. - Seneca · Letters 13.4*

spark & wonder



*The best cure for anger is to wait. - after Seneca · On Anger 2.29*

spark & wonder

# The story behind these pages

Every picture in this pack shows a child feeling something. A favorite vase breaks. A shadow on the wall keeps a boy awake, until he sees it was the curtain all along. Another boy watches a storm from his window, and one looks up at the night sky with his cat. While your child colors, pick a child in the picture and ask: what do you think they are feeling, and how can you tell?

## These drawings come from

**The Calm Emperor**

**The Wise Friend**

Scan to see the book