

WANDER & WONDER

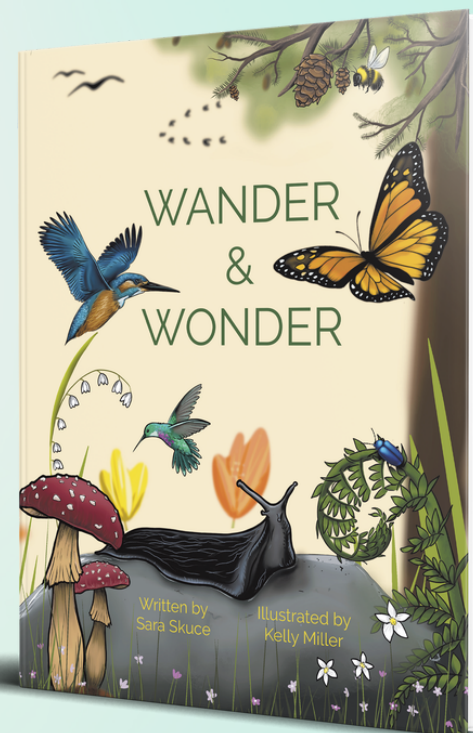
by Sara Skuce

Illustrated by Kelly Miller

Wander and wonder in the forest in this imaginative and immersive journey that embraces nature and introduces children to forest bathing.

Spending time in nature is an easy and inclusive activity that can help children to decompress, self-regulate, reduce anxiety and foster a greater sense of well-being.

Through a series of whimsical rhymes, playful illustrations, and gentle prompts, children are invited to take notice of their senses, and encouraged to let curiosity guide them to discover the slight movements, sounds, colours, smells and textures of the forest.



This book provides children with the opportunity to slow down, share their experiences and enjoy time connecting with the natural world!



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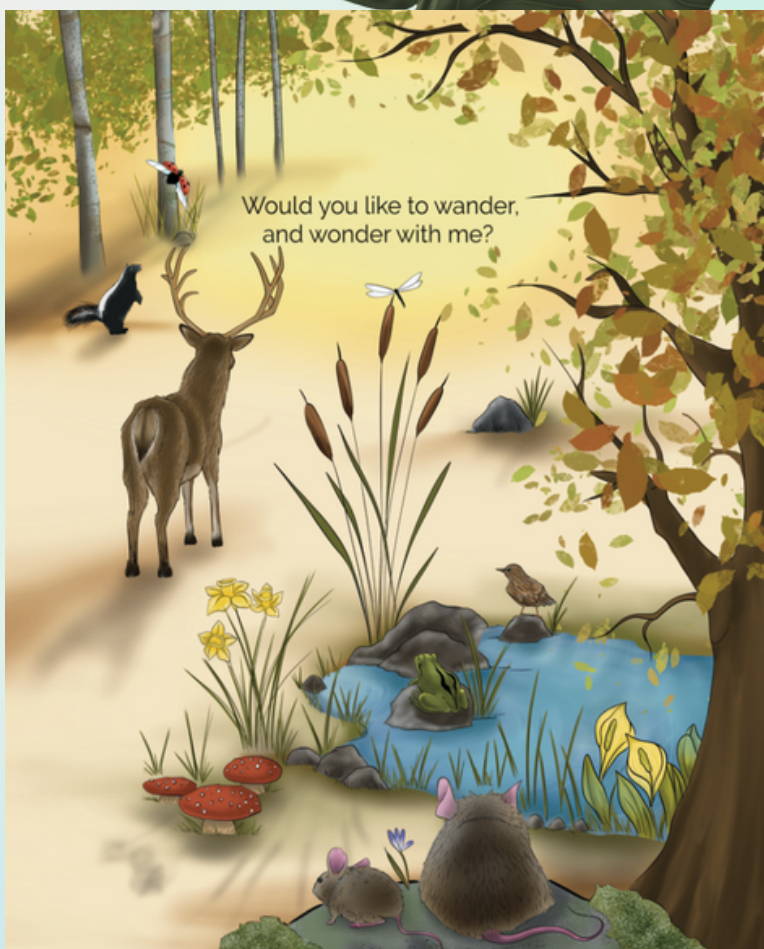
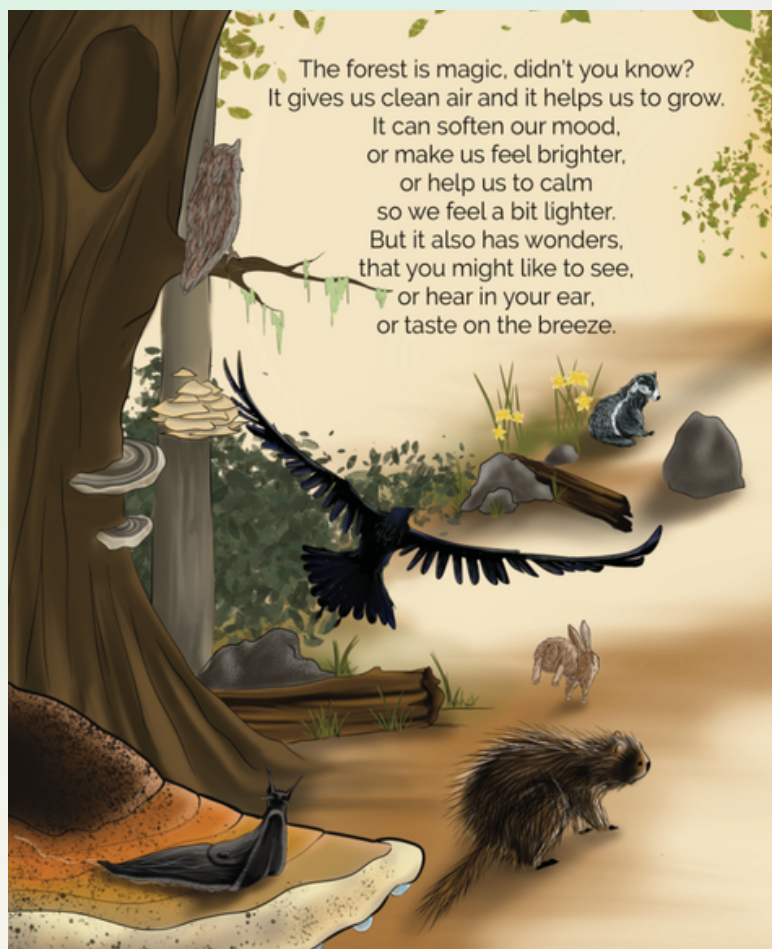
Sara Skuce is an Art Therapist and certified Nature and Forest Therapy Guide. She owns and operates The Burrow Art Therapy and Creativity Studio and The Burrow Books on beautiful Bowen Island, B.C.

Kelly Miller is a tattoo artist, painter and owns and operates Bowen Island Tattoo Shop. Kelly's works are greatly influenced by the ocean, rainforest and coastal mountains of beautiful British Columbia.

Having the opportunity to illustrate Sara's wonderfully written forest journey is a perfect fit for Kelly's first book. She hopes the art will inspire others during their journey and bring joy to all who read it.



A Look Inside



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