



What Does It Mean To Be Present?

Rana DiOrio

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What does being present look like? Noticing when someone in your class needs help and taking the time to help them. Sound like? The rain outside your window. Smell like? Briny seaweed at the beach. Taste like? A bite of orange. Feel like? Allowing the rhythm of your breath, in and out ... to make you feel peaceful.

Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. The third book in Rana DiOrio's award-winning What Does It Mean To Be ...?® series, What Does It Mean To Be Present? has won four awards: The Living Now: Books For Better Living Award; The Nautilus Silver Award for Children's Picture Book; The Moonbeam Gold Children's Book Award for Mind-Body-Spirit/Self-Esteem; and The Mom's Choice Gold Award.

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