



By Alicia K. Economos

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“You and Yourself”

(A story about taking care of the most important friendship of all)

This heartwarming story helps children discover how to care for their most important relationship — the one with themselves. Through playful rhymes and cheerful lessons from Rosie and her silly friend, Douglas, the dinosaur, kids learn to use kind words, bounce back from mistakes, and treat themselves (and others) with kindness and compassion.

You and Yourself is a gentle reminder for kids — and grown-ups too — that how we treat ourselves impacts *ALL* our other relationships.

You have an extra special friend,
One you may not yet know -
But that friend is inside of you,
And she goes wherever you go.



Get to know that wonderful girl –
She has a lot to share;
Listen to what she thinks and feels.
You two make a great pair!



How are you
feeling today?

I'm proud of myself for trying something new!



Let's Talk About Taking Care of YOU

Thinking and talking about these questions and even acting them out can help a child to learn how to be a good friend to oneself.

1. What can you do today to be a good friend to yourself?
2. When you feel mad or scared, what can you do or say to help yourself feel calm and brave?
3. When you make a mistake, what can you say to be kind and patient with yourself?
4. When something feels hard, what can you say to help yourself keep trying?

"You and Yourself"

Join the adventures of Rosie and her silly friend, Douglas the dinosaur, as they discover how to take care of the most important relationship of all – the one with themselves!

With playful rhymes and dynamic illustrations that bring the characters to life, *You and Yourself* teaches kids how to speak kindly to themselves, handle mistakes with grace, and become a source of encouragement for both themselves and others.

Perfect for bedtime reading or classroom discussions, this story is a joyful guide to developing kindness, compassion and confidence.



*To get along with friends,
You must first get along with YOU!
So treat yourself warmly
And treat others the same way too.*

*When you're confident in yourself,
There's no need to compare:
You can be happy for others
And be willing to share.*



About the Author

Alicia Economos is a bestselling author, speaker, and certified life coach. She's also the founder of Wholehearted Living, Inc., a nonprofit that helps people build lives they're excited about! Alicia loves reading, teaching dance fitness, and spending time with her big Greek family and friends.

FREE Resources!



Wholehearted Living

Creating a life you're excited about!

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