

A watercolor illustration of a large, gnarled tree with green foliage. A bear is sitting on a branch of the tree, looking towards the right. The bear is wearing a red shirt. The background is white with some light green washes at the bottom.

Disney  
Winnie  
the Pooh

THE *little*  
THINGS  
IN LIFE

Simple Reflections from  
the Hundred-Acre Wood

words by CATHERINE HAPKA • pictures by MIKE WALL





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Written by Catherine Hapka  
Illustrated by Mike Wall  
Edited by Stephanie Milton  
Designed by Alessandro Susin  
Production by Giulia Caparrelli



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For Linus and Verity

*-Aunt Cathy*

For Connor, this one's for you.

*-Mike*



# THE *little* THINGS IN LIFE

Simple Reflections from  
the Hundred-Acre Wood







“Hello, new day.  
It’s lovely to meet you!”

*Every new morning is a gift.*

“Up, down, touch the ground . . .  
I wonder what’s for breakfast?”



*Looking forward to something pleasant  
can be pleasant in itself.*



“Oh, dear! Where, oh where, might a hungry bear find a smackerel of honey?”

*Why sit at home with an empty belly when a friend might have food to share?*



“Christopher Robin, might  
you have any honey to spare?”

*Being able to ask for help  
is a strength, not a weakness.*





“Now, where could my lucky stone have gone?”



*A thing need not be valuable  
to be precious.*



“Don’t worry, Christopher Robin.”



*It's best not to wait . . .*



*to be asked  
for help.*



“We’ll find it!”



*Offer it freely . . .*



*and from  
the heart.*



“It’s all right, Pooh Bear. My lucky stone  
will turn up. Things generally do.”



*Strive to understand what is meant,  
not only what is said.*



*It's natural to doubt yourself from time to time, but if you keep questioning yourself you will find a way forwards.*

“How can a bear of very little brain find a small but very important lucky stone?”





“Think, think, think . . .”

*No moment spent in thought is  
wasted, no matter how long or short  
the moment or how large or  
small the thought.*



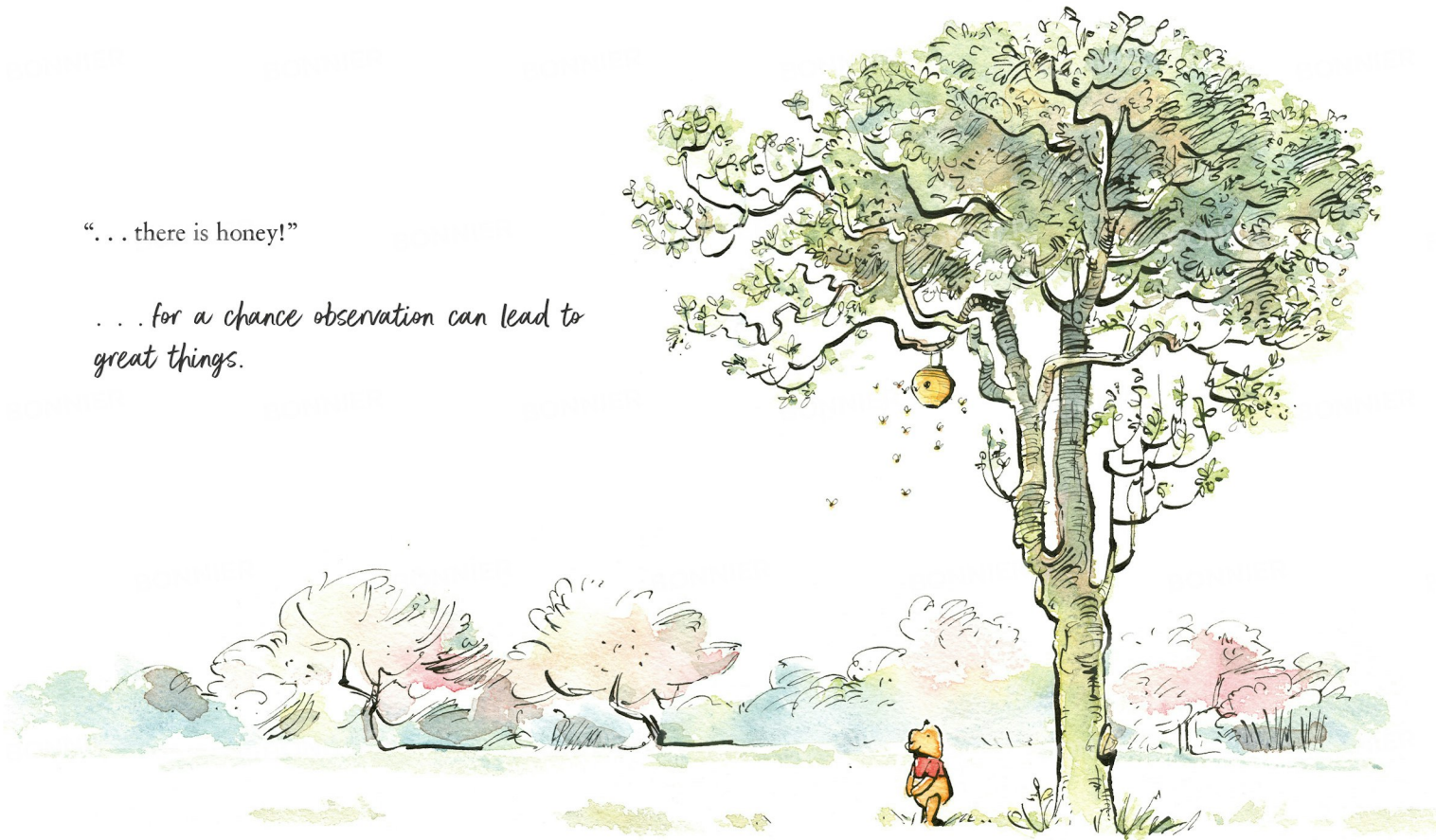
“Where there are bees . . .”



*Take time to notice the world around you . . .*

“... there is honey!”

*... for a chance observation can lead to  
great things.*

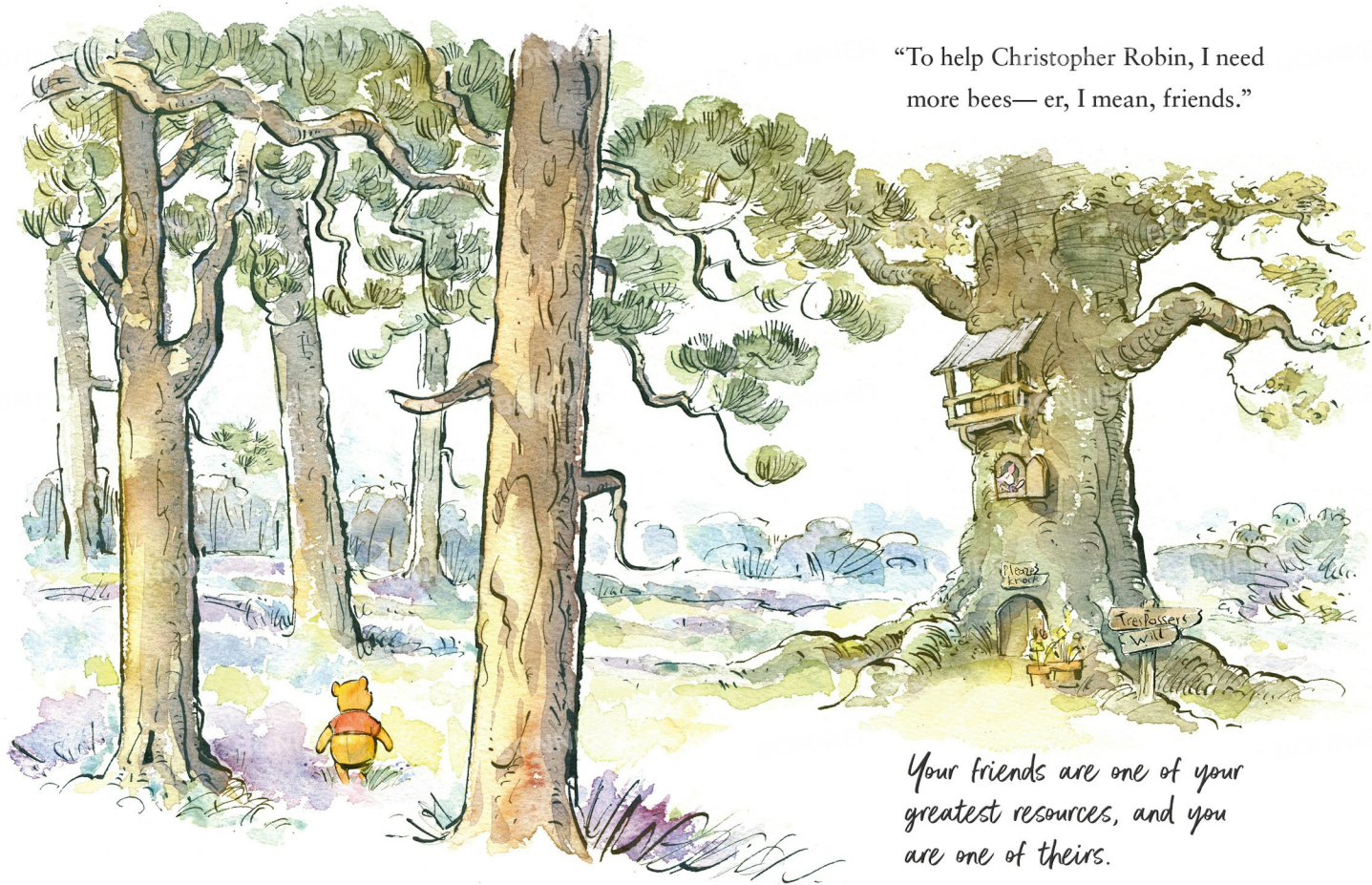




“But the honey wouldn’t exist without  
the bees’ hard work.”

*There's nothing like spending a day in  
nature to remind us that the world is  
full of miracles.*





“To help Christopher Robin, I need more bees— er, I mean, friends.”

*Your friends are one of your greatest resources, and you are one of theirs.*



“Perhaps a very small friend can help  
find a very small lucky stone . . .”

“Of course I’ll help, Pooh! Sweeping up  
can wait.”

*There will always be lots to do - it’s up to  
you to decide what deserves your attention  
most in any given moment.*



“Is this a quest, Pooh?  
It feels quite like a quest.”

“I suppose it must  
be one, then!”



*Each new moment is an opportunity  
for a new adventure.*

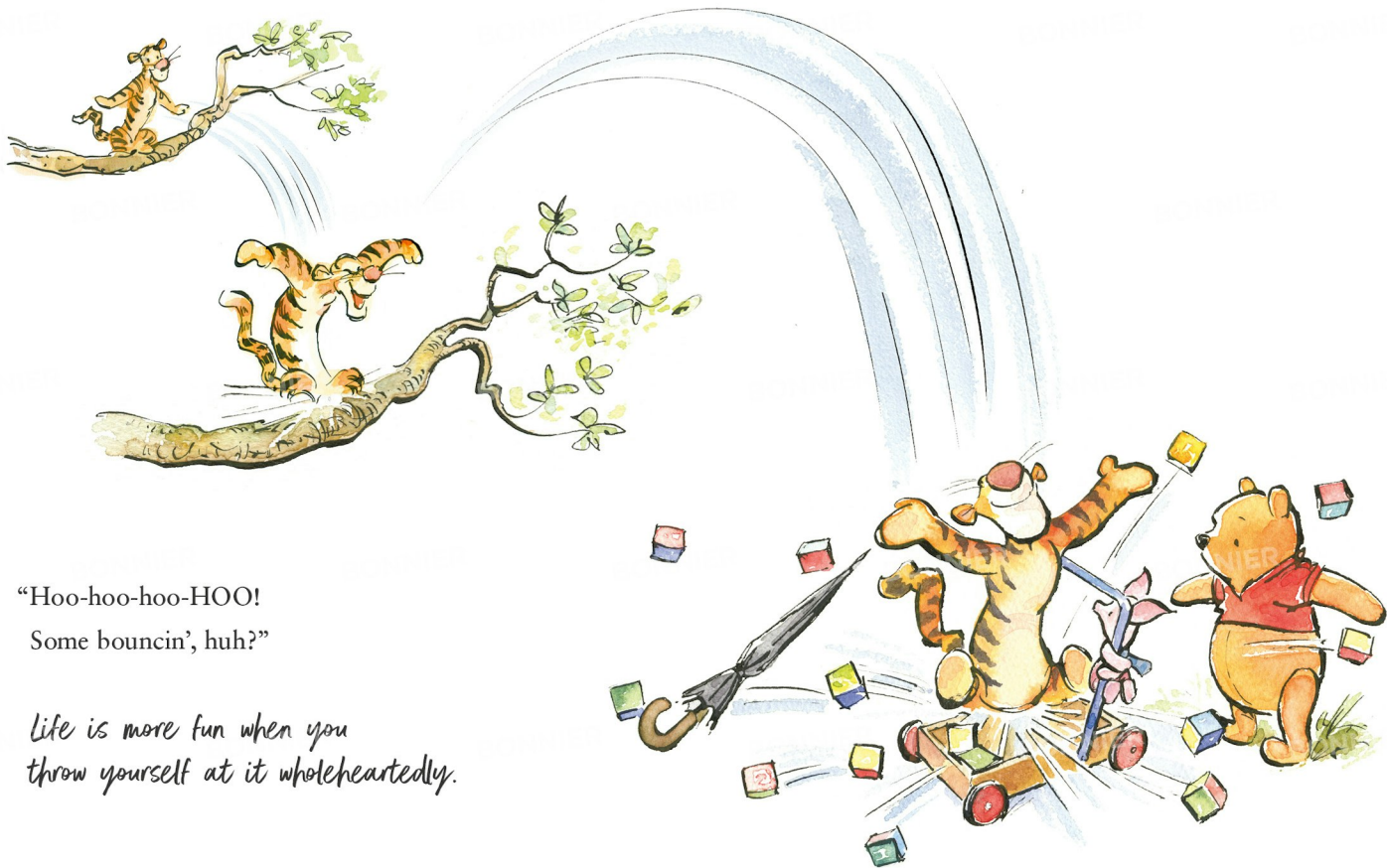
“Oh, d-d-dear, dear. How will we ever  
find one special stone among so many?”

“I don’t know, Piglet. But we have to try.”



*When the task seems  
overwhelming, focus on the  
next small step and just keep  
going, one step at a time.*





“Hoo-hoo-hoo-HOO!  
Some bouncin’, huh?”

*Life is more fun when you  
throw yourself at it wholeheartedly.*

“Will you help us with our quest, Tigger?”

“Sure thing, Buddy Bear!

Questing’s what tiggers do best!”



*Confidence is contagious!*



“Christopher Robin lost  
somethin’, huh?”

“Is it this?”



“Or this?”



“Gotta be this!”



“If anything is worth doing, do it  
with all your heart.”  
– Buddha



“Er, sorry, but I don’t think any of these  
are right, Tigger.”



“It’s okay, Piglet Ol’ Pal. Findin’  
'em was fun anyhoo-hoo-hoo-hoo!”

*Failure is an opportunity to learn, and often  
leads to future success.*



“Oh, d-d-dear. Perhaps this quest  
is too difficult.”

“Can we rest and then try again?”

*Find a moment to recharge and  
take care of your needs, and you're  
more likely to succeed.*



“Tiggers like questin’ better than restin’!”

“Everyone has to rest sometime, Tigger.”



“Well, almost everyone.”

*Take a mindful moment to notice what surrounds you.*

“All this resting has made me rather hungry.”



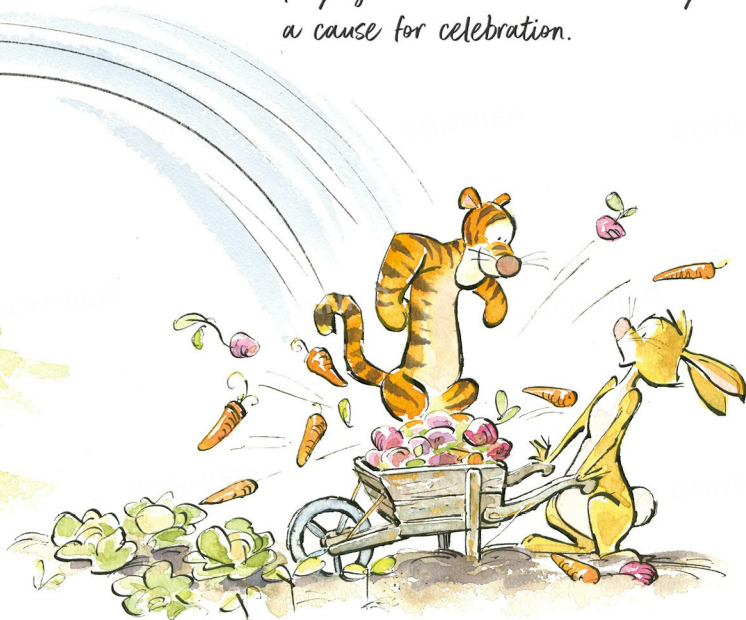
“I’ve got an idea, Pooh Boy . . .”

*Try not to let obstacles stand in the way of your dreams - they can often be overcome.*



“Hallo, Rabbit! We’re here!”

*Paying a friend a visit is always  
a cause for celebration.*





“I can see that, Tigger . . . especially as you  
bounced all my radishes out of the barrow!”



*Good friends can be honest with each other.*

“Sure we will, Long Ears.  
We love quests!”



“We’ll find your radishes, Rabbit!”



*Everyone makes mistakes. Acknowledge  
where you went wrong, but remember  
to forgive yourself, too.*



“Speaking of quests, Rabbit, will you join ours?”

“I’d like to help, Pooh.  
But my chores . . .”



*Decisions, decisions . . .  
Life is full of them.*





“We’ll help, Rabbit!”



*Many hands make light work.*



“Off we go!”

“Oh, d-d-dear. It’s starting to rain!”

“That’s great, little guy. Tiggers love rain!”

*Try to appreciate the rain as  
well as the sun, the difficult  
as well as the simple.*







“You’re right, Tigger.  
Rain is fun!”

“Told ya, Pooh Boy.  
Fun is what tiggers do best!”

*You're never too old to  
play in puddles!*



“Do you suppose the rain will  
ever stop, Pooh?”

“It has to sometime, Piglet.”



*Rain or shine, dark or light,  
nothing stays the same forever.*



“Tiggers do not like  
this much rain!”

“Oh, d-d-dear.  
I wish it would stop.”



“I wish we were somewhere else . . .”

*Some things in life are out of your  
control - it's best to focus on what you  
can change rather than what you can't.*

“Somewhere . . .”



“Nicer.”



“Tastier.”



“Warmer.”



“Toastier.”



*Even in dark times, you can  
always discover the light.*



“Come in, come in!

What are a few drips among friends?”

*There is never a bad  
time to be kind.*



“Thanks, Owl.

You made our wishes come true!”

“You saved the day, all right, Beak Lips.

Marshmallow, anyone?”

“Thanks, Tigger.

I’ll have one, please.”

“Can I pour you some tea?”

*Few things in life are as gratifying  
as a gathering of good friends.*



“Is there anything cosier than listening  
to the sound of rain on the roof, Pooh?”

“Yes, Piglet. Doing the same thing  
with good friends.”



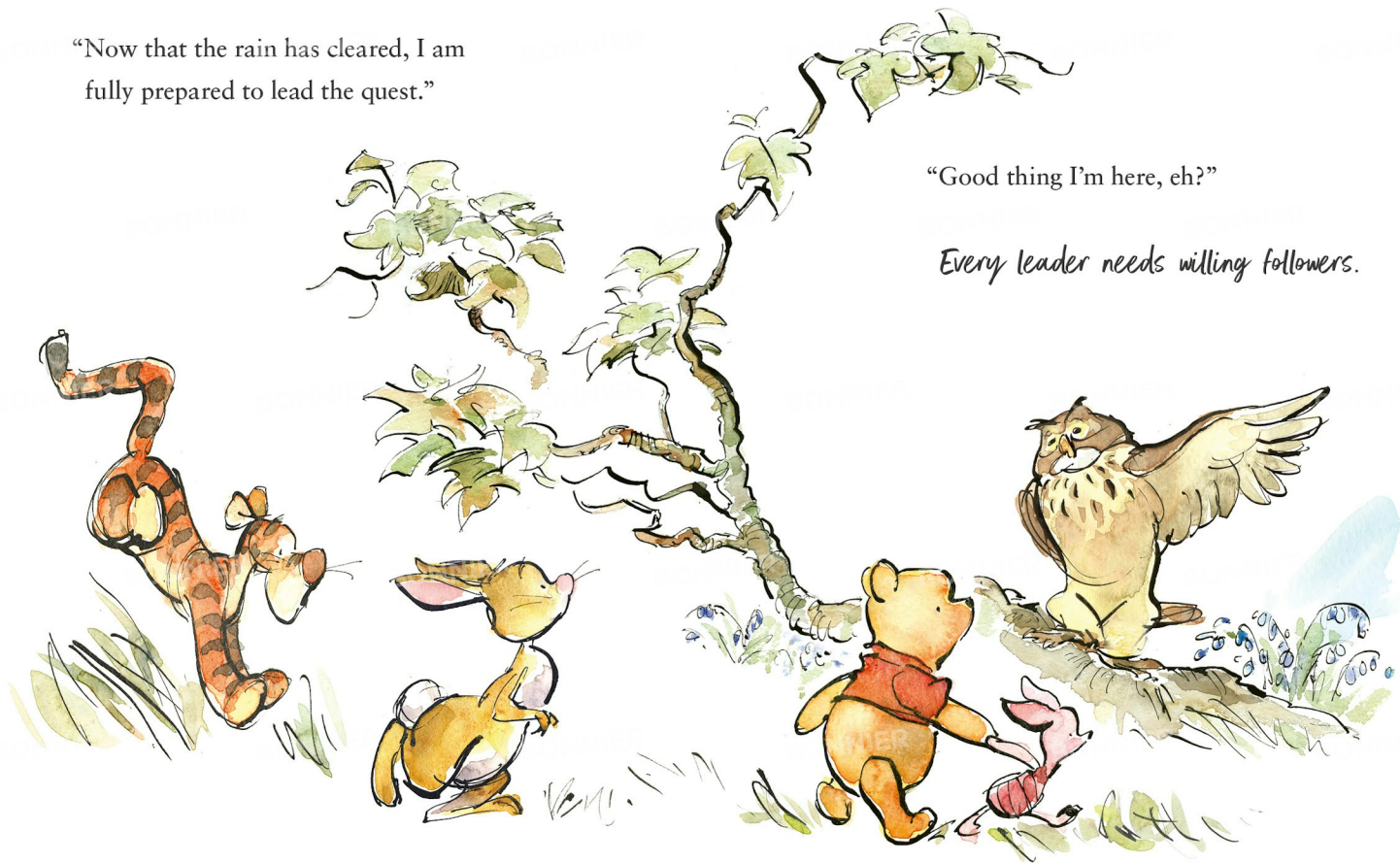
*Cherish every day . . .  
every moment . . .  
every drop of rain . . .  
and every friend.*

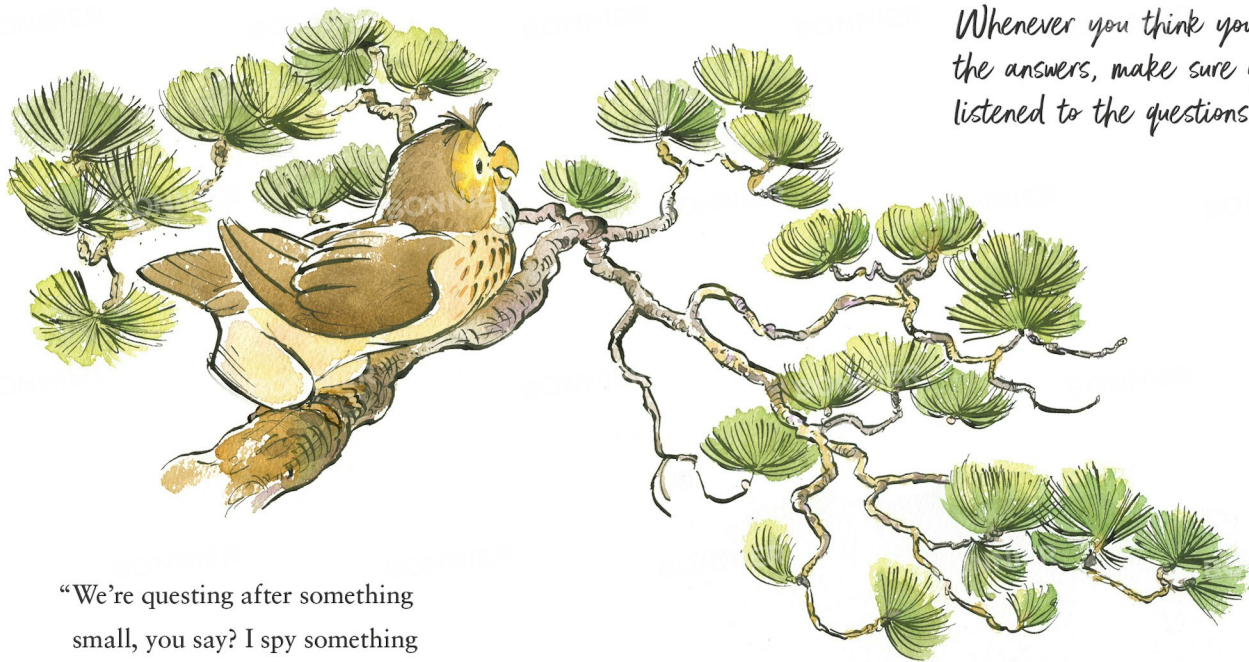


“Now that the rain has cleared, I am fully prepared to lead the quest.”

“Good thing I’m here, eh?”

*Every leader needs willing followers.*





*Whenever you think you have all the answers, make sure you really listened to the questions.*

“We’re questing after something small, you say? I spy something small just there. Quest solved!”

“Er, Roo is a someone, not a something, Owl.”



“A quest?  
That sounds like fun!”

“Questing is very serious business,  
young Roo.”

“Sure it is, Buddy Bird.  
But it’s fun, too!”

*A sprinkling of fun is like a pinch of salt  
- it can make something good even better.*





“Mama, may I go?  
Please?”



*Part of growing up is developing your  
sixth sense: a sense of adventure.*

“Be careful, Roo!

And good luck with your quest, everyone!”



*It costs nothing to wish someone well.*



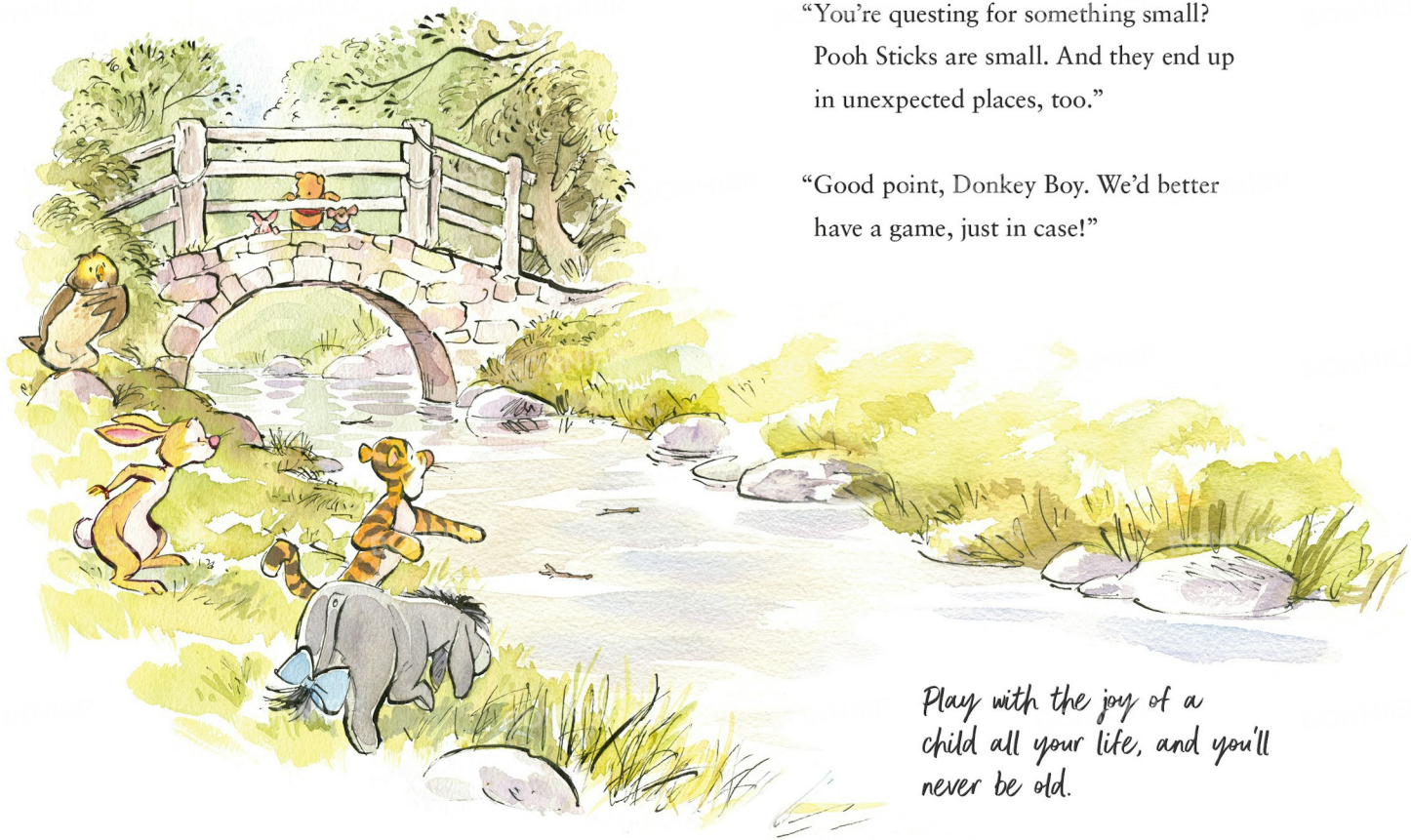
“Look, here’s Eeyore!  
Maybe he can help!”

“Thanks for noticin’ me, Roo.  
Hardly anyone does.”



*Seeing friends is always a happy occasion.  
You never know what wonderful memories  
might be created!*

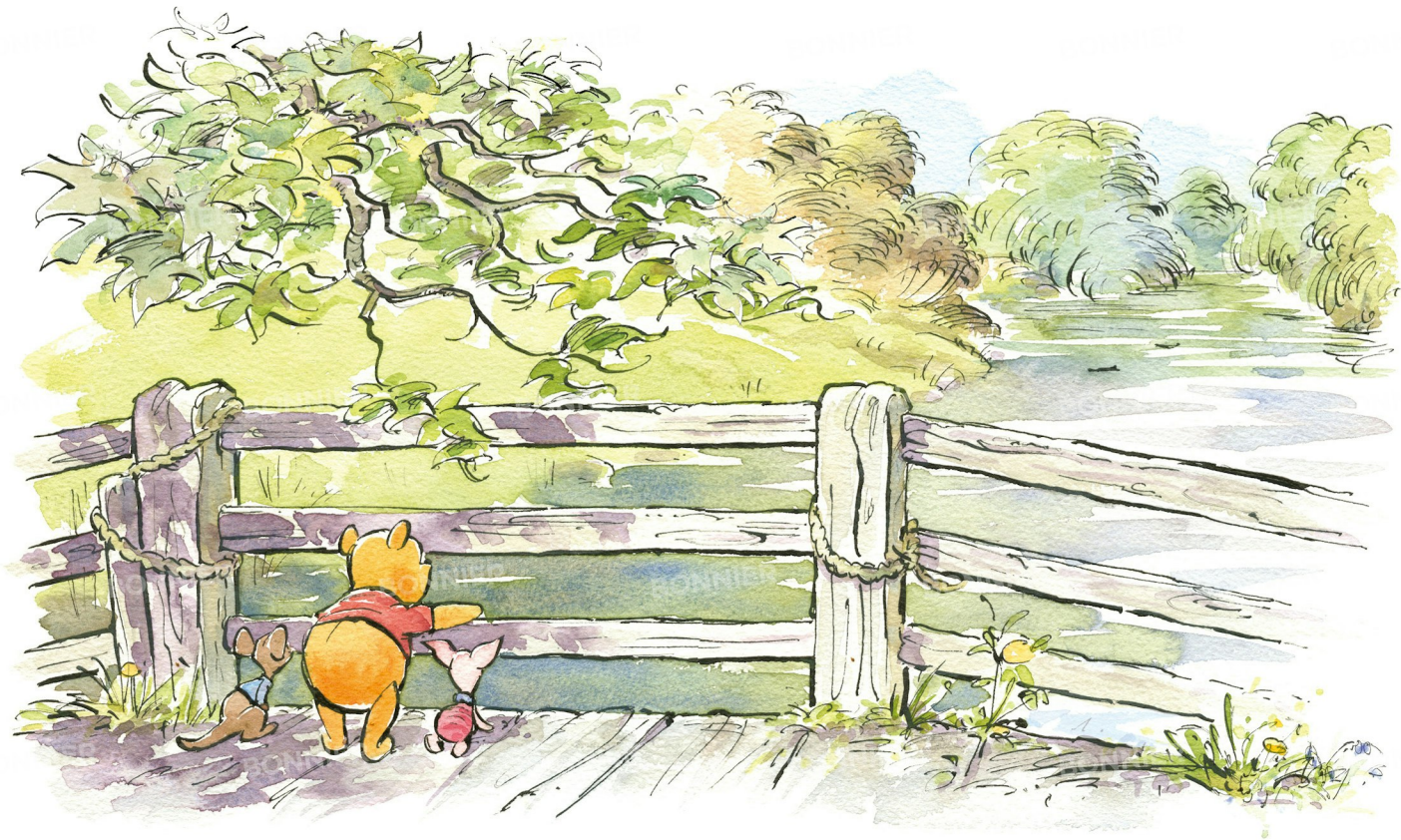




“You’re questing for something small?  
Pooh Sticks are small. And they end up  
in unexpected places, too.”

“Good point, Donkey Boy. We’d better  
have a game, just in case!”

*Play with the joy of a  
child all your life, and you’ll  
never be old.*





“It’s getting dark!  
Where will we sleep?”

“You can stay at my place if you like.  
It’s not much, but what it lacks in charm  
it makes up for in dampness.”



*“The hand that gives, gathers.”  
-British proverb*



“Thank you for sharing your house, Eeyore.”

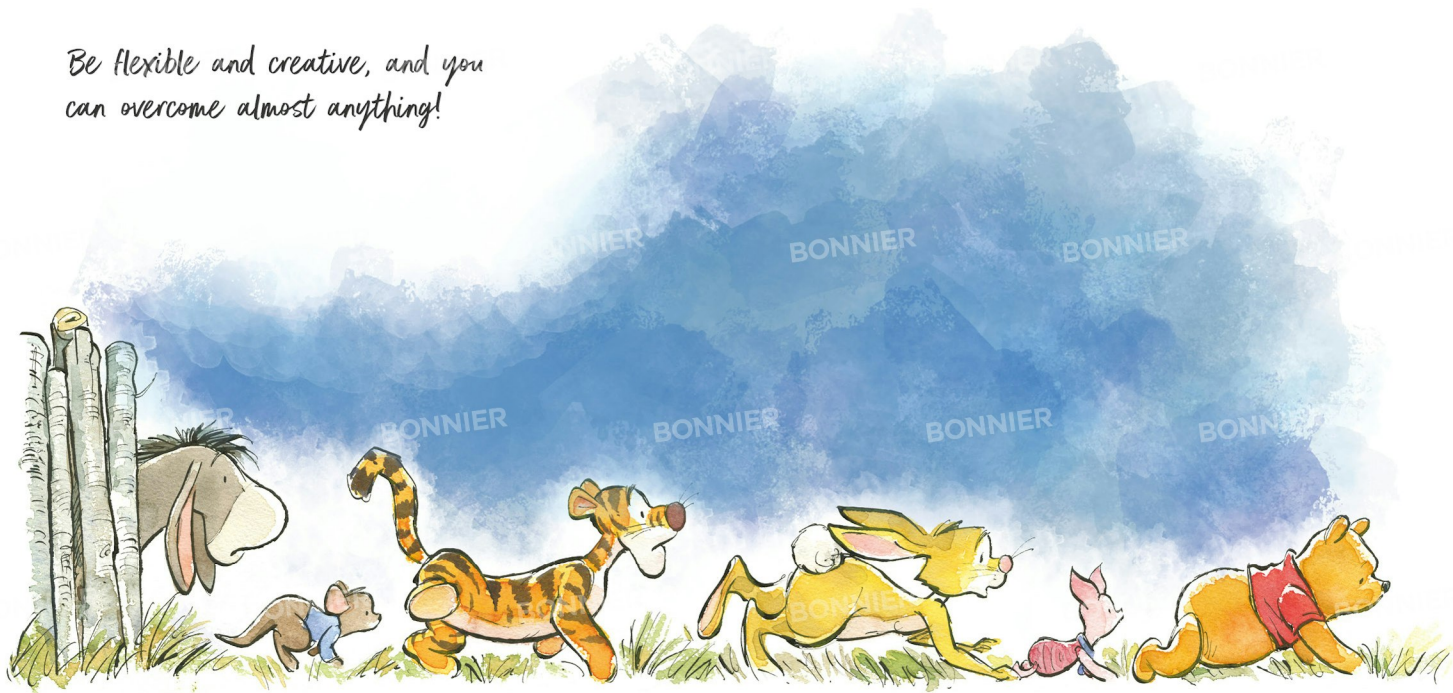
“You’re welcome, Pooh. It may be a bit cramped, but I will say I’ve never been warmer.”

*Avoid hurting others' feelings  
whenever possible - kindness costs nothing.*



“Then again, it might be nearly as lovely  
to sleep out under the stars.”

*Be flexible and creative, and you  
can overcome almost anything!*



“Look at that full moon!”

“Full of what, Owl?”

“Er, funny you should ask, Pooh.

I’ll have to look that up once I’m back  
with my books and learned papers.”

*Even the wise don't know everything.*







*When fears are shared, they can seem less frightening.*



“Oh, d-d-dear. Did you hear a sound, Pooh?”

“Yes. Take my hand, Piglet, and perhaps it will feel less scary for both of us.”





“No sense questing on an empty stomach.  
What’s for breakfast?”

“All I have is this thistle I was saving for  
myself. But I s’pose we could share.”

“Er, thanks, Eeyore. But I have a better  
idea. Follow me.”



*The best things in life are not those you  
keep, but those you share.*





“Hullo, everyone! You’ve been on a quest, you say? Please come in and tell me all about it over breakfast.”

*Allow yourself to be surprised especially by happiness, friendship, and kindness.*

“What a magnificent adventure!  
And what wonderful friends for trying  
to find my lucky stone!”



*A memory shines more brightly  
when it's shared.*

“But we didn’t find it in the end.”

“That’s because my lucky stone wasn’t really lost, Pooh Bear. When I reached into my pocket this morning, there it was!”

*Even when it's difficult, try your best to be truthful with your friends.*





“Well, you see, Eeyore, I found this stone on the very same day I first met Pooh Bear. It reminds me how lucky I am to have a friend like Pooh – and all the rest of you, too!”



“Looks like an ordinary stone to me.  
What’s so special about it?”



*Even the simplest of objects can have  
great value, not for themselves but for the  
memories they hold.*

“Hooray for lucky stones! And for quests!”

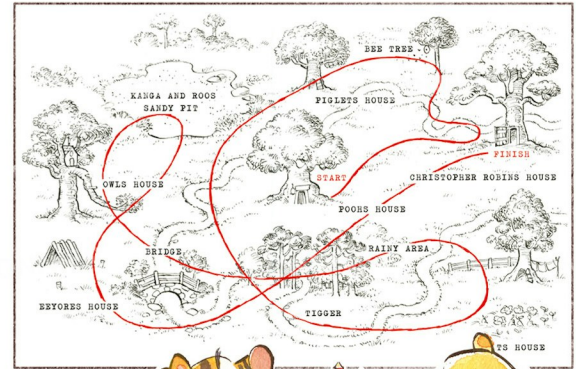
“Even though I had the thing you were  
questing for all along?”



*There's no bad excuse for a party!*

“True, we weren’t sure exactly what we were doing or where we were going, and some difficult things happened. But we had some adventures, and we did it all together.”

*Allow yourself to be open to the journey, because the journey is the best part.*





“But you spent an entire day on the quest!”

“And what more pleasant way to spend a day than with friends, trying to help another friend?”

*Savour the little things in life, because someday you may realise they were the biggest things of all.*





“Silly old bear!”



The End