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THE

SPACES

IN

BETWEEN

Finding
mindfulness
moments
in the city

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Big dogs bark and people **CHATTER**.
The thundering trains go **CLITTER-CLATTER**.

Your heart is **THUMPING**, mouth goes *dry*.
It seems there's nowhere you can hide!

But in the **BIG** and **BUSTLING** city,
you'll find the spaces in between . . .



. . . the secret places no one else has seen.



If you look hard enough, you might just find . . .



. . . special spaces to quieten your mind.

Even on your high street,
there are spaces you can spot.
It could be your local library,
or your favourite shop.

There are happy little moments,
happening all around.
Colours to spot, things to see
and peace to be found.

If you listen closely,
you might hear a familiar tune.
It's the jingly jangly ice-cream van,
serving smiles all afternoon!



It tastes just like a scoop of joy,
but eating it is tricky.
Best to lick it quick, or your
fingers will get sticky!

