

Jaspreet Kaur

Manjit Thapp



THE

SPACES

IN

BETWEEN

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Finding  
mindfulness  
moments  
in the city

# THE SPACES IN BETWEEN



*For my little bean – J.K.*

*For Mum – M.T.*

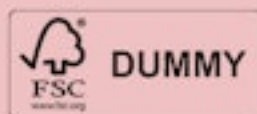


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# THE SPACES IN BETWEEN



B P P





The city can make you feel **anxious**.  
The city can make you feel **shy**.  
But there are lots of things that might help,  
you just have to use your eyes!







The city can be scary,  
with so much noise and sound.  
People can get angry,  
and the traffic roars around.

Sometimes you might panic,  
and feel your palms get sweaty.  
Time is moving fast, and you  
feel you're not quite ready.





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!






Walking with your cone,  
you might spot another space.  
A beautiful little pond,  
behind a set of big green gates.



You could sit and eat your cone  
on the benches in the park.  
Skip through bright and crunchy leaves  
that decorate the path.





Have you ever sat at the top  
of a double-decker bus?  
It's another secret space to  
escape the chaos and the fuss.

High, high up, you can  
see all of the sights.  
So much nature hidden  
in the surrounding heights.



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



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



There's also peace and quiet  
inside museum walls.  
You can feel the soothing hush-hush  
and the history in its halls.



It's like a secret world when you  
first walk through the doors.  
Amongst the spooky mummies, maps  
and the fearsome dinosaurs.





THE PERFECT  
MORNING  
BREAKFAST!

If the Tube is feeling just  
a bit too busy and loud,  
You can always find a way  
to escape from the crowd.

DELIVERED TO YOUR DOOR!

FLO...

NEW  
DINO  
EXHIB

OPEN NOW  
AT THE  
MUSEUM



Stand beside the platform and  
watch the trains come and go.  
Wave at the conductor, and  
they might just wave hello!



It's time to head home,  
the weather has turned nippy.  
Notice the twinkling lights in the  
big and bustling city.



Slurping a hot chocolate while  
people are passing by,  
Friendly faces here and there greet  
you with a smile.





As you fall asleep, let yourself dream,



of all those calming little spaces in between...



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





# MINDFULNESS IN THE CITY

It's normal to sometimes feel overwhelmed in a busy, noisy, crowded space. The next time you are feeling worried, you might want to try some of these activities that could relieve symptoms of stress and anxiety.

## Breathing Exercises

To prepare yourself for a busy day, take a few moments in the morning to take a deep breath in through your nose and slowly release out through your mouth. Repeat.



## Send Friendly Wishes

Think about your day ahead and who you might meet. You might want to send a nice wish to one of your friends or family, such as 'may they be happy today', or 'may they be well today'.

## Stretch

When we are stressed, our muscles can get tense. Pretend you are a dog who has just woken from a nap. Lie face down, then press your palms against the floor as you lift your upper body. Tilt your head up a little to stretch your back.



## Mindful Smelling

Some smells can make our brains release happy chemicals. While walking around the city, see if you can smell any of the following: coffee, freshly baked bread, a pine tree, cut grass.



## Eat Something Delicious

Sometimes when we are anxious we don't feel hungry. But eating something tasty will make us feel better. Pick up a healthy snack, and eat it slowly.



## Listen to Music

If the city is feeling a little noisy, you might want to take some headphones with you and listen to some calming music. Or, perhaps you might want to block out sounds and not listen to anything at all.

**Paint a Picture**  
Drawing and colouring helps us to relax. Think about your day and draw something nice you may have seen.



## Write in a Diary

Writing can help us to process what we are thinking and feeling. You might want to record something in a diary, or maybe write a story where you can use your imagination.



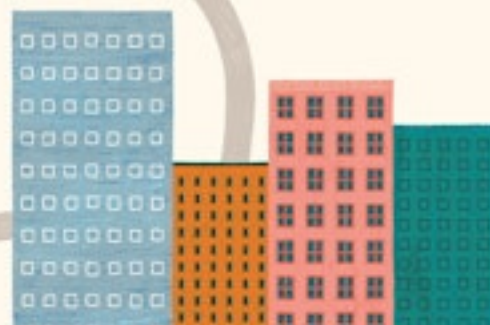
## Have a Chat

It really helps to talk to loved ones about how we are feeling. Spend some time with a parent, teacher or friend and talk about your day.



## Sleep and Rest

When we are tired, we can become stressed. Our brains need time to relax. Find a bedtime routine that works for you, whether that's reading a story or taking a warm bath.



## Notice Nature

Nature is all around us, even in urban spaces. See if you can spot some flowers poking up through the pavement, or a bird nesting high above the city. What else can you find?

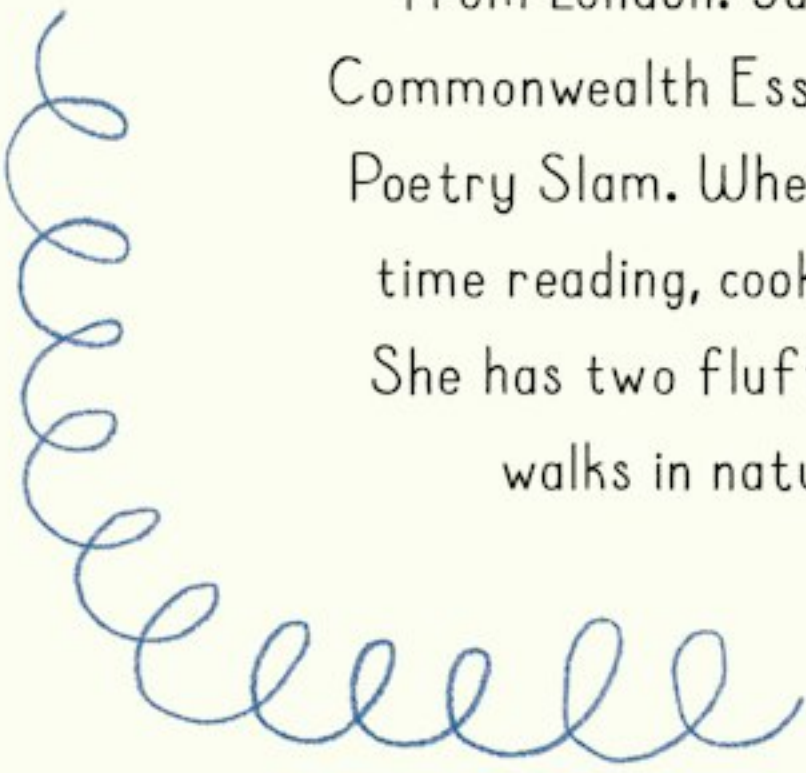




# ABOUT THE AUTHOR



Jaspreet Kaur, also known by her online name 'Behind the Netra', is an award-winning teacher, spoken-word poet and author from London. Jaspreet is also a judge for the annual Queen's Commonwealth Essay Competition and the prestigious Roundhouse Poetry Slam. When she's not writing, Jaspreet likes spending her time reading, cooking, travelling and spending time with family. She has two fluffy cats, five chickens and loves to go for long walks in nature with her husband and her dog, Heera.



# ABOUT THE ILLUSTRATOR



Manjit Thapp is an illustrator from the UK whose work combines digital and traditional media. Her favourite things to draw are female characters, and her illustrations are inspired by colours, patterns, nature and everyday feelings. In her spare time, she loves reading and doodling ideas for future drawings.

