



Disney  
Winnie  
the Pooh

THE *little*  
THINGS  
IN LIFE

Simple Reflections from  
the Hundred-Acre Wood

words by CATHERINE HAPKA • pictures by MIKE WALL





First published in the UK in 2024 by Studio Press,  
an imprint of Bonnier Books UK,  
4th Floor, Victoria House, Bloomsbury Square, London WC1B 4DA  
Owned by Bonnier Books, Sveavägen 56, Stockholm, Sweden

[www.bonnierbooks.co.uk](http://www.bonnierbooks.co.uk)

© 2024 Disney Enterprises, Inc. All rights reserved.

Based on the “Winnie the Pooh” works by A. A. Milne and E. H. Shepard

All rights reserved. No part of this publication may be reproduced or  
transmitted in any form or by any means, electronic, or mechanical,  
including photocopying, recording, or by any information storage and  
retrieval system, without permission in writing from the publisher.

1 3 5 7 9 10 8 6 4 2

ISBN 978-1-80078-762-9



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



A CIP catalogue record for this book is available from the British Library

Printed and bound in China



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.





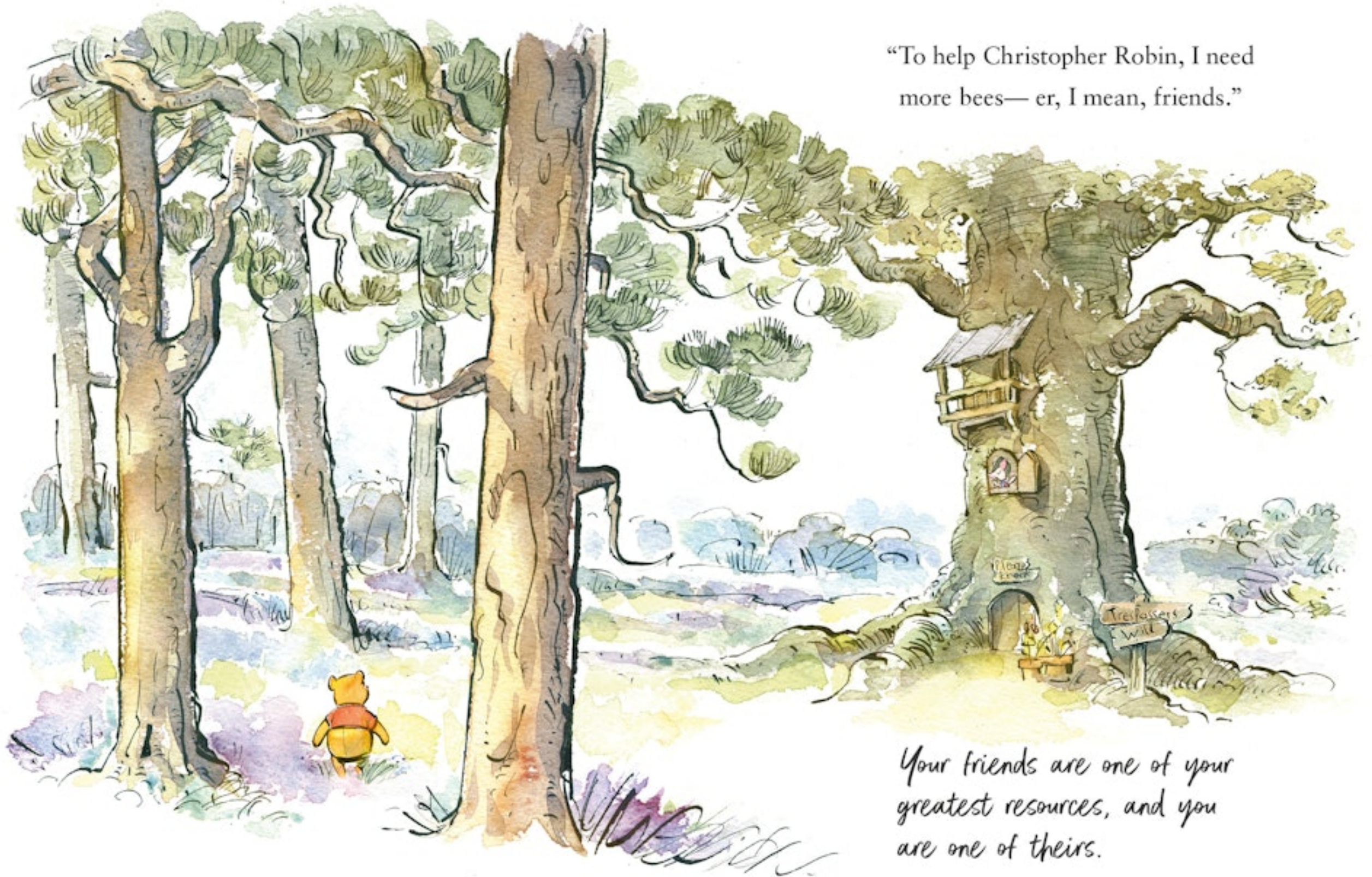
“But the honey wouldn’t exist without  
the bees’ hard work.”

*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.”



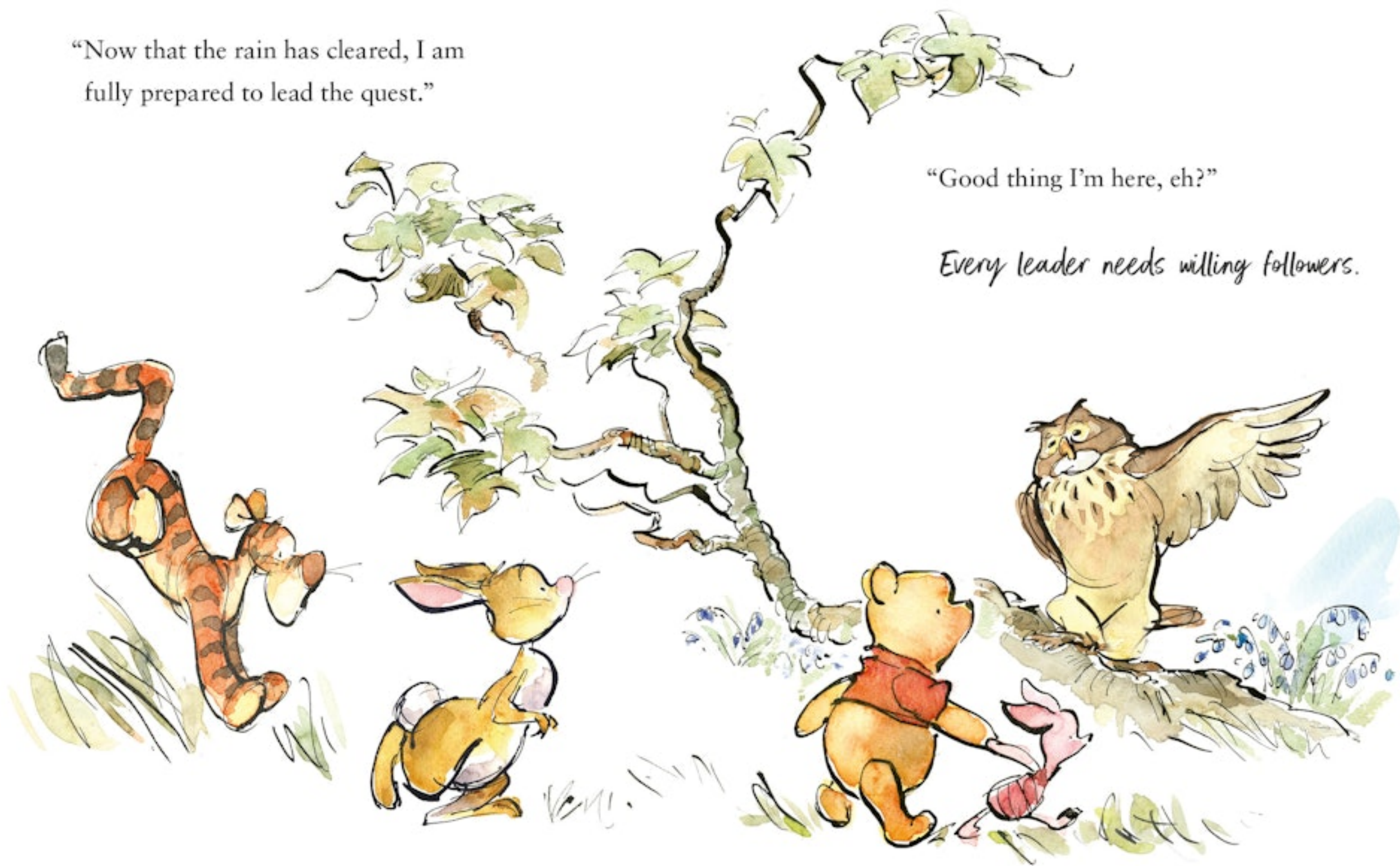
*Cherish every day . . .  
every moment . . .  
every drop of rain . . .  
and every friend.*



“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?”

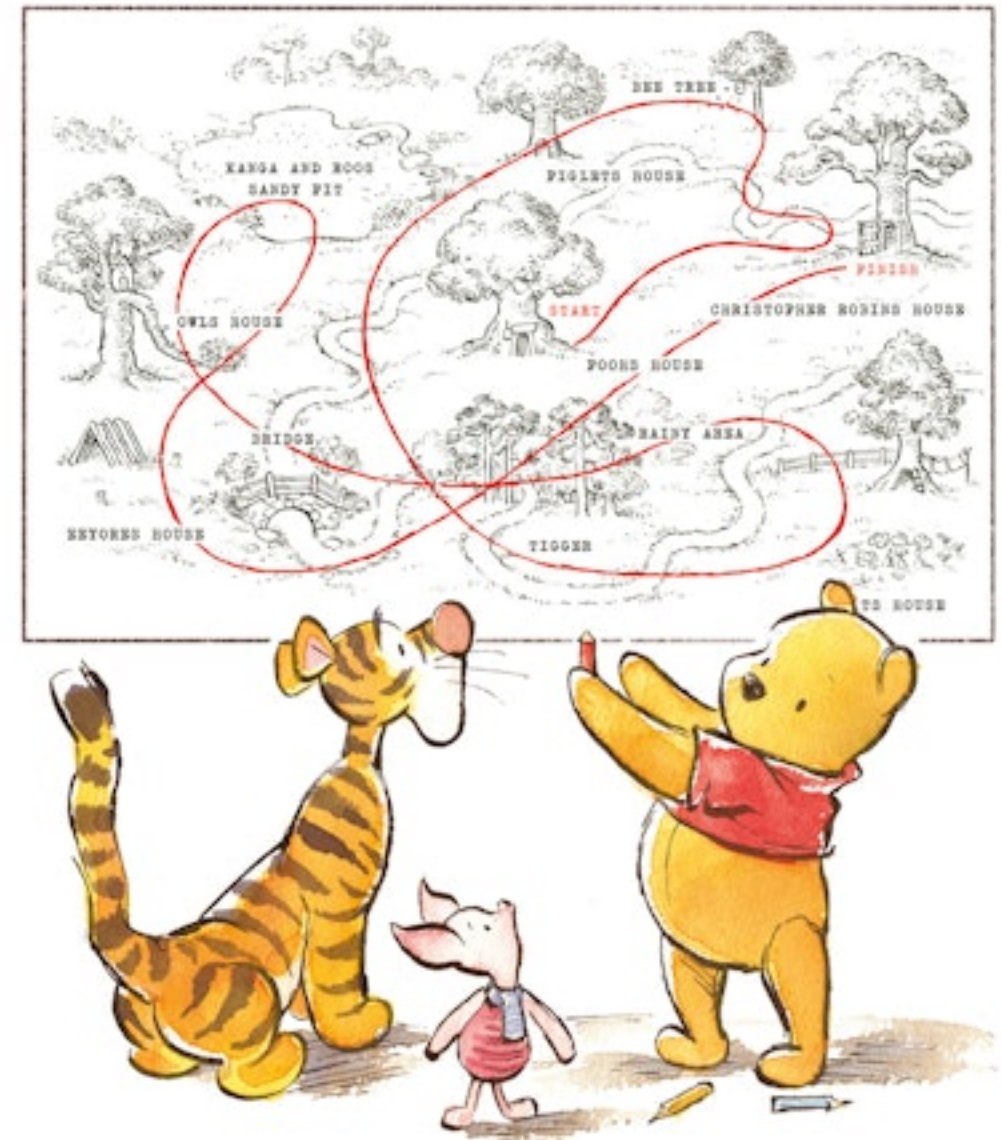


*There's no bad excuse for a party!*



“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