## Dearfriend,

There once was a little kid who had so many questions. So many that even parents and schoolteachers couldn't answer them.

It took the kid a long time to find the answers. Journeys through the wild, into the jungle, over the sea, out of the cold and into the heat, through the heart of storms, in and out of happy and unhappy places.

and unhappy places. But when the answers were found, the kid was so excited and decided to write them down and share them with all the children in the world!

This book is a gift to you from this little kid. Enjoy growing up and remember you are loved.

Big hugs,





the kid, the stars, the sky, the earth, the birds, the trees and everything else Mother Earth has to offer, from which YOU are one of the precious gifts.



Take your time with this book. You don't have to read everything at once. Just read what you need in the moment.

## Table of contents

Why do I have a name?	
And why does everything else have one too?	10
What's the universe? How did it get inside me?	
And why do we call the Earth our mother?	12
What should I do when I feel angry or sad?	14
Why are people unkind sometimes?	16
Am I beautiful enough?	18
What should I do when I feel bored?	20
Do my parents really love me?	22
Can my heart smile? Can I feel it when my heart cries?	
What does my heart look like?	24
Sometimes I've had enough of everything I have to do!	
What should I do when I feel fed up?	26
Do I need to know what I want to be when I grow up?	• •
And why am I alive?	30
Do I have to be number one?	32
I'm afraid sometimes. What can I do?	34
It scares me when people argue or shout. What should I do?	36
Help! What should I do when I don't understand everything	
or have a hundred and one questions?	38
Why do we only communicate with our mouths and hands?	40
My grandpa died. Where is he now?	42
How can I feel safe when I'm hurt?	44
Do I have to do something to be good enough?	46
Letter from every child to every parent	50

When the little kid came into this world, she knew it was a miracle to be alive, and there was so much to discover! She couldn't wait. She had so many questions! Sometimes all these questions made her happy. At other times, she felt lost and overwhelmed, as if the questions were wrapped in endless threads and knots. But every day was a chance to discover new answers.



Why do I have a name? And why does everything else have one too?





Let me tell you a secret. Your parents gave you a name, but you're much more than just your name. Inside you lies the whole universe.

