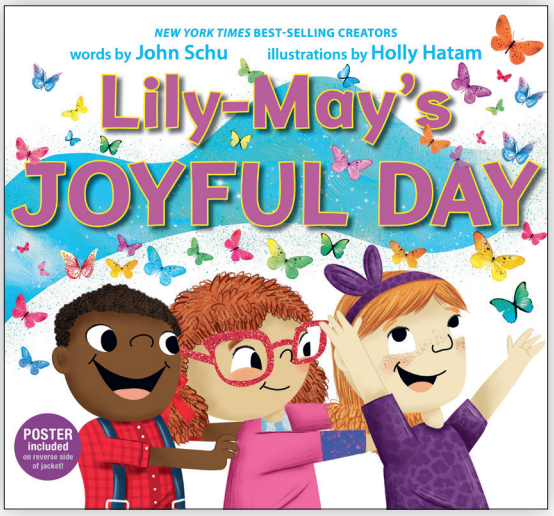


Let's Take a Joy Walk!

John Schu's picture book *Lily-May's Joyful Day*, illustrated by **Holly Hatam**, introduces readers young and old to the art of "joy walking"—a time to listen and think, wander and roam, explore ideas and notice the world around you.

We hope you'll use these prompts to take a joy walk with the young people in your life. A joy walk can help build community as it celebrates the beauty of our everyday routines.

Joy walking is the perfect activity for recess, after storytime, or at the playground. It's free, it can be done rain or shine in any neighborhood or setting, and it will liven up any birthday party, picnic, or Sunday afternoon with nothing to do.



HC: 9781536238624
Ebook: 9781536255621

Prepare for Your Walk

- Pick a location where you can get outside. Make sure you have on comfortable shoes, and leave your phone behind. (You may also want to go to the bathroom first.)
- Find some good walking companions, or travel solo if that is more your speed (just be sure that an adult knows where you are going).
- Take notice of what is on your mind before your walk. Are you feeling worried about anything? Happy? Sad? Jittery?
- Check in on your body, too. Are your muscles tense? Do you feel tired?

On Your Walk

- Close your eyes and take a deep breath. Let the air travel in through your nose and out through your mouth. Notice your chest as it rises and falls with your breathing. Open your eyes and take in your surroundings.

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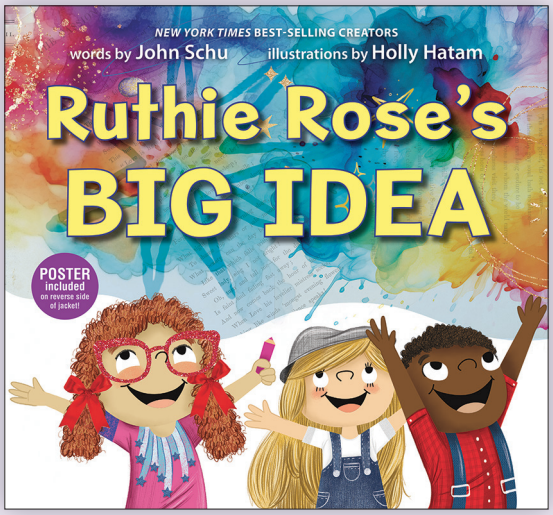
- Look around you. *Really* look. What color is the sky?
- How does the air feel? Is there wind blowing on you? Is it warm? Chilly?
- What do you hear? You may notice things you've never heard before, like birds singing or a neighbor's radio playing.
- Are there other people outside? What are they doing?
- Do you see any animals? They can be below, beside, or above you!



After Your Walk

- Does your body feel more relaxed?
- How has your mood changed from before your joy walk?
- What did you notice that you want to look at again?

Don't miss the first book in The School of Sharing series!



Ruthie Rose's Big Idea: A Poetry Story
John Schu, illustrated by **Holly Hatam**

"A sweet reminder that tending to our bright ideas can be transformative."
—Kirkus Reviews

HC: 9781536226492
Ebook: 9781536242539

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