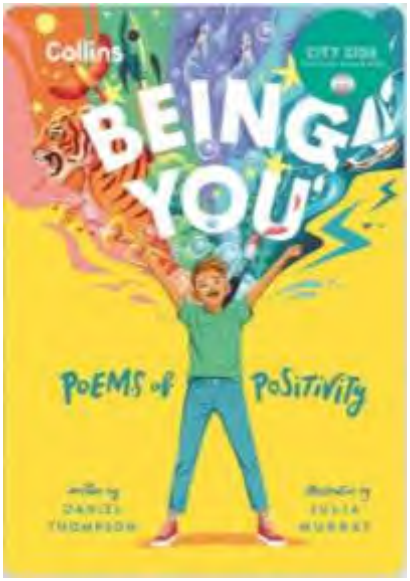
## FWPU UK: Book Review - Being You: Poems of Positivity by Daniel Thompson

Ala Zubovskis
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**Family Pledge - Point 2 (Children's Edition)**

*Attend our Heavenly Parents and True Parents as true sons and daughters by centring on True Love.*

How can we help our children grow into confident, caring individuals who appreciate their uniqueness as blessed children of Heavenly Parents while learning to love and respect others? Daniel Thompson's Being You: Poems of Positivity offers a joyful starting point for these important conversations.

This illustrated collection brings together 50 poems that explore universal themes such as self-belief, friendship, courage, and resilience. Written in accessible language, with playful rhymes and colourful illustrations, the poems encourage children to develop a positive outlook and navigate everyday challenges with greater confidence.

Beyond the enjoyment of poetry, the book offers opportunities for meaningful family conversations. Parents can ask children what a poem means to them, how it relates to their experiences, and how they might put its message into practice. A poem about kindness might inspire a thoughtful act towards a sibling or friend, while one about courage could encourage a child to try something new.

For me, the book resonates particularly with the second point of the children's edition of the Family Pledge: "Attend our Heavenly Parents and True Parents as true sons and daughters by centring on True Love."

Centring our lives on True Love means expressing love through our everyday thoughts, words and actions. By learning to appreciate themselves, recognise others' feelings and respond with kindness, children can begin to put this love into practice. The poems provide a natural, age-appropriate way for parents to explore these values with their children and encourage them to use their unique gifts to bring happiness to their families and the wider world.

Being You: Poems of Positivity is a cheerful addition to family reading, combining enjoyable poetry with valuable opportunities to nurture emotional wellbeing and positive character. It encourages children aged seven and above to grow in confidence, develop empathy and discover practical ways to express True Love in everyday life.

Recommended age: 7+

Available from: Amazon UK

Recommended by Oksana Torok. If you have a children's book to recommend, please contact Ala at ala@ ffwpu,org,uk. Thank you!