

## Teaching Notes: INNER

Written by Cleteisha Ann Washington  
Illustrated by Aleksandra Szmidt  
Published by Little Steps Publishing

### SYNOPSIS

Follow a young girl's journey as she questions the universe about the secrets of life. Can she find her inner calm to discover the answers she seeks?

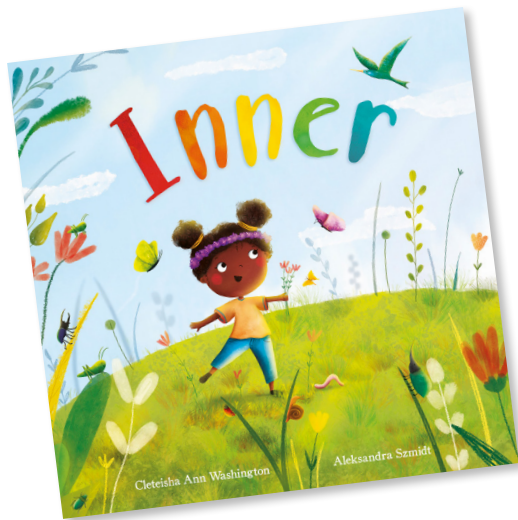
### ABOUT THE AUTHOR

Cleteisha Ann Washington is best known by her family and friends as a lover of fun. She enjoys laughing at her adorable dogs Rocco and Noodles, creating beautiful moments with her wife Jadene Amelia, and dabbling into random hobbies like aerial yoga and preparing plant-based meals that are questionable! Having served in the United States Air Force for over 13 years, she wanted a break from the political arena. Despite her military obligation, she was able to tap into her first love, which is writing. Through the eyes of young Cleteisha, the book *Inner* will transform readers' minds to what truly matters. A true homecoming.

### ABOUT THE ILLUSTRATOR

Aleksandra Szmidt grew up in Poland and worked as a graphic designer. She currently resides in New Zealand as a freelance illustrator. From her home studio, Aleksandra creates one-of-a-kind artwork for clients across the world. Her love of drawing plants and animals can be attributed to her landscape architecture studies. She also likes to design magical things detached from reality. The majority of her artwork is made with traditional watercolour, gouache and coloured pencil, but she also creates digital art. She loves her job, and it brings her immense joy and an emotional connection to her art. **Website:** [www.aleksandraszmidt.com](http://www.aleksandraszmidt.com)





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### EDUCATIONAL APPLICABILITY

Inner is a beautiful, thoughtful and timeless story about a young girl's journey to find the secrets to life. The questions she poses to the universe, 'Is there any kindness in the world?' 'I'm looking for kindness,' can only be found and answered from within herself. She continues her journey around the world, questioning trees, animals, plants and water. Each time, the universe answers back to the little girl, 'Go Inner'. At the end of her journey, she builds up enough confidence and wisdom to understand that she can simply look within herself to find all that she needs. She is so happy to have found this powerful secret of life.

This is an important lesson for all children and helps them to build up their resilience and confidence as they get older.

With dreamlike, whimsical illustrations, this is a reaffirming, JOYFUL book for everybody that will transform readers' minds to what truly matters.

### DISCUSSION TOPICS

Read the book together, asking questions throughout.

1. Look at the cover of the book together. What do you think the story might be about?
2. What do you think the little girl is trying to work out? Why is she asking all these questions to the universe?
3. The answer from the universe is always 'Go INNER'. What do you think 'Go INNER' means?
4. Is the little girl happy at the end of the book? What do you think she has discovered?
5. What questions would you ask the universe?
6. What did the children think of the book? If they liked it, why did they like it? What was their favourite part?



## COLOURING IN

Colour in the little girl and these friendly monkeys using your boldest colours!



## INNER WORDSEARCH

Find all the words below in the *Inner* wordsearch.

Name:

Class:

Date:

# Inner Wordsearch

I	S	H	T	T	E	A	H	H	P
W	H	S	L	R	E	K	O	I	E
S	T	R	E	N	G	T	H	F	E
O	E	W	M	N	V	S	Y	N	F
L	O	Y	O	J	D	A	O	R	S
P	O	P	D	N	H	N	R	L	N
I	D	V	E	T	M	R	I	C	P
B	I	I	E	A	R	L	T	K	N
N	R	F	R	E	C	I	C	R	N
F	S	C	F	I	U	E	O	E	T

FREEDOM  
FRIENDSHIP  
JOY

KINDNESS  
LOVE  
PEACE

POWER  
STRENGTH

# Inner Wordsearch

I	S	H	T	T	E	A	H	H	P
W	H	S	L	R	E	K	O	I	E
S	T	R	E	N	G	T	H	F	E
O	E	W	M	N	V	S	Y	N	F
L	O	Y	O	J	D	A	O	R	S
P	O	P	D	N	H	N	R	L	N
I	D	V	E	T	M	R	I	C	P
B	I	I	E	A	R	L	T	K	N
N	R	F	R	E	C	I	C	R	N
F	S	C	F	I	U	E	O	E	T

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## SPOT THE DIFFERENCE

Can you spot the 6 differences between the two pictures below?

Picture A



Picture B



Answers: In Picture B – bird in top left is orange, an extra mushroom in front of the tree, the leaf at the bottom is purple, her scarf is green, one of the flying birds is green, one of the mushrooms on the right is pink

## DRAWING ACTIVITY

Draw a picture of your amazing universe. What will you put in it? Animals? Nature? Rain? Snow? The Sea? Use your brightest colours like the illustrator for *Inner* has done.

