

MARIA GIANFERRARI and her rescue dog Maple play race and chase in Massachusetts rain or shine. She's also the author of these pawsome dog "tails": the Penny & Jelly books, *Hello Goodbye Dog*, and *Operation Rescue Dog*. Can you tell that Maria loves dogs? Writing *Being a Dog* helped Maria feel joy again after losing her rescue dog Becca. You can learn more about Maria at her website, www.mariagianferrari.com.

PETE OSWALD is the #1 *New York Times* bestselling illustrator of *The Cool Bean*, *The Good Egg*, and *The Bad Seed*, written by Jory John. The bestselling duo also created *That's What Dinosaurs Do* together. Pete is the cocreator of *Mingo the Flamingo* and works on numerous highly successful animated franchises as a character designer, concept artist, and production designer. He lives in Los Angeles with his wife and three sons. Visit Pete online at www.peteoswald.com.



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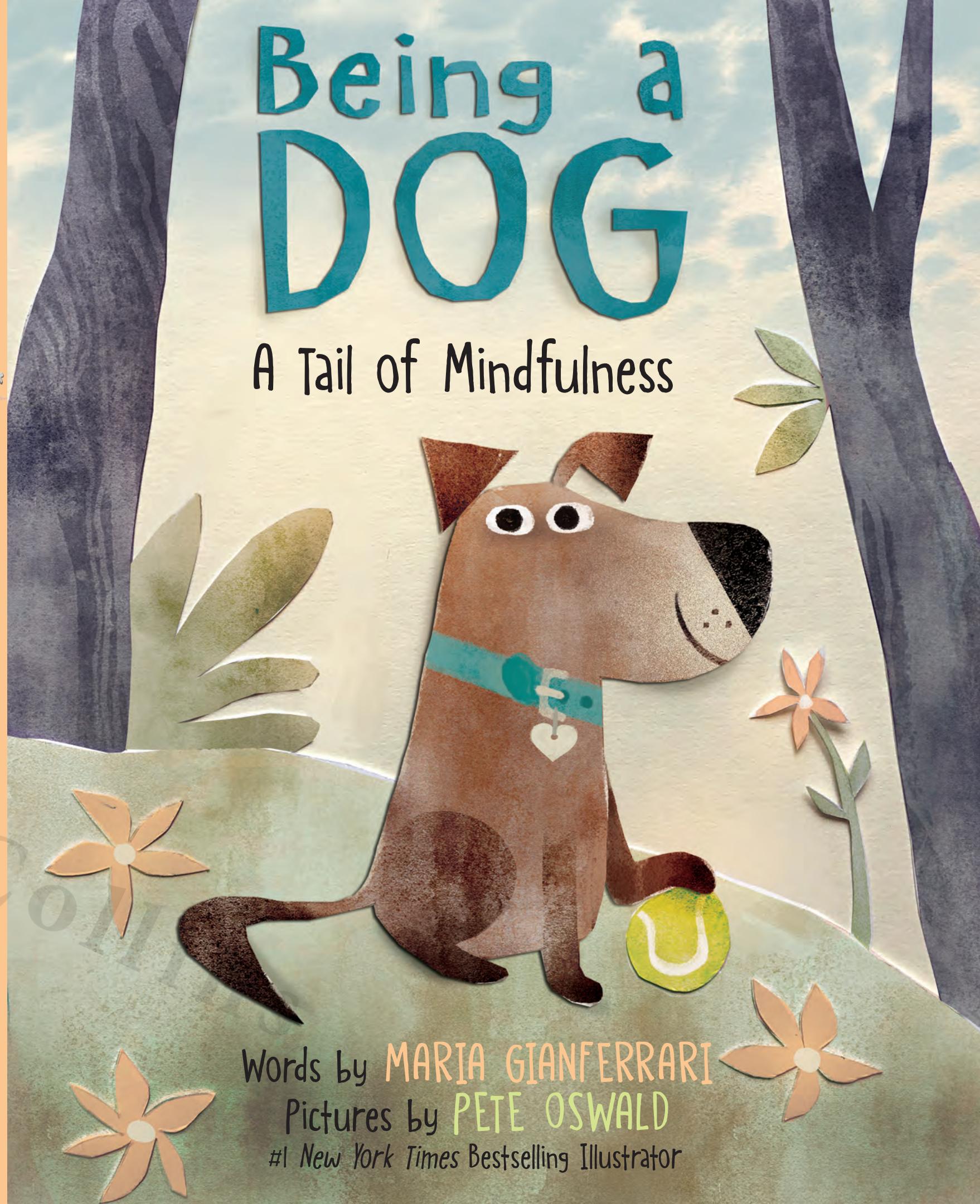
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GIANFERRARI • OSWALD



Being a DOG: A Tail of Mindfulness

HARPER



Being a DOG

A Tail of Mindfulness

Words by MARIA GIANFERRARI
Pictures by PETE OSWALD
#1 *New York Times* Bestselling Illustrator

Ages 4–8

Let's BE like a dog.

Wag your body.
Shake, shake, shake!



Breathe in. Sniff, sniff, sniff!



Bark and growl
and yowl and sing!

Awoooo!!!



Play every day.



Then curl
up and let
everything go.

Move along with the story,
discover the present moment,
and simply be—just like a
dog—in this inventive tale
from beloved author Maria
Gianferrari and #1 *New York Times*
bestselling illustrator
Pete Oswald!

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Being a DOG

A Tail of Mindfulness



Words by MARIA GIANFERRARI
Pictures by PETE OSWALD

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To our beloved family dogs present: Maple, Luna & Barkley
And past: Becca, Elvis, Bumper, Mac, Willow, Honey, Chance,
Allie, Marble, Brandi & Dylan

—M.G.

Inspired by Radar

—P.O.



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The artist used cutout paper and scanned watercolor textures
to create the digital illustrations for this book.

Typography by Jeanne Hogle

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Can you be like a dog?
Being like a dog
is BE-ing.



Right now.

 HarperCollins

Not before

z z z



or after.



Just now.



Stretch while you rise.



Wag your body.



Munch your food.



Greet the day



Lap your drink.



and everyone you love.



HarperCollins

Can you sniff like a dog?
Breathe deep.



sniff,

Sniff,

sniffing . . .

everything.

Let's play like a dog!
Invite your friends,

then romp,



and chase.



race,



Tag and tug.



Play every day.

Rain or shine.



HarperCollins

Like a dog, feel what you're feeling:

Bark if you're worried.



Yowl if you're sad.



Sing if you're happy.



Growl if you're angry.



And if you're really happy,
wag your whole body



again



and again!



Be curious.

Feel the emotion,

then let it go
and
BE.



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Let the wind
ruffle your fur.





Nap in the sun



or the shade.

Wade and watch in the water.



Hide and leap from the leaves!



Tunnel and shovel in the sand.



Whirl and roll and swirl in the snow.

Take a taste.



(But not if it's yellow!)

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Let's sleep like a dog:

Notice
the night.



Circle before
you sleep.



Drop
and dream.



Feel the fatigue.



Let's be
like a dog
right
now.



TAKE A MINDFUL NATURE WALK WITH A FRIEND!

Find some green space, whether
it's a city park or country woods.

SMELL like a DOG

Breathe in deeply and close your eyes.
Do you smell . . .

HEAR like a DOG

Close your eyes.
Listen. Do you hear . . .



SPRING

cherry blossoms?
pollen? (ah-choo!)
earthy rain?



SUMMER

fresh-cut grass?
barbeque?
cotton candy?

FALL

cinnamon?
musky leaves?
spicy apple cider?

WINTER

fresh snow?
chimney smoke?
evergreen trees?

croaking frogs?
the cracking of
baseballs on bats?
drumming woodpeckers?

swishing
jump ropes?
buzzing mosquitoes?
booming thunder
and fireworks?

the whisper of fallen leaves?
acorns plopping?
honking geese?

the scritch-scratch of
ice skates?
snow crunching underfoot?
sloshing slush?



Humans have around
6 million receptors
for detecting smell,
while dogs have
over 300 million!

A dog's sense of
smell is so keen that
they can detect one
grain of sugar in
1,000 grains of salt!

Dogs are better at hearing
higher frequency sounds,
like the squeak of a mouse,
while the human ear
hears lower frequency
sounds better.

SEE like a DOG

Look around: up, down, over, and under.
Do you see . . .

FEEL like a DOG

What do the things you touch feel like?
Notice all the different textures. Do you
feel . . .

TASTE like a DOG

Yum! Do you taste . . .

SPRING

daffodils?
robins' eggs?
bumblebees?

sticky mud?
bumpy toads?
velvety pussy willows?

strawberries and cream?
fiddleheads?
lemonade?

SUMMER

dandelions?
monarch butterflies?
bluebirds?

soft sand?
rough rocks?
smooth shells?

ice cream?
s'mores?
watermelon?

FALL

colorful leaves?
school buses?
bright blue skies?

silky milkweed seeds?
bristly pinecones?
brittle leaves?

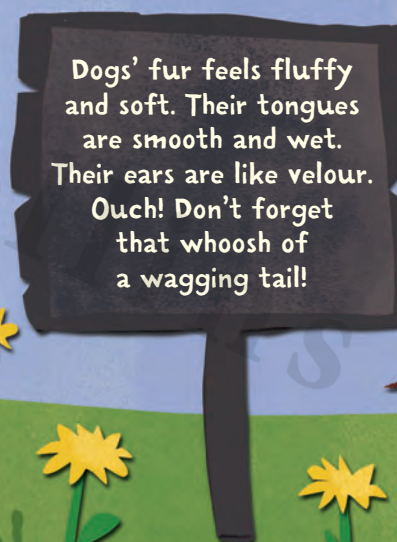
caramel apples?
pumpkin pie?
cider donuts?

WINTER

icicles?
snowmen?
feathery frost?

itchy wool?
cozy fleece?
snowballs?

hot chocolate
with whipped cream?
candy canes?
holiday cookies?



MINDFUL BREATHING EXERCISE

We like to feel happy, but it's hard to feel sad and scared. When we're feeling this way, it helps to first notice that feeling and greet it like it's a friend: "Hello, sadness. How are you doing today?" or "Greetings, fear. I see you're here again." Feel the emotion—hold it like a kite, and then let it fly away. One thing that can help when we're feeling sad and scared is breathing deeply.

- 🐾 Sit still.
- 🐾 Close your eyes.
- 🐾 Imagine that your lungs are like a big balloon that you're filling with air.
- 🐾 Slowly count to five as you breathe in: one, two, three, four five. In your mind, see the balloon fill up with air.
- 🐾 Hold it for a moment. See the full balloon. Then slowly breathe out, counting backward, five, four, three, two, one, as you see the balloon get smaller and smaller.

Repeat this three times and several times a day.

Deep breathing gets more oxygen to your brain and will help you feel calmer.

