



**Best Friends FOREVER**

*I am Special*

Write something about why your pet is your best friend

My Pet is Pawsitively Special because.....

**BE CREATIVE**

*I am a Leader*

*Be Creative*

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**Be Positive**

**Let your Light Shine**

### 3-INGREDIENT PUMPKIN OAT DOG TREATS



*Healthy & Yummy*

#### INGREDIENTS

- 3 cups old-fashioned rolled oats (old fashioned, not the quick-cooking kind)
- 1 cup pumpkin puree, unsweetened
- 2 large eggs

Eggs: If your dog is allergic to eggs 1 cup of mashed bananas or applesauce will work just fine.

#### INSTRUCTIONS

1. **Prep.** Preheat oven to 350° F. Line two baking sheets with parchment paper. Set aside.
2. **Mix dough.** Add oats to a clean and dry food processor. Process oats on high speed for approximately 2 minutes, until they resemble a coarse flour. Add pumpkin puree and eggs to the processor, and pulse until the mixture forms a stiff dough.
3. **Shape treats.** To make bone-shaped treats, flour a clean work surface, and roll out the dough until about 1/4-inch thick. Use a cookie cutter to press out the treats and place on the baking sheet. They won't expand or rise much, so the treats can lay snug. For round treats, use a small cookie scoop to dollop dough balls onto the parchment. Press each ball down with a fork, creating cross-hatch marks.
4. **Bake.** Bake the treats for 20-30 minutes or until the treats have stiffened up in texture. These treats won't pick up much browning color. Cool completely before storing and giving to your pup!
5. **Storing.** Since these treats are made with fresh ingredients, store them in the fridge for up to 5 days in an airtight container or freeze in a zip tight bag for up to a month.

Bonus Ingredients (to spoil your dog!)  
1/4 cup creamy peanut butter (non-xytified), reduce pumpkin puree by 1/4 cup  
3-4 bacon strips, chopped - no recipe alterations needed  
1/4 tsp cinnamon, for smells your dog can't resist



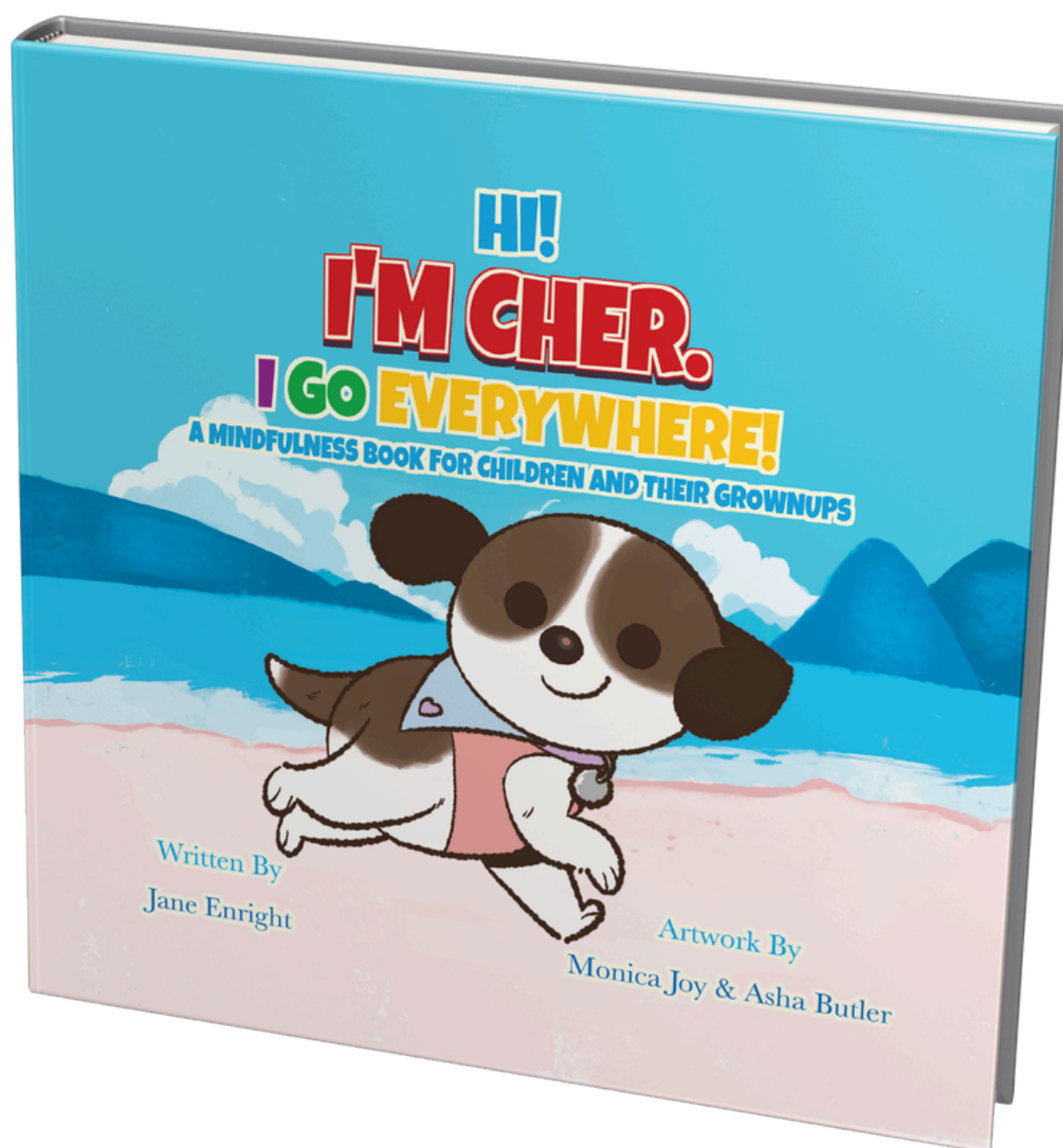
**BE MINDFUL**



**Get Your Book Club Kit Today!**



HI!  
**I'M CHER.**  
**I GO EVERYWHERE!**





# Kids Book Club Kit

I'm happy you are here!

This Book Club Kit is for children, parents, grandparents, teachers, and caregivers. It includes reading prompts, to learn about mindfulness, values and virtues. You will find kid friendly recipes, creative activities, and a fun playlist for everyone to share.

This book is a companion to book 1 in the Cher Goes Everywhere Series entitled Hi! I'm Cher. I Go Everywhere! A Mindfulness Book for Children and their Grown-ups.

This book you can take everywhere! Designed for ease and flow. Perfect to bring along on the airplane as you travel, to school, to the beach, or park and in your backpack.

Special note to teachers. This kit can help you enrich your children's health and wellness curriculum and is the perfect companion for any classroom.

Jane and Cher would love to join you virtually in your classroom or library to meet you and discuss this book. Click on the button below to send your request via google meet or zoom .

We look forward to visiting your classroom or library soon.

Warmly & With Gratitude,

Jane & Cher

[Request a Book Club Event !](#)

HI!  
**I'M CHER.**  
I GO EVERYWHERE!



1

### Gratitude Jar

Create a jar where kids can drop in notes or small objects representing things they are thankful for. Reflect on these moments during quiet time to foster appreciation.

2

### Dance Charades

Dance Charades is a fun and lively game perfect for kids that combines acting, dancing, and imagination. It's a great way to encourage creativity, teamwork, and lots of giggles!

#### Objective:

Kids take turns acting out different dance moves, animals, or characters without speaking, while others guess what they are doing. The goal is to have fun, be expressive, and encourage everyone to participate.

3

### Calming Bottles

Materials: Clear plastic bottles, water, glitter, small beads, food coloring, and optional small calming objects.

#### Activity:

Fill bottles with water, add a few drops of food coloring, glitter, and beads.

Seal tightly (use glue or tape for extra security).

Kids can shake or gently roll the bottles, watching the glitter and objects settle slowly.

**Mindfulness Focus:** Take a deep breath in and out and watch as the beads and glitter as they gently flow through the water.



Jane & Cher



# HI! I'M CHER. I GO EVERYWHERE!

A MINDFULNESS BOOK FOR CHILDREN AND THEIR GROWNUPS



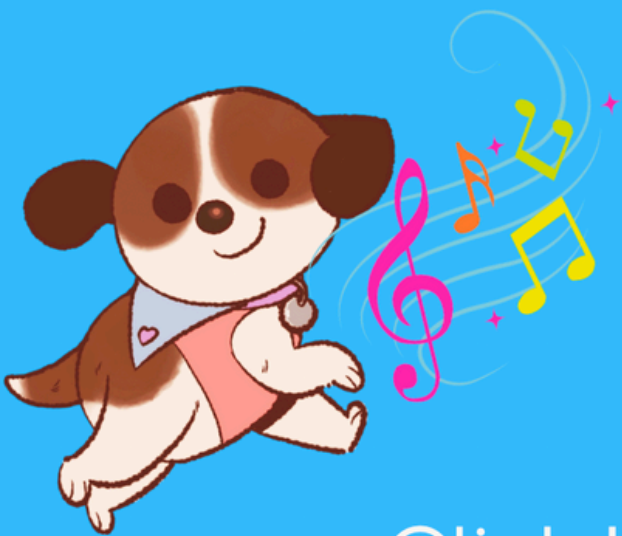
COLOR THE RAINBOW FOR CHER.  
ON EACH COLOR,

WRITE SOMETHING THAT MAKES YOU HAPPY.



I am amazing

YOU CAN



# Cher's Playlist

[Click Here To Listen!](#)



B-I-N-G-O - Piper

Happy - Pharrell Williams

You've Got a Friend in Me - Randy Newman

Reading Rainbow Main Theme - Geek Music

How Much Is That Doggy In The Window?

What a Beautiful Day - Benny Time

I Love Me - Miss Katie Sings

Everything Is Awesome - Tween Dream Remix

One Colorful Ocean Ariel - Cast, Disney

World of Wonder - Thomas & Friends

My Friend - Snooknuk

Kindness Anthem - Tiptoe Giants

Beach Relaxation Song - Tiptoe Giants

This Dogs Best Friend - Danny Weinkauf

I Am Kind - Lindsay Munroe, Raffi

Shake Your Sillies Out - The Wiggles

The ABC's of You - The Juicebox Jukebox

**@CHERGOESEVERYWHERE**



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source- [thecookierookie.com](http://thecookierookie.com)



CHER & FRANKEE



CHER







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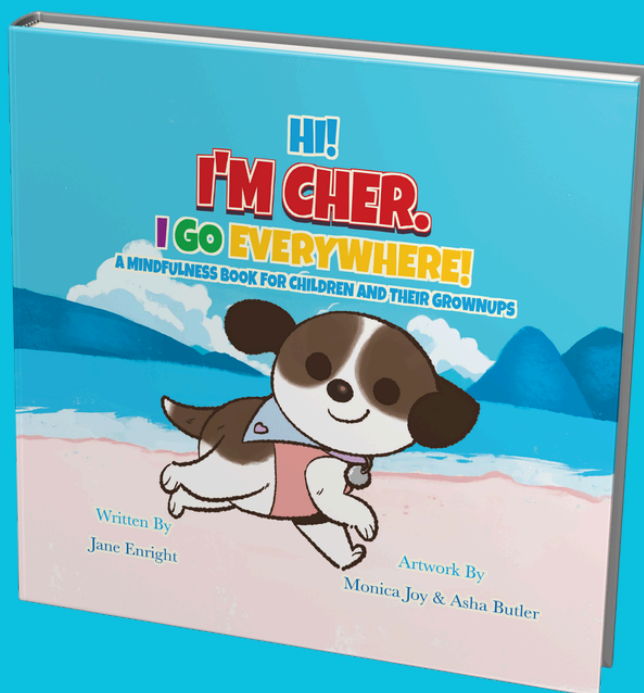
A MINDFULNESS BOOK FOR CHILDREN AND THEIR GROWNUPS

Written By  
Jane Enright

Artwork By  
Monica Joy & Asha Butler



A fun, rhyming adventure with Cher,  
a working dog, spreading  
mindfulness, gratitude, and  
pawsitivity through playful stories  
and exciting activities!



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