

# Shine Like the Stars

Anna Wilson  
Harry Woodgate

  
ANDERSEN PRESS

For Polly - you shine — A.W.

To Marian, Liz, and Rebecca,  
for great teachers are the true stars — H.W.

First published in Great Britain in 2023 by  
Andersen Press Ltd., 20 Vauxhall Bridge Road, London SW1V 2SA.  
Vijverlaan 48, 3062 HL Rotterdam, Nederland.

Text copyright © Anna Wilson 2023.

Illustration copyright © Harry Woodgate 2023.

The rights of Anna Wilson and Harry Woodgate to be identified as  
the author and illustrator of this work have been asserted by them in  
accordance with the Copyright, Designs and Patents Act, 1988.


All rights reserved. Printed and bound in China.

1 2 3 4 5 6 7 8 9 10

British Library Cataloguing in

Publication Data available.

ISBN 978 1 83913 150 9

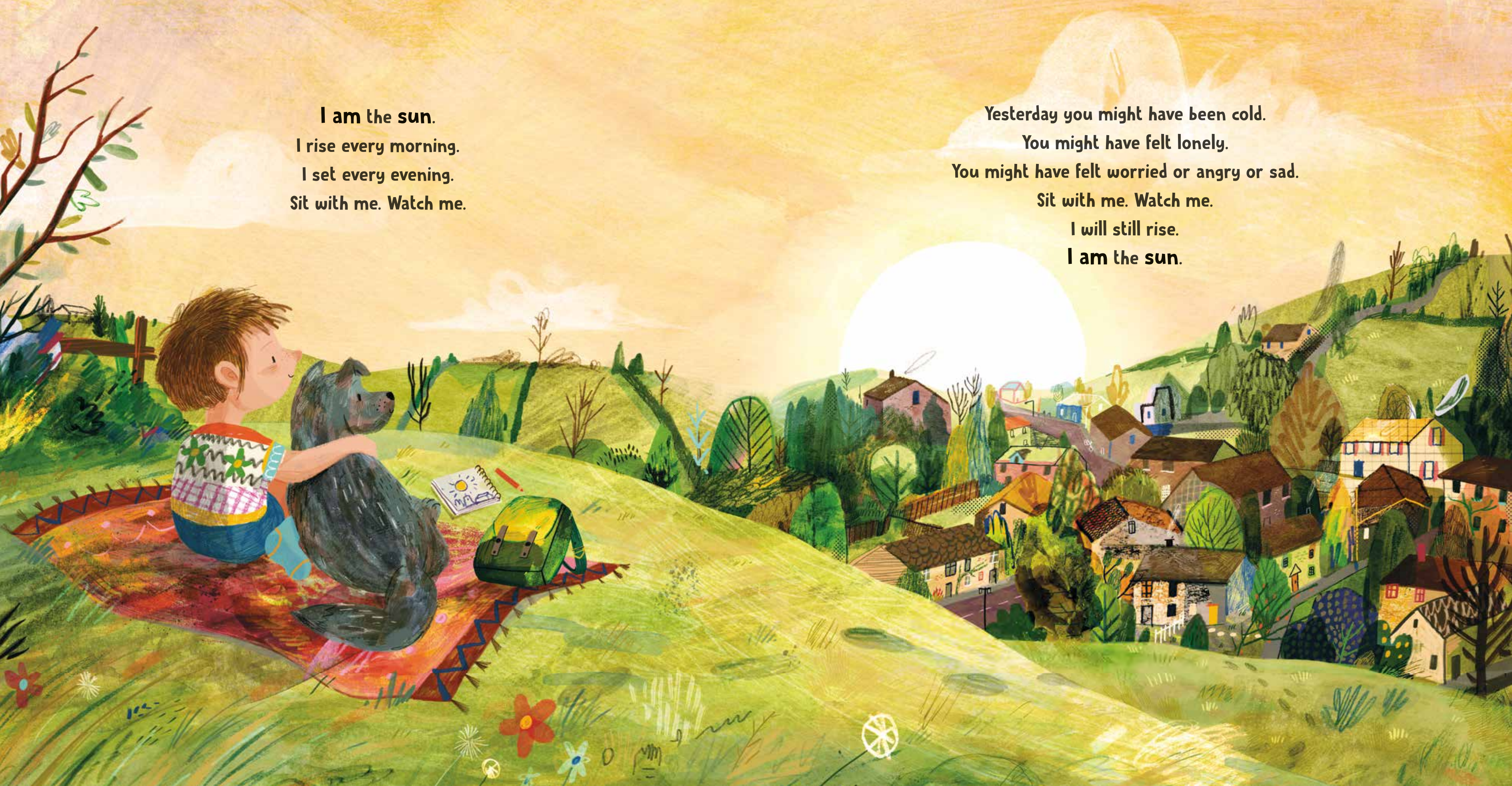


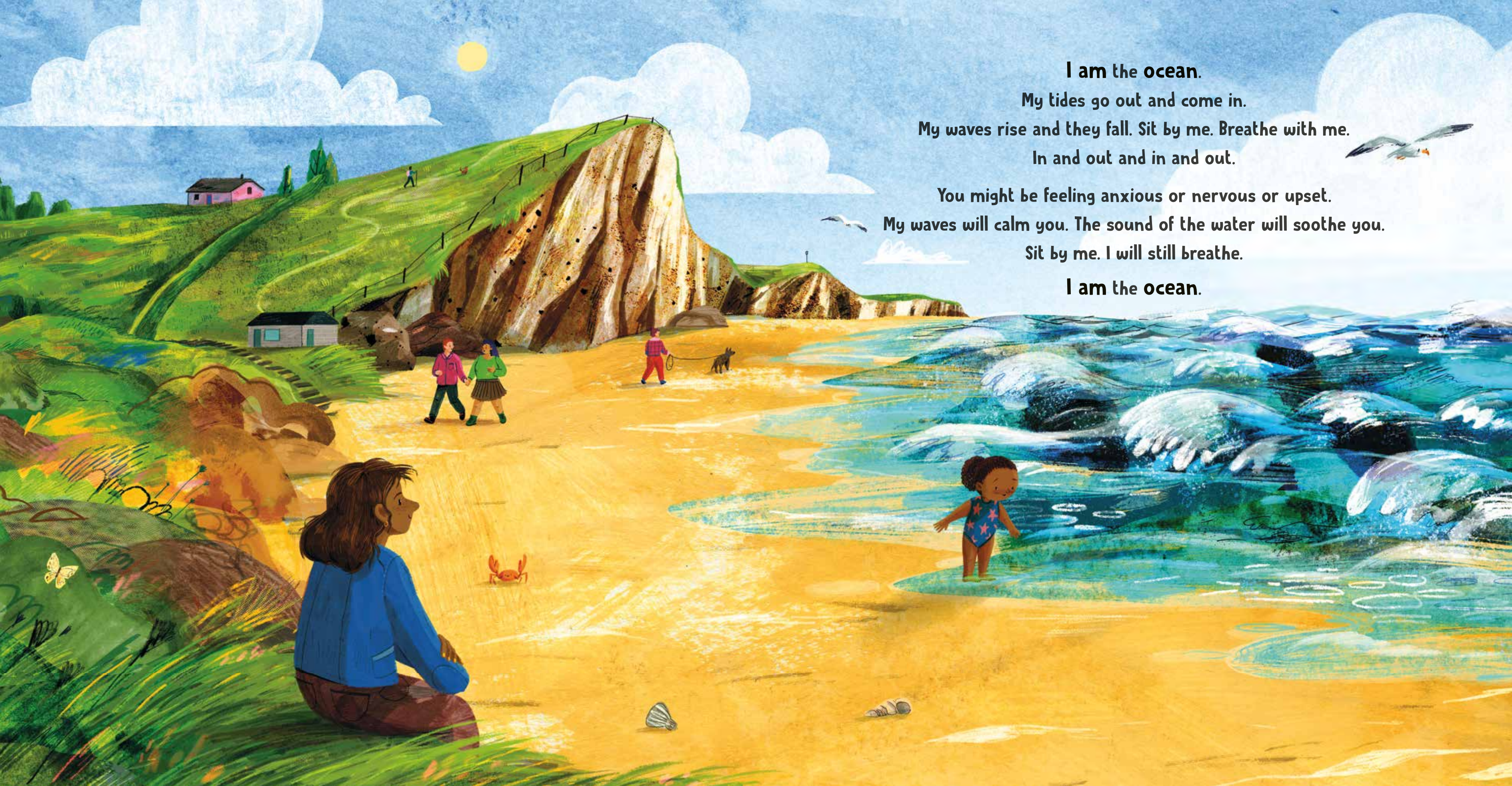
**I am planet Earth.**  
**The stars surround me.**  
**The sun shines its light on me.**  
**The oceans roll over me.**

**Clouds float above me.**  
**Trees and plants grow from me.**  
**People make their homes on me.**  
**You make your home on me.**  
**You are part of me.**  
**I am planet Earth.**

**I am the sun.**  
I rise every morning.  
I set every evening.  
Sit with me. Watch me.

Yesterday you might have been cold.  
You might have felt lonely.  
You might have felt worried or angry or sad.  
Sit with me. Watch me.  
I will still rise.  
**I am the sun.**





**I am the ocean.**

**My tides go out and come in.**

**My waves rise and they fall. Sit by me. Breathe with me.**

**In and out and in and out.**

**You might be feeling anxious or nervous or upset.**

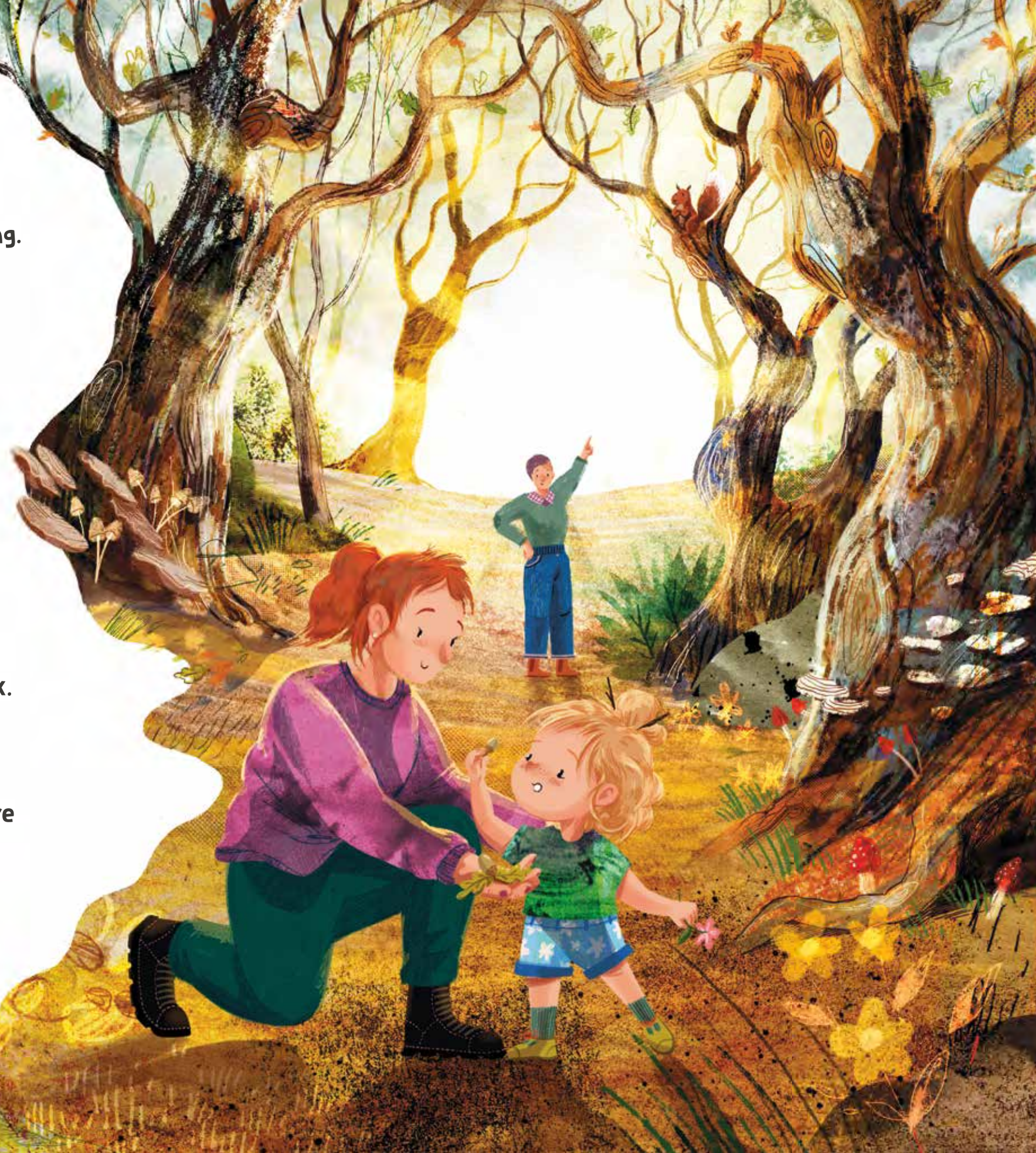
**My waves will calm you. The sound of the water will soothe you.**

**Sit by me. I will still breathe.**

**I am the ocean.**

**I am the seed.**  
I lie in the earth and  
wish hard for the spring.  
It's cold down here.  
It's silent and black.  
Wait for me.

**I will grow.**  
The winter might be  
long, freezing and dark.  
I will need light, heat  
and water and food.  
It will be months before  
I sprout and bloom.



Some things are boring,  
they take too much  
time. They make you  
impatient and cross  
and upset.

**But, wait.**

One day I'll push  
up through the  
earth to the sun.  
I'll turn my face to  
the light and I'll grow.



You will too,  
I promise.

**I am the seed.**

Wait with me.