



## **A shelter for sadness by Anne Booth**

published Temple Books, UK. 2021. isbn 9781787417212

Suit: all ages

This sensitively illustrated children's picture book is about coping with sadness. The author was inspired by these words of Ety Hillesum, a Jewish survivor of the Holocaust WW2

*"Give your sorrow all the space and shelter in yourself that it is due, for if everyone bears grief honestly and courageously the sorrow that now fills the world will abate.*

*But if you do instead reserve most of the space inside you for hatred and thoughts of revenge - from which new sorrows will be born for others - then sorrow will never cease in this world.*

*And if you have given sorrow the space it demands then you may truly say : Life is beautiful and so rich."*

A young boy creates a safe place for his Sadness, a shelter where it can be BIG or small ; NOISY or quiet.

He visits the shelter every day - sometimes every hour - but he knows that one day Sadness may come out of the shelter and they will look at the beautiful world together.

*Check the title on You tube and find a chat by the illustrator about how he drew 'sadness' Also an interview with both author and illustrator.*