

Penguin Pop Up Card Template

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Effin' Birds Aaron Reynolds 2019-10-15 A compact, comprehensive, and very silly field guide featuring more than 200 of the rudest birds on earth. *Effin' Birds* is the most eagerly anticipated new volume in the grand and noble profession of nature writing and bird identification. Sitting proudly alongside Sibley, Kaufman, and Peterson, this book contains more than 150 pages crammed full of classic, monochrome plumage art paired with the delightful but dirty aphorisms (think "I'm going to need more booze to deal with this week") that made the *Effin' Birds* Twitter feed a household name. Also included in its full, Technicolor glory is John James Audubon's most beautiful work matched with modern life advice. Including never-before-seen birds, insults, and field notes, this guide is a must-have for any *effin'* fan or birder.

The Big Fat Activity Book for Pregnant People Jordan Reid 2017-04-25 "Funny as hell."—Amy Morrison, founder of Pregnant Chicken The ultimate must-have for any mom-to-be with a sense of humor: an irreverent, laugh-out-loud activity book filled with quizzes, mazes, fill-in-the-blanks, journaling pages, and hysterical musings on what pregnancy is really like. Baby shower gifts don't get more perfect than this. • Word finds: Sorry, Nope (all the stuff you're not allowed to have anymore); Bad Baby Names (Murl, anyone?) • Mazes: Make it from Your Desk to the Bathroom Without Throwing Up • Lists: How to Register Without Crying; Things Every OB on the Planet Has Been Asked by Newly Pregnant Women • Journaling: Yoga Teachers (Also Your Mom Friends, Your Parents, People on Facebook, All Articles, and Everyone You Meet) Want to Tell You How to Give Birth, But You Don't Have to Listen • Quizzes: Which \$1500 Stroller is Different? "Comfort, solidarity, entertainment, and maybe even total life enlightenment."—Lauren Smith Brody, founder of The Fifth Trimester

Little Penguin: Finger Puppet Book Lenz Mulligan Rights & Co-edit 2008-07-02 Little Penguin and friends play hide-and-seek on the ice, and invite the

smallest readers to play, too!

Super Subversive Cross Stitch Julie Jackson 2021-11-02 From the OG of the Subversive Cross Stitch movement (and brand of the same name) comes Super Subversive Cross Stitch. Featuring 50 easy-to-make designs—both brand-new patterns and fan favorites—stitched together with trademark wit. Don't freak out. Don't make this about you. May your life be as amazing as you pretend it is on Facebook. What fresh hell is this? Not today, Satan. Super Subversive Cross Stitch/ is here to provide crafters with the snarky inspirations they love to stitch. The book features 50 patterns--23 brand-new designs and 27 fan favorites--along with easy-to-follow instructions for the beginner and fonts and designs for adventurous crafters looking to customize their creations. It recasts a traditional, dare we say "sentimental," craft into a modern, relevant art form. It's the latest offering in the Subversive Cross Stitch brand, beloved by legions of DIYers. Less messy than graffiti, Super Subversive Cross Stitch allows crafters to adorn walls with political pith and irreverent twists on classic quotes ("I think, therefore I drink," "Let the good times be gin"). "This book reminds me that I'm not alone in being crafty and swearsy all at the same time. Pass the gin." –Jenny Lawson, New York Times–bestselling author of *Furiously Happy*, *Let's Pretend This Never Happened*, and *Broken* "Julie is the true OG of the subversive cross-stitch movement. Modern cross-stitch design would not be what it is today without her. She is a positive and supportive force in the cross-stitch community, providing mentorship to other designers and welcoming new stitchers into the hobby. I am so excited about her new book!" –Stephanie Rohr, Author of *Feminist Cross-Stitch*

[If You Were a Penguin](#) Florence Minor 2008-12-23 If you were a penguin . . . You could swim really fast and toboggan on ice. Sing a happy duet, once or twice. You could live on land but dive under the sea. There's a lot penguins can do, just like you and me! Wendell and Florence Minor create a charming tribute to all the playful fun and activity that comes with being a penguin—which young readers can delight in too!

Penguins Love Colors Sarah Aspinall 2016-11-29 Mama loves brightly colored flowers and her little penguins too! Tulip, Tiger Lily, Dandelion, Bluebell, Violet, and Broccoli use red, orange, yellow, blue, purple, and green to color in their snowy world and paint a colorful surprise for Mama. Will she know who painted what? Of course she will! But will YOU know? Simple language and arresting, graphic illustrations introduce readers to the six primary and secondary colors and the adorable antics of six creative little penguins. A lively text, asking children to participate by answering questions, makes this an engaging, heartwarming story that is perfect for bedtime, story time, or anytime.

100 Fresh and Fun Handmade Cards Kimber Mcgray 2012-02-15 Swivels, Pop-Ups, Spinners, Shakers, Sliders and More: Handmade Cards Have Never Been So Much Fun! Why settle for just any old greeting card when you can make your loved ones feel even more special with a handmade card? 100 Fresh and Fun Handmade

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Cards offers fabulous card inspiration and how-tos that are just right. Author Kimber McGray and select contributors share a huge variety of styles and designs with 100 cards: 50 quick and adorable cards for every occasion and 50 interactive or dimensional cards based on the quick card designs. Inside you'll find:

- Essential techniques for cardmaking, including easy-to-follow directions for creating card bases, penny sliders and pop-ups.
- Cards for every occasion, from birthdays and holidays to special occasions and general greetings.
- Interactive or dimensional cards with parts that pop-up, shake and spin, and an awesome selection of gift card holders. Let 100 Fresh and Fun Handmade Cards lead the way to greetings that dazzle!

Pop-Up Cards Mari Kumada 2012-10-09 A card is an even more special gift when it's made by hand, and the cards in this book make the giving even more fun through designs that pop up, move, and spin. The charm and whimsy of these cards will elevate any occasion. From children's birthday cards with wheels that spin to get-well wishes revealed with the pull of a tab and gift boxes that magically take shape when the card is opened, the cards in this book are sure to please. With over fifty designs for a range of occasions—from birthdays, baby announcements, and get-well wishes to Easter, Halloween, and Christmas—there's sure to be something for everyone in this book. Each project is presented through beautifully styled photographs, clear step-by-step instructions, detailed diagrams, and templates. Even those new to working with paper will be able to make the whimsical and elegant designs in this book. Make the cards in this book and give your friends and family a keepsake they will treasure.

Bluey: Grannies Penguin Young Readers Licenses 2021-09-14 "First published in Australia by Puffin Books, 2020"--Copyright page.

The Penguin Book of Card Games David Parlett 2008-08-07 The Penguin Book of Card Games is the authoritative up-to-date compendium, describing an abundance of games to be played both for fun and by serious players. Auctions, trumpless hands, cross-ruffing and lurching: card players have a language all of their own. From games of high skill (Bridge) to games of high chance (Newmarket) to trick-taking (Whist) and banking (Pontoon), David Parlett, seasoned specialist in card games, takes us masterfully through the countless games to choose from. Not content to merely show us games with the conventional fifty-two card pack, Parlett covers many games played with other types of cards - are you brave enough to play with Tarot? With a 'working description' of each game, with the rules, variations and origins of each, as well as an appendix of games invented by the author himself, The Penguin Book of Card Games will delight, entertain and inform both the novice and the seasoned player.

Origami Card Craft Karen Elaine Thomas 2009 Combines card-making techniques with origami-inspired folds to create beautiful, handmade cards that unfold, expand, fan out, pop up, and even hold hidden messages for fun, personal greetings for any occasion. Original.

Edward and Annie Caryn Rivadeneira 2022-03-08 Join penguins Edward and Annie, the famous viral sensations, as they waddle through Chicago's Shedd Aquarium in this funny and surprising adventure story that teaches kids and adults alike that life's biggest changes lead to great discoveries and new friends. When Edward and Annie wake up one day, something is different. What could it be? Join this penguin pair on an adventure through the marine world exploring the unknown parts of their aquarium home. As they meet the other wonderfully strange creatures living there, these penguin friends discover that the world is much bigger and more interesting than they ever knew. Will they learn that different is not too bad, especially when you're safe among your friends? Edward and Annie teaches 4 to 8-year-olds that the best adventures start with trying something new a community is made of individuals who are each different, beautiful, and amazing trying new things can be rewarding In this funny read-aloud picture book by Caryn Rivadeneira, children will meet the real-life rockhopper penguins, Edward and Annie, who made a big splash on social media learn about the other sea animals that live at the aquarium, including Wellington the penguin and Annik the baby beluga learn fascinating science facts during family reading time or preschool and elementary STEM lessons in marine biology laugh at the penguins' curious questions and silly antics Your family will fall in love with these sweet, energetic penguins as together you discover that the world is a wonderful and surprising place—a place that is even better when explored with a friend by your side!

See You in the Cosmos Jack Cheng 2017 "Eleven-year-old Alex Petroski, along with his dog, Carl Sagan, makes big discoveries about his family on a road trip and he records it all on a golden iPod he intends to launch into space"--

Pop-Up Cards Emily Gregory 2016-02-01 With over 30 inspirational projects detailing a range of 3-D papercraft card designs for any occasion, Pop-Up Cards has something for everyone.

Postcards from Penguin Penguin 2010-09-15 A collection of 100 postcards, each featuring a different and iconic Penguin book jacket. From classics to crime, here are over seventy years of quintessentially British design in one box. In 1935 Allen Lane stood on a platform at Exeter railway station, looking for a good book for the journey to London. His disappointment at the poor range of paperbacks on offer led him to found Penguin Books. The quality paperback had arrived. Declaring that 'good design is no more expensive than bad', Lane was adamant that his Penguin paperbacks should cost no more than a packet of cigarettes, but that they should always look distinctive. Ever since then, from their original - now world-famous - look featuring three bold horizontal stripes, through many different stylish, inventive and iconic cover designs, Penguin's paperback jackets have been a constantly evolving part of Britain's culture. And whether they're for classics, crime, reference or prize-winning novels, they still follow Allen Lane's original design mantra. Sometimes, you definitely should judge a book by its cover.

Spellwork for Self-Care Potter Gift 2019-12-24 For those who want to infuse

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their self-care routine with a little magic, this mystical guidebook provides readers with simple spells to enhance their daily lives. Topics range from relationships and emotional health to self-love, work, school, and more. Spellwork for Self-Care takes an old-fashioned approach to the practice of self-soothing. As young people flock to the well-worn paths tread by the witches of yore by using tarot card readings, astrological sign analysis, and herbal home remedies for mental and physical ailments, the practice of witchcraft has morphed into a form of spirituality for millennials and Generation Z. This book of 40 spells combines witchy spiritual practices with our culture's hunger for self-care, creating a compact resource for those seeking alternate paths to better mental, spiritual, emotional, and physical health.

Mr. Penguin and the Catastrophic Cruise Alex T. Smith 2020-10-06 Dashing detective Mr. Penguin and his Adventuring gang are in for a wild ride when they board a luxury cruise ship. From Alex T. Smith's delightfully illustrated, mystery-detective series. Mr. Penguin and his kung fu spider sidekick, Colin, are ready for some well-deserved rest and relaxation! Or they would be, if threatening notes hadn't appeared and the ship's crew wasn't whispering secrets. After befriending a young stowaway, Mr. Penguin discovers someone is planning on endangering the lives of the rich and famous on board to chase after the Fountain of Youth. Can Mr. Penguin foil this perilous plot and get home in time for a fish finger sandwich? Alex T. Smith's Mr. Penguin is a page-turning, illustrated middle grade series that is sure to thrill young readers looking for a good adventure and major laughs. Two color illustrations throughout.

3D Pop-up Greeting Cards Keiko Nakazawa 2006 Flowers. . .gardens. . . seasonal motifs such as snowflakes and angels. . . traditional Japanese designs like Kabuki masks and geisha. . . animals. . . scenes. . .all these and many others become delightful greeting cards that are even more special because they're hand-made. Here are easy-to-follow directions-as well as cut-out templates-for creating 60 different, intricate-looking designs. Twenty-four color illustrations of the finished projects are followed by step-by-step instructions and diagrams. Whether it's to say, "Merry Christmas," "Happy Spring," "Just thinking of you," or "Get well soon," readers will find inspiration and hours of enjoyment in this beautiful and practical book.

AFROSURF Mami Wata 2021-06-15 Discover the untold story of African surf culture in this glorious and colorful collection of profiles, essays, photographs, and illustrations. AFROSURF is the first book to capture and celebrate the surfing culture of Africa. This unprecedented collection is compiled by Mami Wata, a Cape Town surf company that fiercely believes in the power of African surf. Mami Wata brings together its co-founder Selema Masekela and some of Africa's finest photographers, thinkers, writers, and surfers to explore the unique culture of eighteen coastal countries, from Morocco to Somalia, Mozambique, South Africa, and beyond. Packed with over fifty essays, AFROSURF features surfer and skater profiles, thought pieces, poems, photos, illustrations,

ephemera, recipes, and a mini comic, all wrapped in an astounding design that captures the diversity and character of Africa. A creative force of good in their continent, Mami Wata sources and manufactures all their wares in Africa and works with communities to strengthen local economies through surf tourism. With this mission in mind, Mami Wata is donating 100% of their proceeds to support two African surf therapy organizations, Waves for Change and Surfers Not Street Children.

Penguin Science Fiction Postcards Various 2015-09-29 A collection of 100 postcards featuring iconic, bizarre, and mind-blowing science fiction book covers Exploring the weird, wonderful world of science fiction cover art, this set of one hundred postcards includes classic images from some of the heavyweights of the genre—H. G. Wells, Aldous Huxley, J. G. Ballard, Philip K. Dick, Kurt Vonnegut, Ray Bradbury—as well as celebrating images from delightfully pulpy cult classics. Inspired by surrealism and pop art, and charting science fiction's emergence as a literary force, the postcards in this collection will appeal to legions of sci-fi devotees and design fans alike.

All that is Solid Melts Into Air Marshall Berman 1983 The experience of modernization -- the dizzying social changes that swept millions of people into the capitalist world -- and modernism in art, literature and architecture are brilliantly integrated in this account.

The Willpower Instinct Kelly McGonigal 2013-12-31 Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models.

In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

[Art And Craft For Creative Kids - Book 5](#)

[Fidget the Wonder Dog](#) Patricia Forde 2021-01-07 A tale-of-truest friendship

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book A fill-my-heart with love book A read-again-and-again book An epic tale of love, loss, reunion and adventure on the high seas told through the friendship of a girl and her dog, Fidget. Written by debut picture-book author Trish Forde and illustrated by rising star Rachael Saunders, this is a book that combines humour and heart with a faultless read-aloud rhythm

Proud Penguin Jamie Purnell 2018-03-02 From award-winning singer-songwriter Jamie Purnell, Proud Penguin tells the feel-good tale of a penguin whose spirits are lifted from building a new friendship with a seagull. Proud Penguin will delight and entertain families as they read and sing along to the free downloadable song and story that embodies a universal message of kindness and self-acceptance.

The Golden Girls: 'twas the Night Before Christmas Francesco Sedita 2018 Celebrate Christmas with Blanche, Dorothy, Rose, and Sophia! This illustrated gift book is ideal for fans of the beloved sitcom that won 11 Emmy Awards, three Golden Globes, and a place in pop culture as one of the best shows of all time. Full color.

Cards that Pop Up, Flip & Slide Michael Jacobs 2005-01-11 Dynamic new ideas for your handmade cards Dazzle your friends and loved ones with the one-of-a-kind projects in Cards that Pop Up, Flip & Slide. A few simple cuts and folds are all it takes to create over twenty cards and envelopes with moveable parts. From pop-up trees to flipping leaves and sliding message panels, the mechanism that make these cards spectacular are easy to re-create or adapt to whatever suits your fancy! Everything you need to get started is inside, including clear instruction, easy-to-follow patterns and introductory information on tools, materials and techniques. And every card featured is designed to fit inside a standard A-2 or #10 envelope, so mailing is as easy as sealing, stamping and addressing. Tips, tricks and ideas for personalization help you create unique cards that their recipients will remember for a long time to come.

Pop Up Peekaboo! Penguin Clare Lloyd (Children's book author) 2020-09-29

Welcome to the World Kathy Grogan 2015-11-16 Join Patty Penguin on her first day out in the world and her first experience at making friends with other little penguins. Patty Penguin is a gentle-hearted, curious baby penguin, who is just starting to explore the world around her. Patty Penguin Welcome to the World is the first release of a planned series of Patty Penguin books.

Anthony Bourdain: The Last Interview MELVILLE HOUSE 2019-08-20 The New York Times Bestseller The brilliant intellect and candor of Anthony Bourdain is on full display in this collection of interviews from throughout his remarkable career, with an introduction from The New Yorker's Helen Rosner. Anthony Bourdain always downplayed his skills as a chef (many disagreed). But despite his modesty, one thing even he agreed with was that he was a born raconteur—as he makes clear in this collection of sparkling conversations. His wit, passion, and deep intelligence shine through all manner of discussion here, from heart-

to-hearts with bloggers, to on-stage talks before massive crowds, to intense interviews with major television programs. Without fail, Bourdain is always blisteringly honest—such as when he talks about his battles with addiction, or when detailing his thoughts on restaurant critics. He regularly dispenses arresting insight about how what's on your plate reveals much of history and politics. And perhaps best of all, the heartfelt empathy he developed travelling the world for his TV shows is always in the fore, as these talks make the “Hemingway of gastronomy,” as chef Marco Pierre White called him, live again.

The Big Book of Holiday Paper Crafts 2011 Presents design ideas and projects for paper craft decorations and gifts that can be created for different holidays.

Paper Engineering and Pop-ups For Dummies Rob Ives 2009-03-03 Paper Engineering & Pop-ups For Dummies covers a wide range of projects, from greeting cards to freestanding models. Easy-to-follow, step-by-step instructions and dozens of accompanying diagrams help readers not only to complete the diverse projects in the book, but also master the skills necessary to apply their own creativity and create new projects, beyond the book's pages.

The Penguin Wordmaster Dictionary Martin H. Manser 1987

Sensational Butterflies Ben Rothery 2019-02-07 Butterflies and moths are some of the most amazing creatures in nature. There are over 180,000 different kinds and they can be found on every continent except the Antarctic. From Monarchs to swallowtails, Blue Morphos to birdwings, the intricate beauty of butterflies spans the globe and yet also settles close to home in a child's garden, local park or window box. This large-format book brings the vibrancy and ecosystem of butterflies to life with simple text and gorgeous illustrations, covering the key butterfly and moth families and including scores of fascinating facts. Learn the unique way that butterflies see, or be amazed by the multiple double-page spreads showing wingspans in sensational detail. A stunning showcase of the world's butterflies and moths, debuting one of the UK's finest natural history illustrators, Ben Rothery.

Mr. Popper's Penguins Richard Atwater 2011-12-06 Mr. Popper and his family have penguins in the fridge and an ice rink in the basement in this hilarious Newbery Honor book that inspired the hit movie! How many penguins in the house is too many? Mr. Popper is a humble house painter living in Stillwater who dreams of faraway places like the South Pole. When an explorer responds to his letter by sending him a penguin named Captain Cook, Mr. Popper and his family's lives change forever. Soon one penguin becomes twelve, and the Poppers must set out on their own adventure to preserve their home. First published in 1938, Mr. Popper's Penguins is a classic tale that has enchanted young readers for generations. This ebook features an illustrated biography of Richard and Florence Atwater including rare photos from the authors' estate.

Spy Penguins Sam Hay 2018-09-18 Two young adventure-loving and gadget-obsessed penguins dream of joining the FBI (Frosty Bureau of Investigation) in Sam Hay's hilarious new illustrated chapter book series, Spy Penguins. Adventure-loving penguin Jackson dreams of being a secret agent like his Uncle Bryn, who works for the Frosty Bureau of Investigation. Jackson and his gadget-inventing best friend Quigley might officially be too young to join the FBI, but they aren't going to let that stop them! They just need to come up with the right plan to prove that they are worthy. But when one of Q's inventions goes dangerously wrong, Jackson suddenly finds himself dropped right in the middle of an FBI stakeout. There's fishy business afoot at the city's aquarium; rare fish are vanishing and not even the FBI can work out what's going on. It's up to Jackson and Quigley to solve the crime!

Penguins Can't Fly Jason Kotecki 2015-06-23 Life is supposed to be fun. We knew this instinctively as kids, but somehow forgot on the way to adulthood. We got busy and overwhelmed, started valuing things that don't matter, and learned to follow the rules that don't even exist: hate Mondays only celebrate when the calendar gives you permission don't make a mess don't play hooky hide your weirdness hide your wrinkles care what other people think Following these so-called rules is a terrific way to stress you out, sap your energy, and ensure a boring life. But there's a better way. In his enlightening book, author and artist Jason Kotecki uncovers some of the most useless rules so you can shift perspective and start seeing the world with wonder once again. It's time to stop living by someone else's rules. Your life is a story, and a short one at that. Make it a good one.

Are You Sh*tting Me? Cary McNeal 2014-10-28 Blue Ice, Meteors, and Beaver Ass, Oh My! FACT: The use of maggots to clean wounds has proven to be effective for patients who don't respond to traditional treatments. FACT: The Icelandic dish hákarl is beheaded basking shark that is buried in the ground for six to 12 weeks to putrefy before it is eaten. FACT: Used during the Dutch Revolt, rat torture involved trapping rodents under a bowl on a prisoner's stomach then heating the bowl's exterior so the animals would eat through the victim's flesh to try to escape. FACT: The average person picks his nose five times every hour, occasionally eating what he picks. The world is a scary place, and it gets scarier every day. From the creator of the bestselling 1,001 Facts That Will Scare The S#*t Out Of You comes this new collection of 1,004 (count 'em!) truly horrifying and horrifyingly true facts about the world around us. From ancient medical practices to doomsday scenarios, to disgusting food from around the world and the entire terrifying state of Florida, the facts in Are You Sh*tting Me? are sure to entertain and disturb you at once. Unless of course you are already disturbed, in which case this is the book for you!

Japanese Paper Toys Kit Andrew Dewar 2016-09-27 Make moveable origami projects with this great beginner-level origami kit! Origami Paper Toys Kit is a unique paper craft kit that brings together the art of paper folding and the fun of moveable toys. Amaze your friends as you watch your origami paper creations wiggle, walk, tumble, shuffle and spin right before your eyes! No need to learn

origami folding, painting or cutting—just punch fold and enjoy! This easy origami kit contains: A full-colored 64-page booklet Clear step-by-step instruction and easy-to-follow diagrams 24 fun-to-do projects with 16 pre-cut cardstock characters 40 double-sided sheets of durable folding & construction papers 2 different paper sizes and many colors The step-by-step diagrams clearly show how an origami model is assembled as well as how it will move. Basic explanations of tools and techniques mean that the creative folder will soon be folding their own original karakuri origami creations! Origami projects include: Sumo Wrestlers Bobbing Bird Jumping Frog Lola the Ladybug And many more...

Five Minute Mum: Give Me Five Daisy Upton 2020-02-06 Ideal for early years to KS1 children who are learning at home. Daisy Upton has two little kids. She loves them - but they drive her mad. So, to try and keep her sanity she started to come up with quick, easy games using stuff from around the house. And @FiveMinuteMum was born. In her first book, she has collected 150+ games that take 5 minutes to set up & 5 minutes to tidy up. From pasta posting to alphabet knock down, it's a recipe book for guilt free parenting! And as Daisy was a teaching assistant, your little ones will be learning while they play! What could be better? GIVE ME FIVE is the perfect companion for anyone who wants five minutes peace. Also available: Five Minute Mum: Time For School Five Minute Mum: On the Go "I love Five Minute Mum. She's managed to come up with a huge array of activities for kids that are fun and educational yet don't require an Art degree or Diploma in Patience to execute."Sarah Turner, aka Unmumsy Mum