

Author Sandra Wilson  
The Kindness Kangaroo Project  
[www.quiteacharacter.ca](http://www.quiteacharacter.ca)



# Catalogue of books, games, classes and more!

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# Kindness Kangaroo Project Books

The Kindness Kangaroo Project involves Author Sandra Wilson working with groups of children to gather story ideas and get student-drawn illustrations for each story. These stories involve topics and scenarios that reinforce inclusion, acceptance, kindness and friendship in an age appropriate context.

## Super Kids Save the World

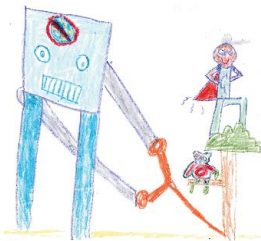
10 book series (8 available now) that get children talking about eco-footprints.

Super Kids vs the Climate Monster



by Sandra Wilson

Super Kids vs the Earth Monster



by Sandra Wilson

Super Kids vs the Garbage Monster



by Sandra Wilson

Super Kids vs the Energy Monster



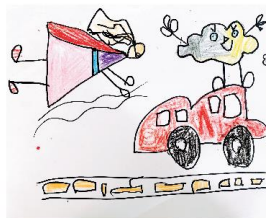
by Sandra Wilson

Super Kids vs the Green Monster



by Sandra Wilson

Super Kids vs the Motor Monster



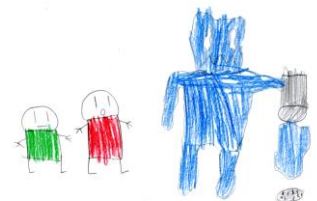
by Sandra Wilson

Super Kids vs the Smog Monster



by Sandra Wilson

Super Kids vs the Water Monster



By Sandra Wilson

Super Kids vs the Lazy Monster



By Sandra Wilson

Super Kids vs the Party Monster



by Sandra Wilson

2 books in this series are still needing classrooms to help create!

# The Emotional Animal Alphabet series

26 books to help kids talk about how they feel. (see next page for more information)

## Anxious Alligator

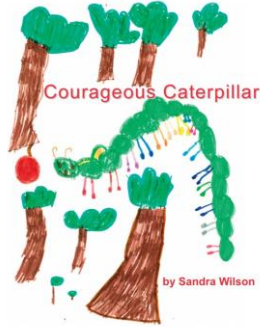


by Sandra Wilson

## Bravo Bear

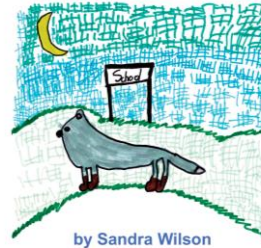


by Sandra Wilson



by Sandra Wilson

## Determined Dog

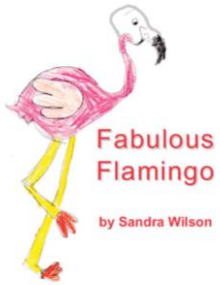


by Sandra Wilson

## Empathy Elephant



by Sandra Wilson



## Fabulous Flamingo

by Sandra Wilson



## Grateful Giraffe

by Sandra Wilson

## Hopeful Hippo



by Sandra Wilson

## Impatient Iguana



by Sandra Wilson

## Jealous Jaguar



by Sandra Wilson

## Kindness Kangaroo

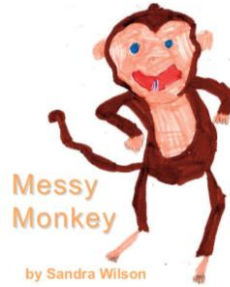


by Sandra Wilson and Brenda Geddes

## Lovable Lion



Story by Sandra Wilson and Brenda Geddes



## Messy Monkey

by Sandra Wilson

## Nervous Newt



by Sandra Wilson

## OPTIMISTIC OCTOPUS



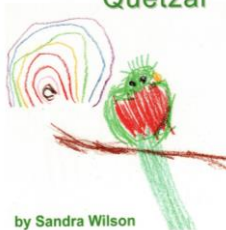
by Sandra Wilson

## Pleasant Penguin



by Sandra Wilson

## Question Quetzal



by Sandra Wilson

## Reckless Raccoon



Story by Sandra Wilson

## Sensitive Sea Lion



by Sandra Wilson

## Timid Turtle



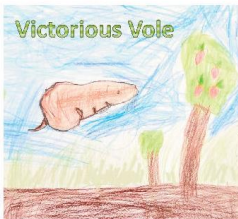
by Sandra Wilson

## Unique Urial



by Sandra Wilson

## Victorious Vole



## Whiny Walrus



by Sandra Wilson

## eXcited Xerus



by Sandra Wilson

## YAKKETY YAK



by Sandra Wilson

## Zany Zebra



by Sandra Wilson

## Books in the Emotional Animal Alphabet series

Each book encourages inclusion, acceptance, kindness and friendship as well:

**Anxious Alligator** learns coping skills thanks to his Dad and service animal

**Bravo Bear** is not sporty but cheers on his friends at all their events

**Courageous Caterpillar** has tools to help her venture into the scary woods

**Determined Dog** struggles at school but knows he can do it

**Empathy Elephant** shows us how understanding emotions helps understand people

**Fabulous Flamingo** is gender neutral and emphasizes being true to yourself

**Grateful Giraffe** learns about different ways she can love herself

**Hopeful Hippo** is sick in bed but has friends to encourage and help him get better

**Impatient Iguana** is excited but keeps interrupting until Mom offers something to help

**Jealous Jaguar** is small for his age and feels like he is always missing out

**Kindness Kangaroo** shows everyone how easy giving kindness can be

**Lovable Lion** experiences love all throughout the book

**Messy Monkey** has a muscle disorder that makes him clumsy but that isn't a problem

**Nervous Newt** is trying something new and isn't too sure about it

**Optimistic Octopus** won't let anything ruin his day with his friends

**Pleasant Penguin** gets his belly stuck which prompts a discussion about body image

**Question Quetzal** encourages us to ask questions to help understand rather than judge

**Reckless Raccoon** learns some issues about safety

**Sensitive Sea Lion** has textures and sounds that bother her but her friends understand

**Timid Turtle** is embarrassed by his tics but his friends encourage him to come out of his shell

**Unique Urinal** is adopted and does things differently from all the others

**Victorious Vole** doesn't let his limp stop him from racing, or for being part of the team

**Whiny Walrus** learns that there are better ways to communicate

**eXcited Xerus** is an immigrant excited and nervous about all the new things to experience

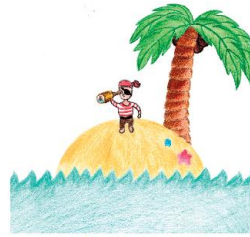
**Yakkety Yak** has a stutter but not when he yodels – which he does all day long

**Zany Zebra** loves to dress in wild colours and patterns but is a picky eater which they realize is because he is colour blind.

The Unpleasant Pirates is a book series about bullying (2 available) – Marooned (bullying by isolating) and Parrot Don't Repeat That (bullying with words)

Lots of books left for classrooms to help create!

**Marooned**  
The Unpleasant Pirate Series



by Sandra Wilson

**Parrot, Don't Repeat That!**  
The Unpleasant Pirate Series



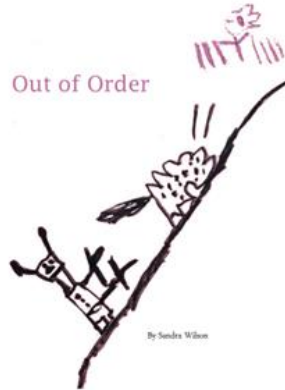
by Sandra Wilson

**Robot Rules: Be Prepared**



By Sandra Wilson

**Out of Order**



By Sandra Wilson

Robot Rules – the new series that focuses on problem-solving skills

Lots of books left for classrooms to help create!

Invite Author Sandra Wilson into your classroom

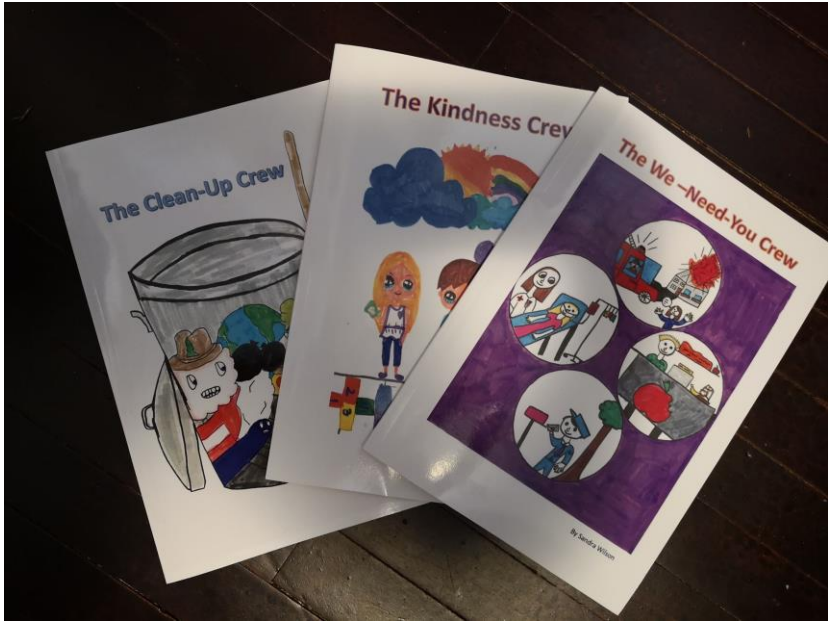


**book workshops**  
**creative writing classes**  
**storytime sessions**

*"WE HAD SANDRA COME TO OUR KINDERGARTEN CLASS TO CREATE KINDNESS KANGAROO. IT WAS SUCH AN AMAZING OPPORTUNITY. IT CREATED AN INQUIRY NOT ONLY IN OUR CLASSROOM BUT THE ENTIRE SCHOOL THAT LASTED ALL YEAR LONG. I HIGHLY RECOMMEND REACHING OUT TO HER TO TAKE PART IN THIS EXPERIENCE."*

**email [sandra@quiteacharacter.ca](mailto:sandra@quiteacharacter.ca) for more information**

During the pandemic when I was unable to run book workshops in the schools I worked with kids online to create books. These books were particular to the situation. They helped the kids discuss some of the issues and create stories of hope and gratitude.

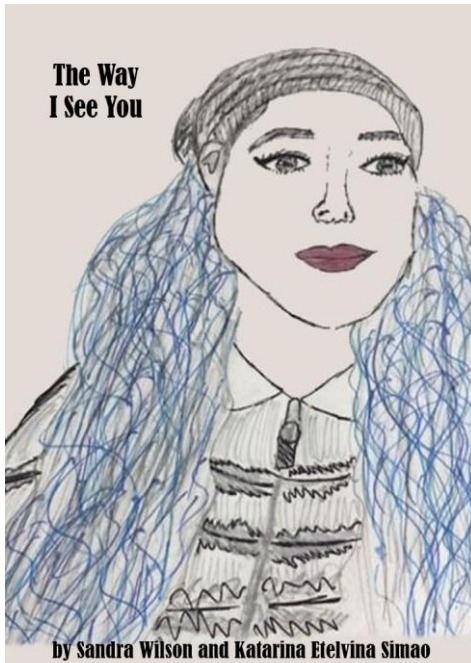


### The New Back to School



A commission piece to help prepare kids for what going to school during a pandemic would be like.

A chapter book involving a young girl who suffers from an eating disorder and the hope she finds at camp. Available in print and ebook.



### The story behind the story

I am an anorexia survivor and I still fight every day to make the right choices to stay healthy. I have a younger sister that struggles to understand me. She doesn't see me the way I do and I wanted to find a way to help her do that.

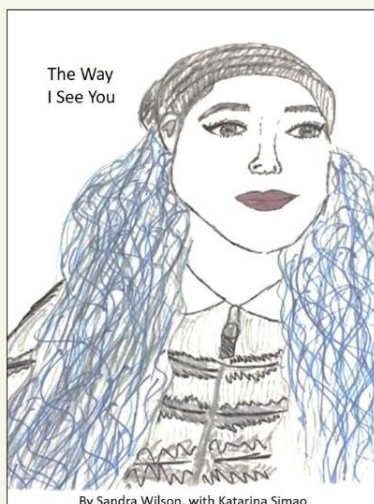
Sandra suggested that a story can be shared with my sister and others. And through the power of words I can take my experiences and maybe help others.

Although this story is a work of fiction it does include experiences I have had, feelings I have fought with and combines life stories from not only me, but others I have known that also struggle with eating disorders.

It is meant as a representation of the struggle as well as inspiration to take a path that will make a positive difference. It has been created to reflect my struggles and my desire now, to help others fight.



## Book Review

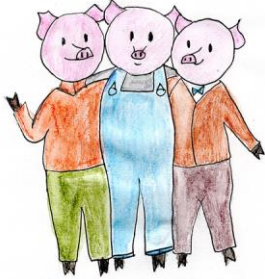


I loved every part of this book. Karen's feelings are so relatable and the message of the book will be very inspiring to older children and teens, or even parents of someone who is struggling with an eating disorder. You can tell this story was written with a lot of heart and good intentions. The authors really nailed the small details of how it feels to have an eating disorder. Highly recommend. Once I started, I couldn't put it down.

Shantelle

# Re-imagined Classics

## The Three Little Pigs And the Not-So-Bad Wolf



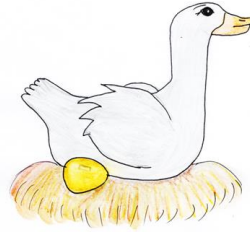
A re-imagined story by Sandra Wilson

## Little Chicken



a re-imagined classic written and illustrated by Sandra Wilson

## The Golden Eggs



A re-imagining of a classic tale  
Written and illustrated by Sandra Wilson

## The Gingerbread House



A re-imagined classic by Sandra Wilson

## Little Red



a re-imagined classic written and illustrated by Sandra Wilson

These re-imagined classics are inspired by some old favourites but are changed to fit a more modern view, and positive outcome.

Coming soon: When Not I, Becomes I'll Try  
(a re-imagining of Henny Penny)

## Review

### Little Red



a re-imagined classic written and illustrated by Sandra Wilson

"I have read your book Little Red so many times in the last few days -- the kids are really loving it. It is quickly becoming a favorite."

visit the Quite a Character bookstore or Amazon, to buy this book.!



# Feeling Empty series Books about death and loss

After a young friend of mine experienced the loss of a family member, and a pet within the same month I felt it important to create a whole series of books to help children deal with grief.

the Feeling Empty series includes:

The Empty Crib, on infant loss

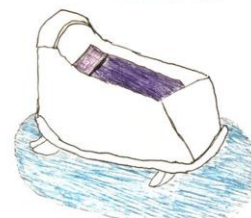
The Empty Cage, about pet loss

The Empty Swing, about loss of a friend

The Empty Rocking Chair, about loss of a grandparent

The Empty Heart, about the loss of a parent.

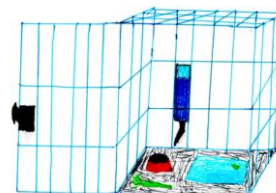
The Empty Crib



A Celebration of the life of an Angel Baby

By Sandra Wilson and Christie Bielaskie

## The Empty Cage



By Sandra Wilson

## The Empty Swing

A book about the loss of a friend



Written and illustrated by Sandra Wilson

## Book Review



### GREAT TOOL TO USE AFTER THE LOSS OF A PET

I purchased this book after my daughter's hamster passed away to try and help her through her grief. I was so pleased that this book was actually about the grief and not a story about where we think pets go after they pass. Because of this, it is a story that can appeal to people of many backgrounds.

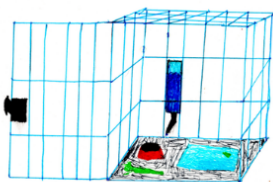
The pictures are lovely and there are even questions to talk about with your child.

I don't think there is a hard limit on the age group this would appeal to (I cried when I first read it!).

With several examples of different people and their experience with grief outlined in the book, it shows how everyone experiences loss differently.

I am glad that this author chose to tackle this hard topic in this way. A true tool for healing after the loss of a dearly loved pet.

### The Empty Cage

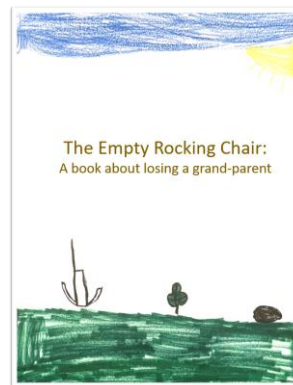


By Sandra Wilson

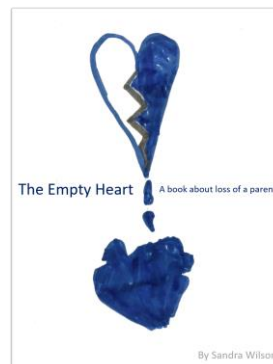
available at

[quiteacharacter.ca](http://quiteacharacter.ca)

or through Amazon



The Empty Rocking Chair:  
A book about losing a grand-parent

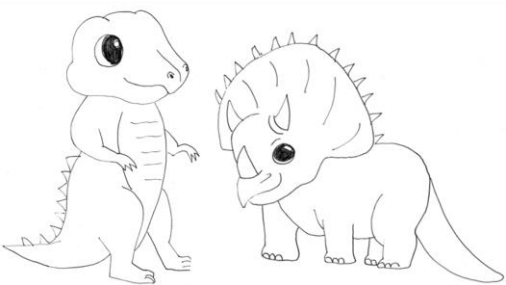


The Empty Heart A book about loss of a parent

By Sandra Wilson

The Dinosaur Twins series was inspired by my twin grandchildren, with the first book created as a gift for their third birthday and now, each year they help me create a new adventure! Each book is a story and colouring book so the reader can take part in the adventure too.

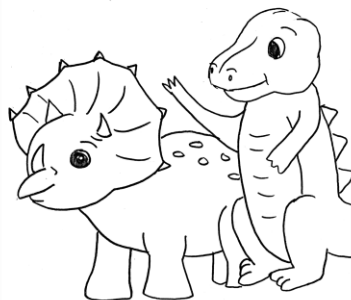
## Dinosaur Twins Explore the Woods



written and illustrated by Sandra Wilson

Story and colouring book that focuses on helping each other.

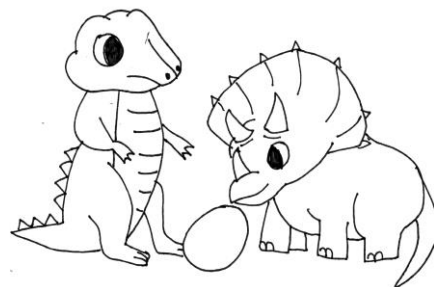
## Dinosaur Twins Make New Friends



written and illustrated by Sandra Wilson

Story and colouring book that focuses on friendship.

## Dinosaur Twins Find an Egg



Story and colouring book that focuses on problem solving. And has a surprise ending!

## Dinosaur Twins Go to School



By Sandra Wilson

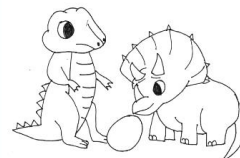
Review

### Dinosaur Twins Find an Egg

Written by Sandra Wilson

What a fun book. I loved the story and the flow. The colouring aspect is great. Also being able to add to the story at the end and make it own is such a beneficial experience for the child. Loved it!

Dinosaur Twins  
Find an Egg

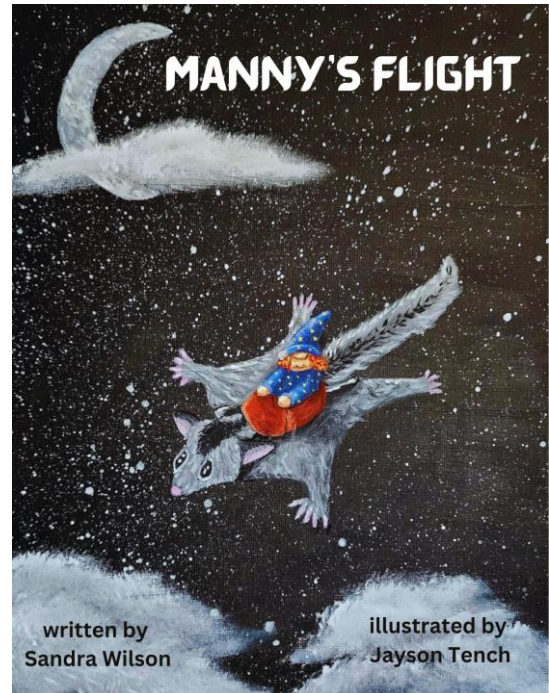


[www.quiteacharacter.ca](http://www.quiteacharacter.ca)

# Gnomes of the Round Mushroom

I have paired with illustrator Jayson Tench to create Gnomes of the Round Mushroom series. The first book, with the same title, takes place in the wooded realm and introduces gnomes with virtuous qualities.

Our second book takes on more of a story style and features Manny, a small gnome with a big dream!



## Manny's Flight

Author: Sandra Wilson  
Illustrator: Jayson Tench

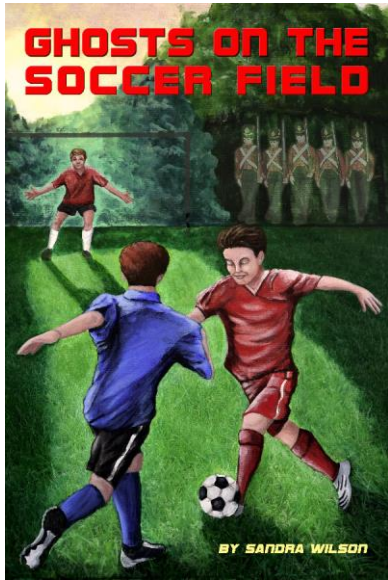


Very inspirational book about a little gnome named, Manny, who has high hopes of flying in the sky one day. It portrays a brilliant interpretation of one's will to use obstacles in life to make their wildest dreams come true. The adorable illustrations, rhyming pages and encouraging message make this a great read that urges children to chase their dreams!

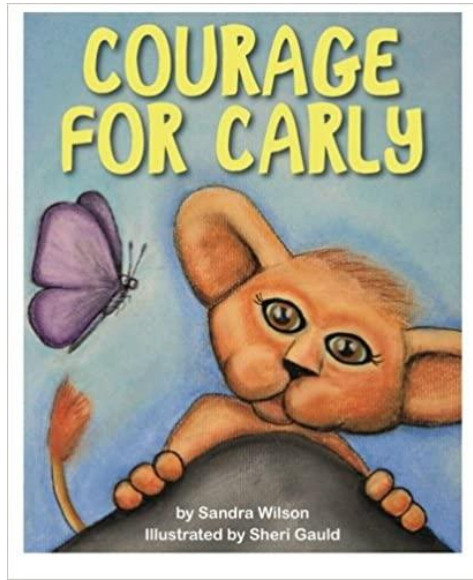


@everybodylovesbakon

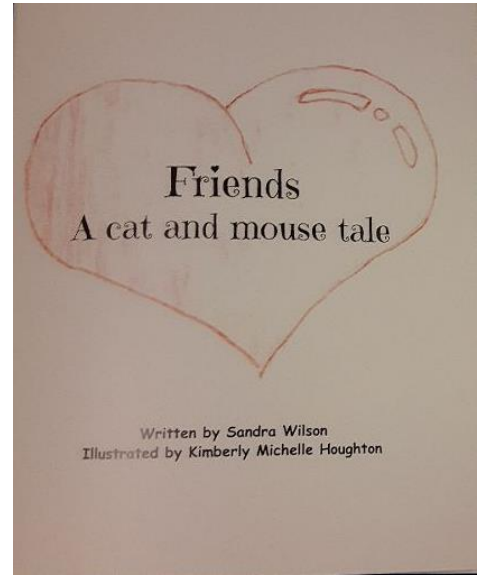
# My first books



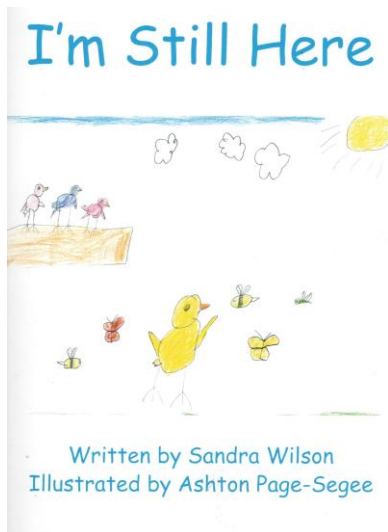
Easy to read chapter book with a focus on bullies. Available in print and ebook.



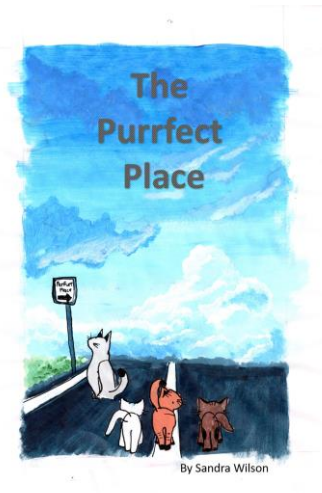
Dedicated to Carly, it's the story of a journey to gain courage. Limited quantities available.



A cute little rhyming tale about friendship.



A story about trying to succeed in the shadow of someone else.



A story that gives homage to shelters and other places that help people find themselves.

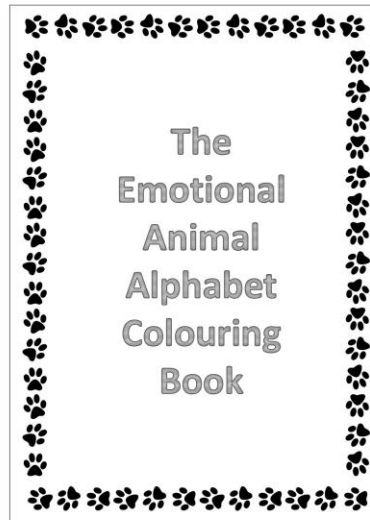
**The Rabbit's Survival:**  
an interactive story



A pick-a-path story of survival

## Colouring Books

There is a colouring book to compliment the Emotional Animal Alphabet series – free download from my website  
[www.quiteacharacter.ca](http://www.quiteacharacter.ca)

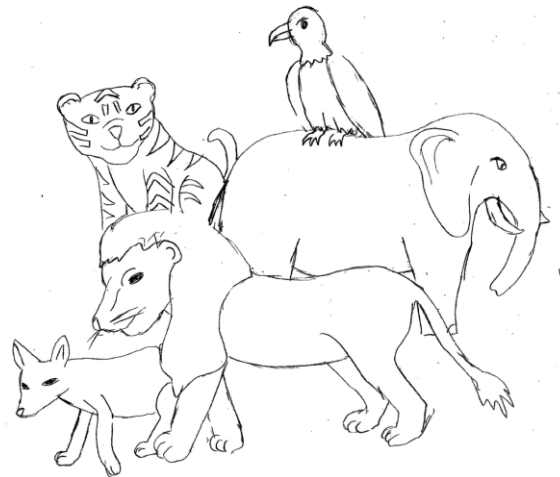


Purchase a downloadable copy to print yourself \$3

Purchase a pre-printed copy \$8.00

Purchase it in book form \$10

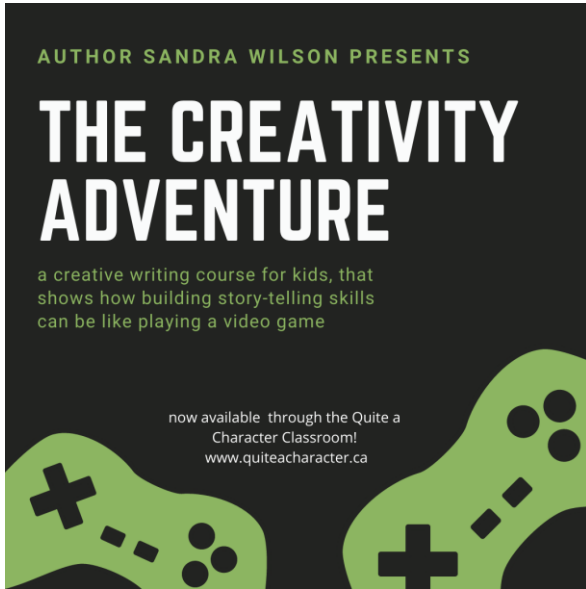
## An Alphabet of Wildlife to Colour



Purchase a downloadable copy to print yourself \$3

Purchase in book form \$10

# Creative Writing Classes/Lessons



a creative writing course for kids, that shows how building story-telling skills can be like playing a video game

Digital – with off screen activities  
with this purchase you will receive a document containing links to the videos.

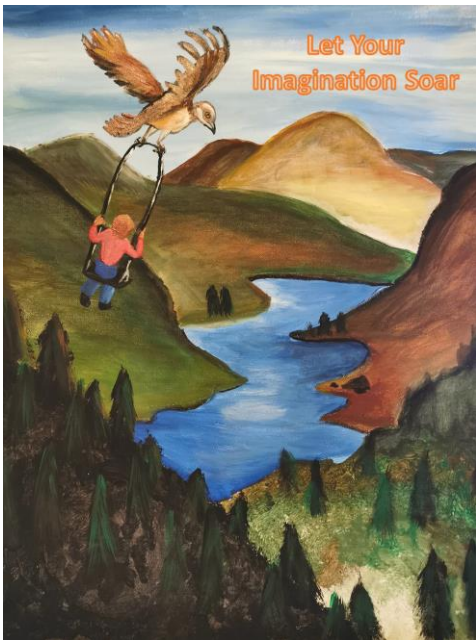
Creativity Adventure - \$60

On Sale for \$25

Visit [quiteacharacter.ca](http://quiteacharacter.ca) to purchase



Ask about bringing creative writing classes to your classroom!



This book is filled with paintings and lessons to inspire creativity in the form of art and storytelling. Hardcover - \$25.00

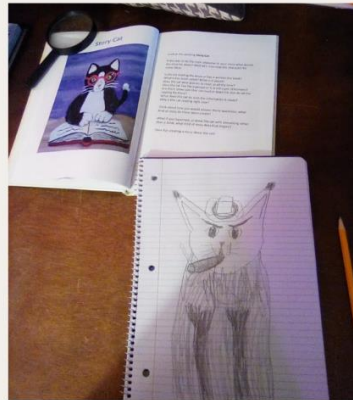
## LET YOUR IMAGINATION SOAR!



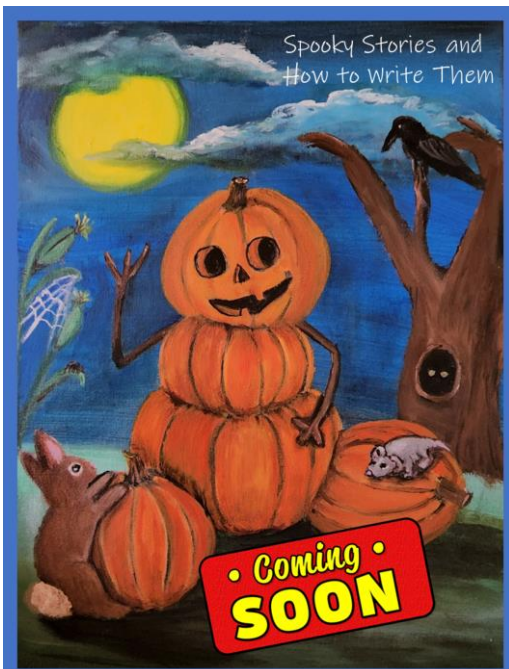
Look at the painting Story Cat. If this was to be the main character in your story what would the story be about?

What if you repainted, or drew the cat with something other than a book, what kind of story does that inspire?

Have fun creating a story about the cat!



HOUSE CAT BY DAY BUT AT NIGHT HE WAS A CAT BENT ON WORLD DOMINATION AND HE WAS READING A BOOK ON HOW TO DEAL WITH DOGS

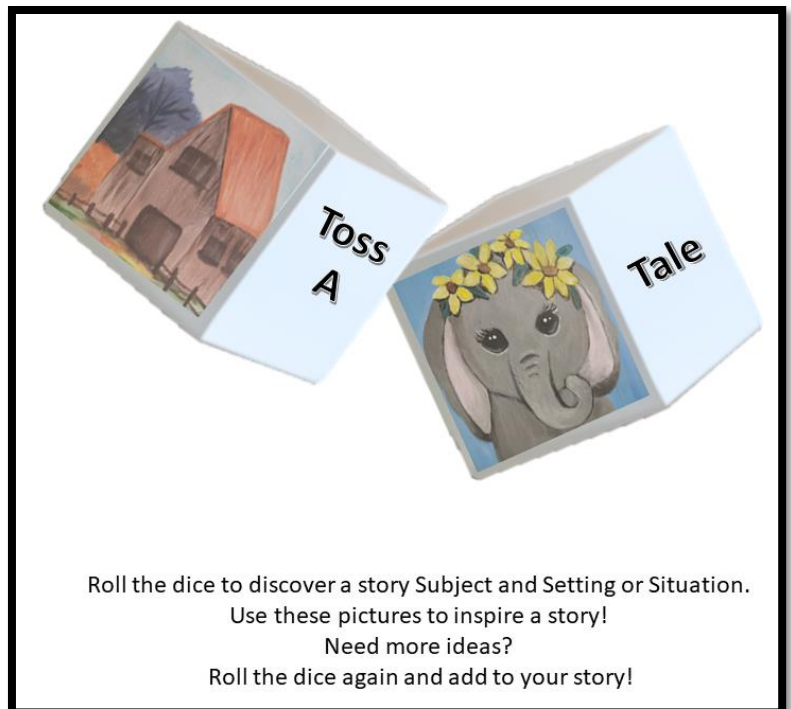


More lessons but with a focus on creating a spooky story. Coming in time for Halloween!

# Creative Writing Games and Activities



Each storyboard represents the setting of the story. The story stones that are included all link with that setting so as each one is added to the board it can generate a story.



Each set includes two dice with interchangeable cards, extra cards can be purchased separately.

Starter Set is \$25.00

Extra card sets are \$5 for 6 cards