



OPEY TAKES A BREAK



By: Kathleen Matharoo RECE
and Deborah Azim Fleming MSW, RSW

Illustrated by: Kathleen Matharoo, RECE



Tires, Wires & Brakes Series

OPEY TAKES A BREAK

By: Kathleen Matharoo, RECE and Deborah Azim Fleming, MSW, RSW
Illustrated by: Kathleen Matharoo, RECE

This is a work of fiction. Names, characters, places, and incidents either are the product of the authors' imagination or are used fictitiously. Any resemblance to actual persons, living or dead, events, or locales is entirely coincidental.

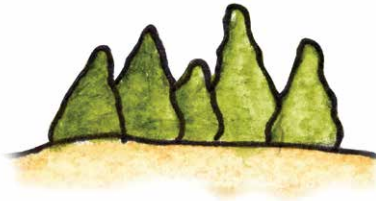
Copyright ©2022

All rights reserved. No part of this book, content or illustrations, may be altered, adapted or used in any way without permission. Permission to print for non-commercial, personal or educational purposes, with no derivatives or adaptations, and credit given to authors. For more information, contact opeybooks@gmail.com

Second paperback edition September 2022

Book design by Jeanette Thompson, RGD

ISBN: 978-1-7782376-6-9



We acknowledge that this story has been created on the Haldimand Tract, land that was promised to the Haudenosaunee of the Six Nations of the Grand River, and within the traditional territory of the Anishinaabe, Haudenosaunee and Neutral peoples.

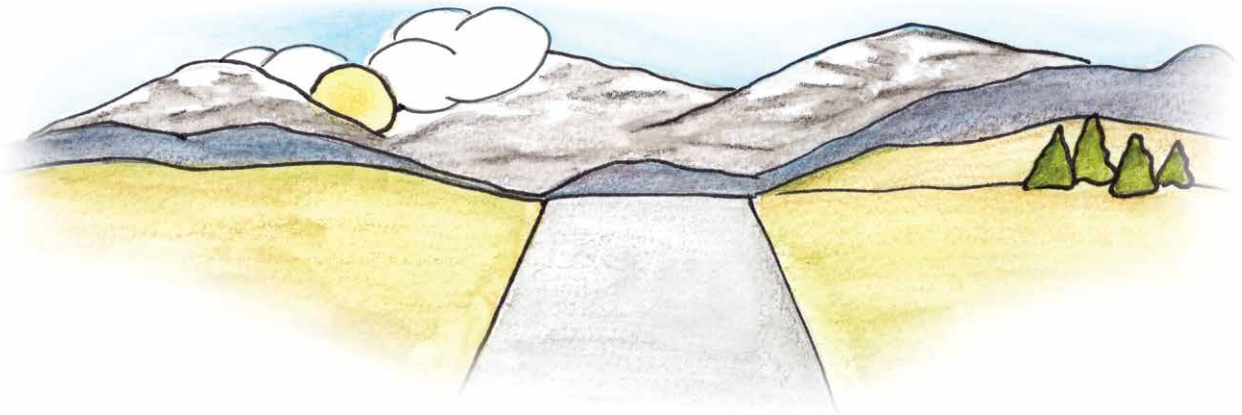
We thank the children, parents, educators, and Our Place staff, who helped to shape this story.

We appreciate the guidance and friendship of Dr. Jean Clinton.

We are grateful for the support of the Lyle S. Hallman Foundation.

We dedicate this book to everyone who has been a part of Our Place.

This book belongs to

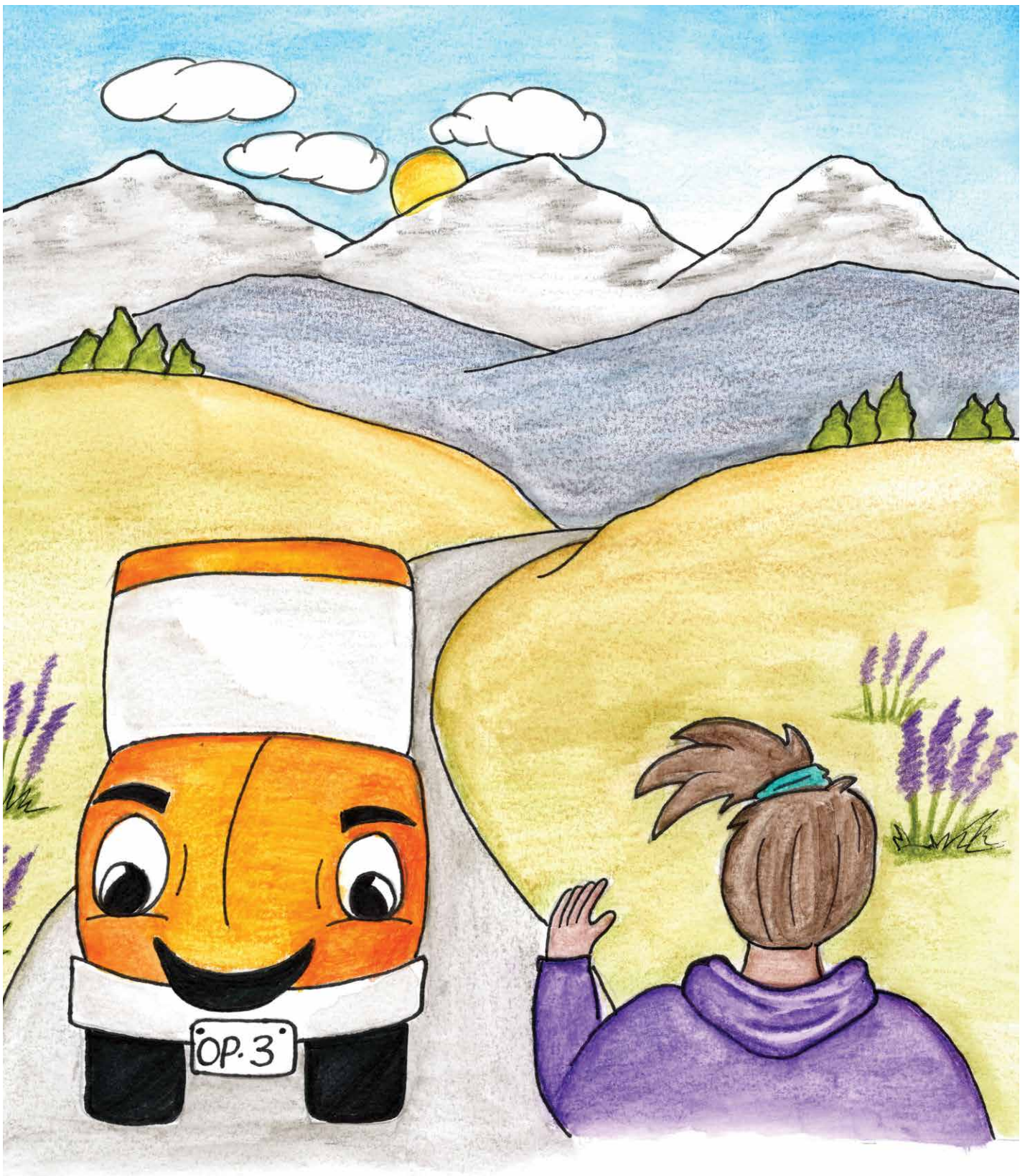




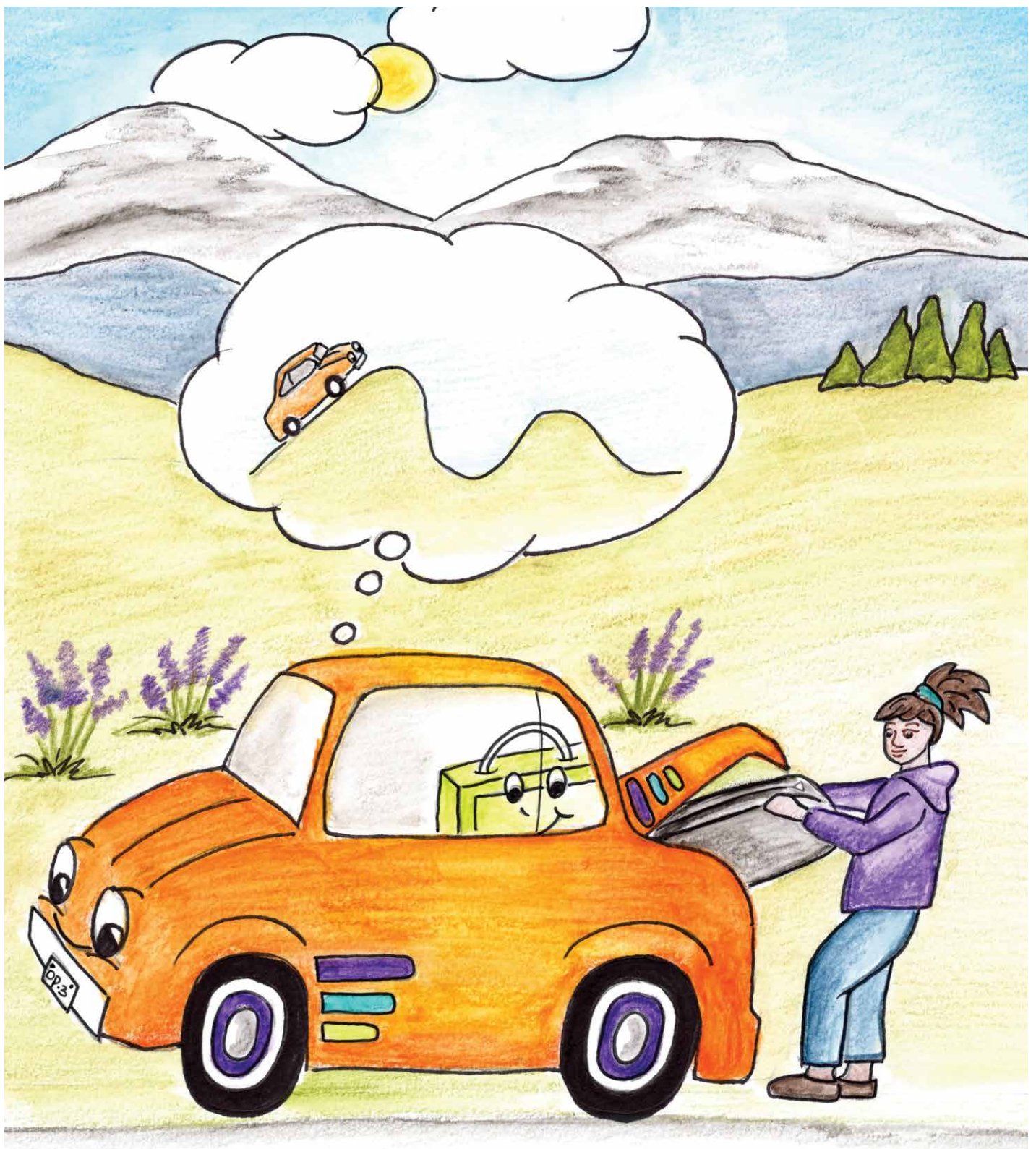
"Hi, my name is Opey!"



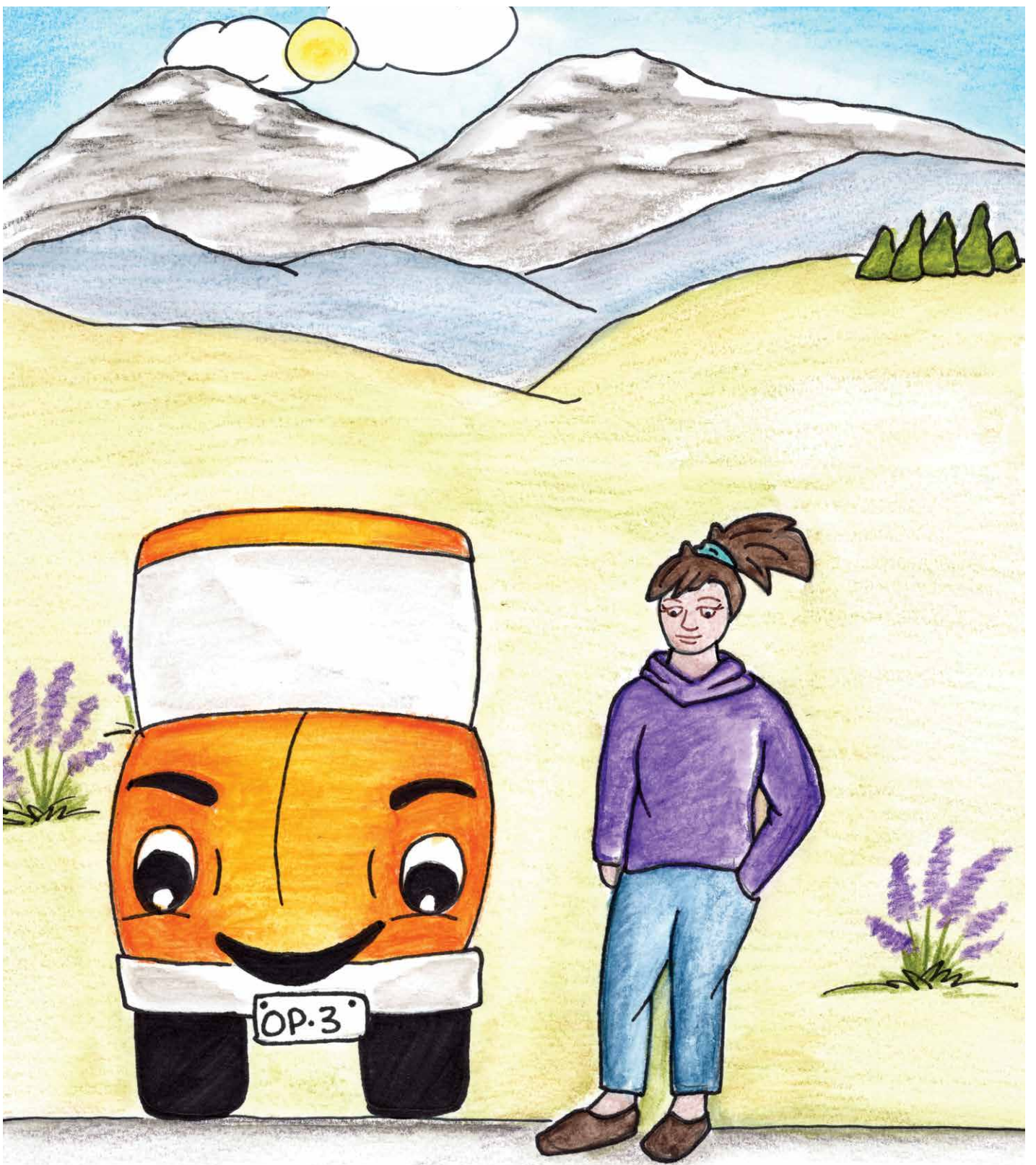
"It's a cloudy day. I hope the sun will come out soon."



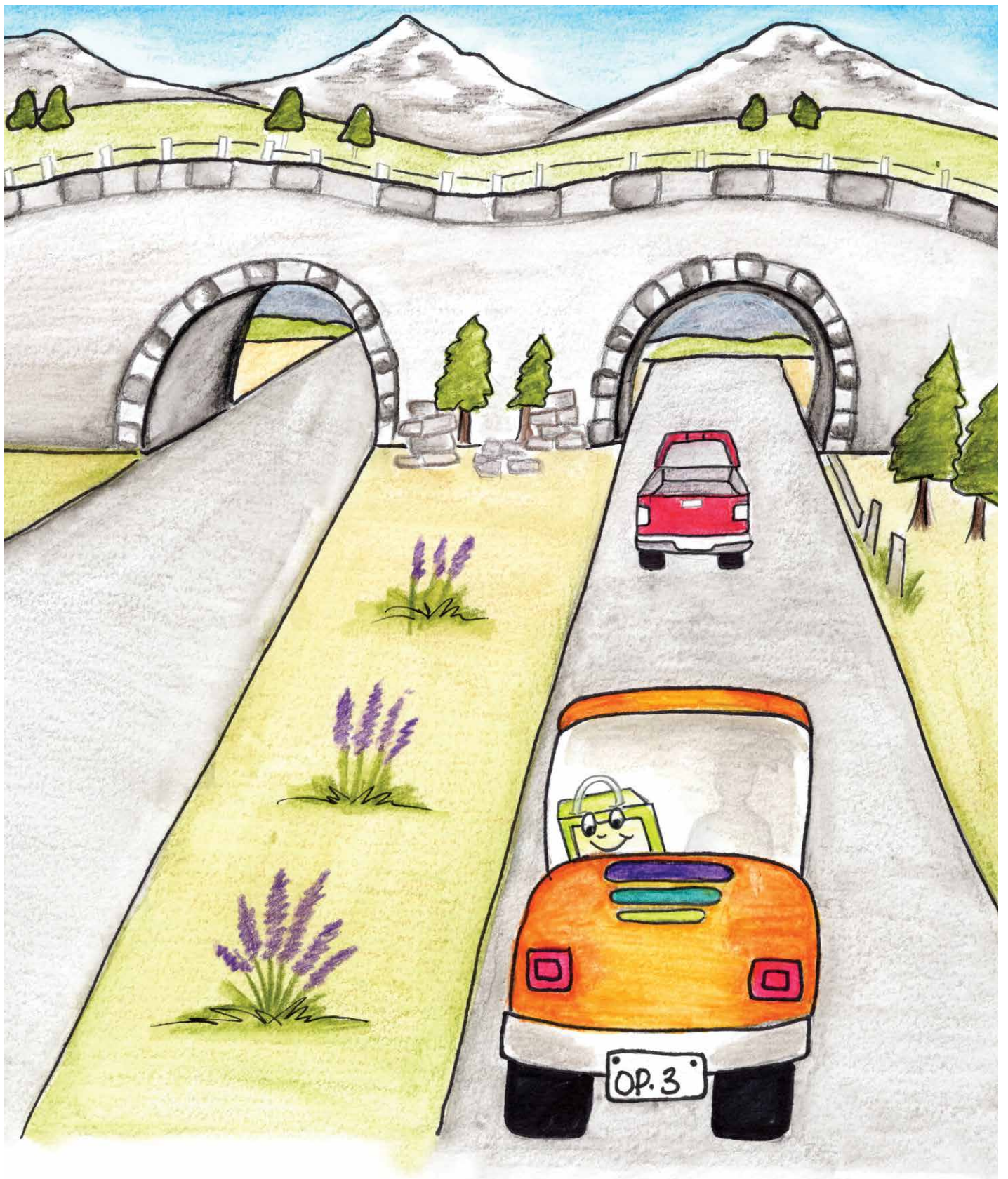
"Today, my friend Molly Mechanic and I
are going to see dinosaurs...ROARRR"



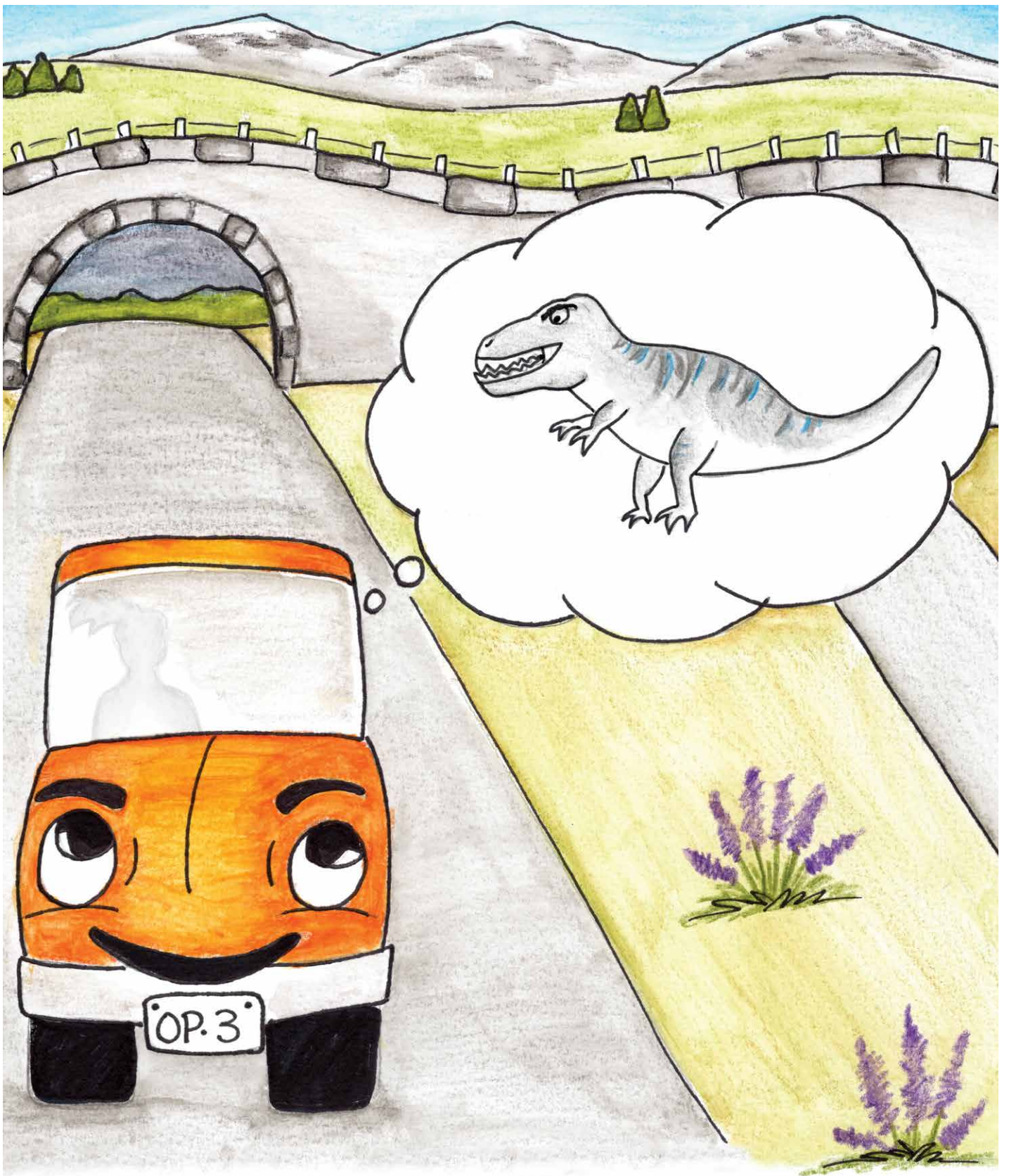
"Hi Opey and Tinker! Opey we'll be driving through the hills. Are you feeling OK about the trip?"



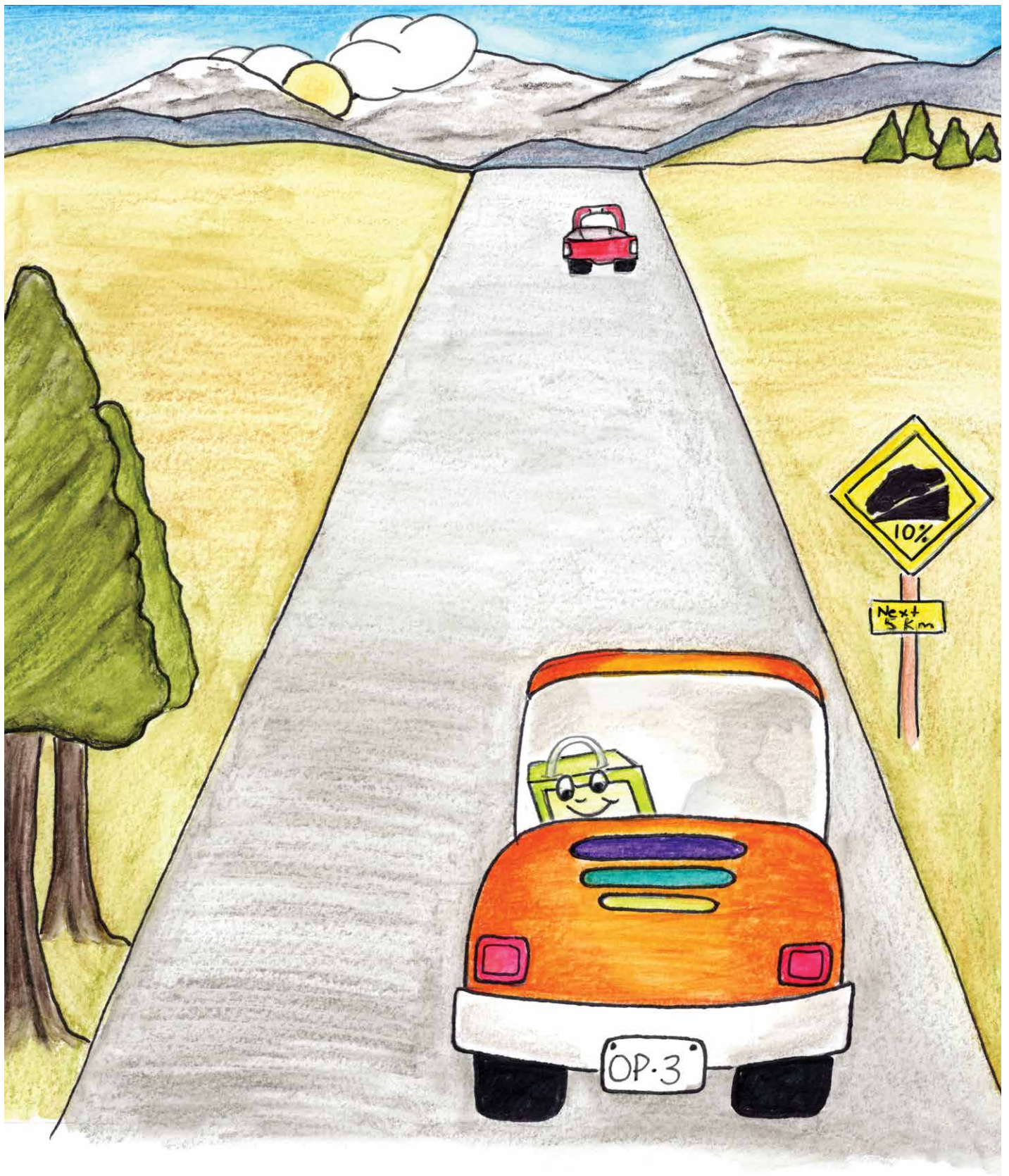
"I think so Molly. I'm all charged and ready to go!"



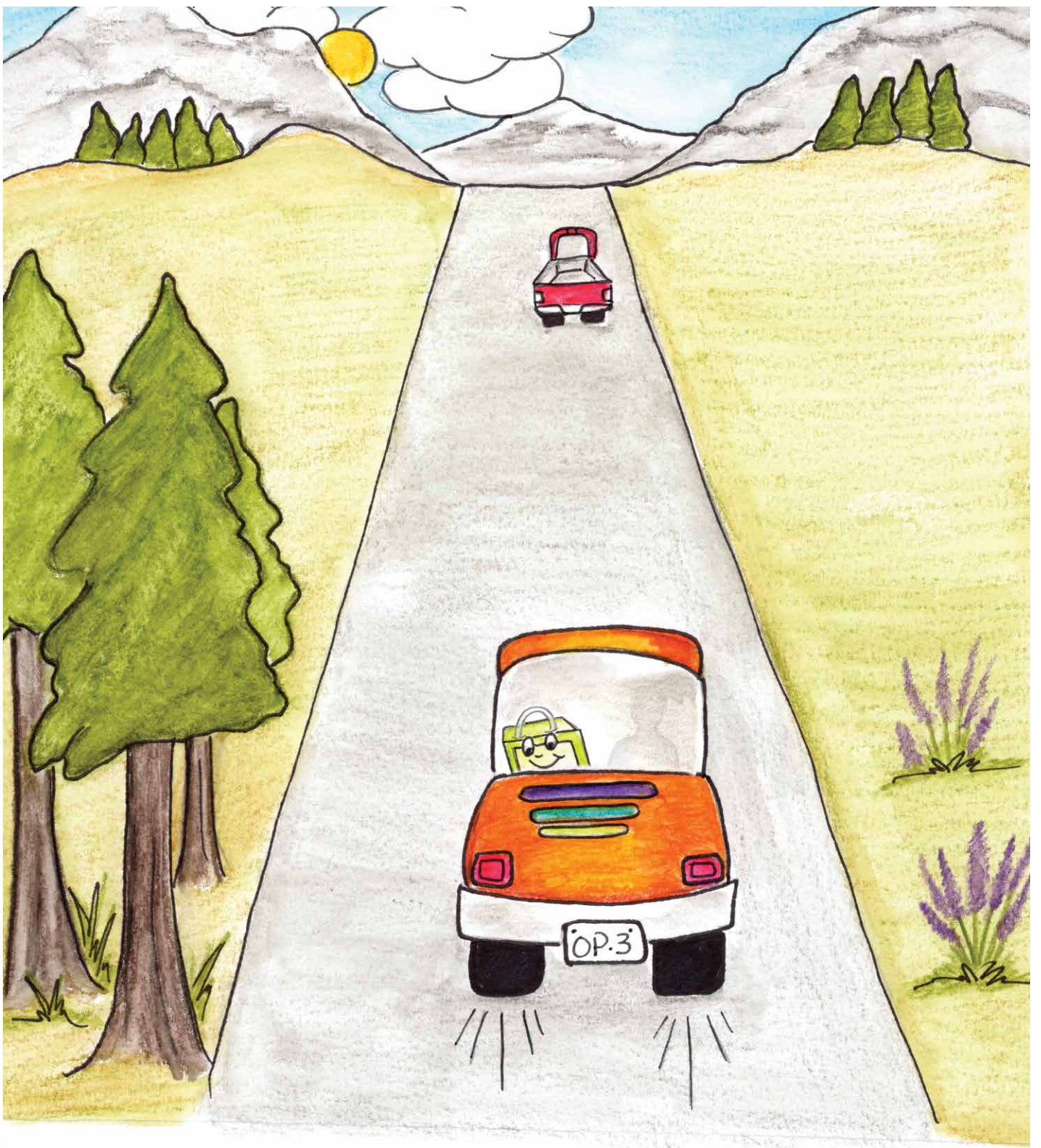
"Opey, which dinosaur do you want to see?"



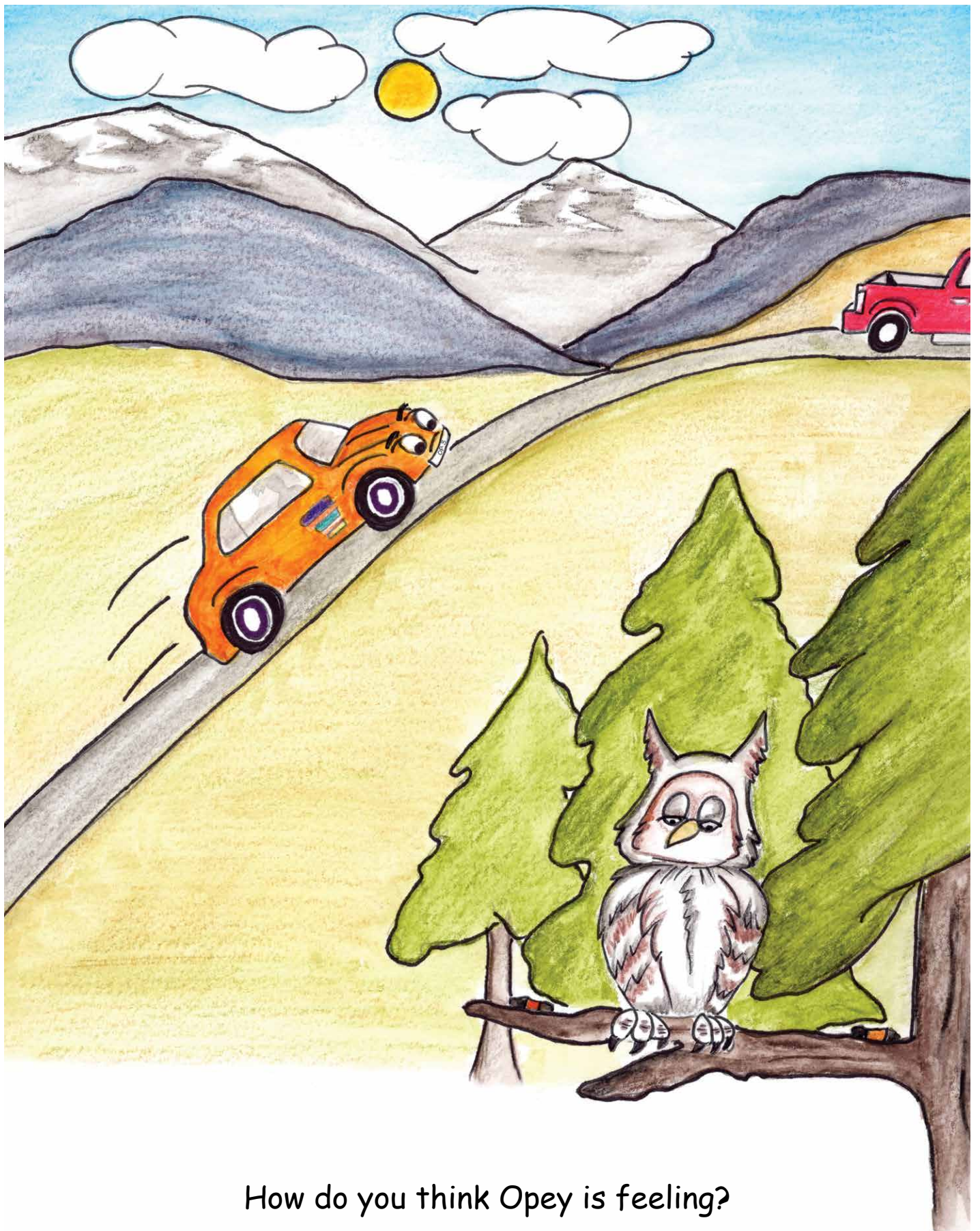
"I'm really excited to see the T-Rex...ROARRR."
Do you have a favourite dinosaur?



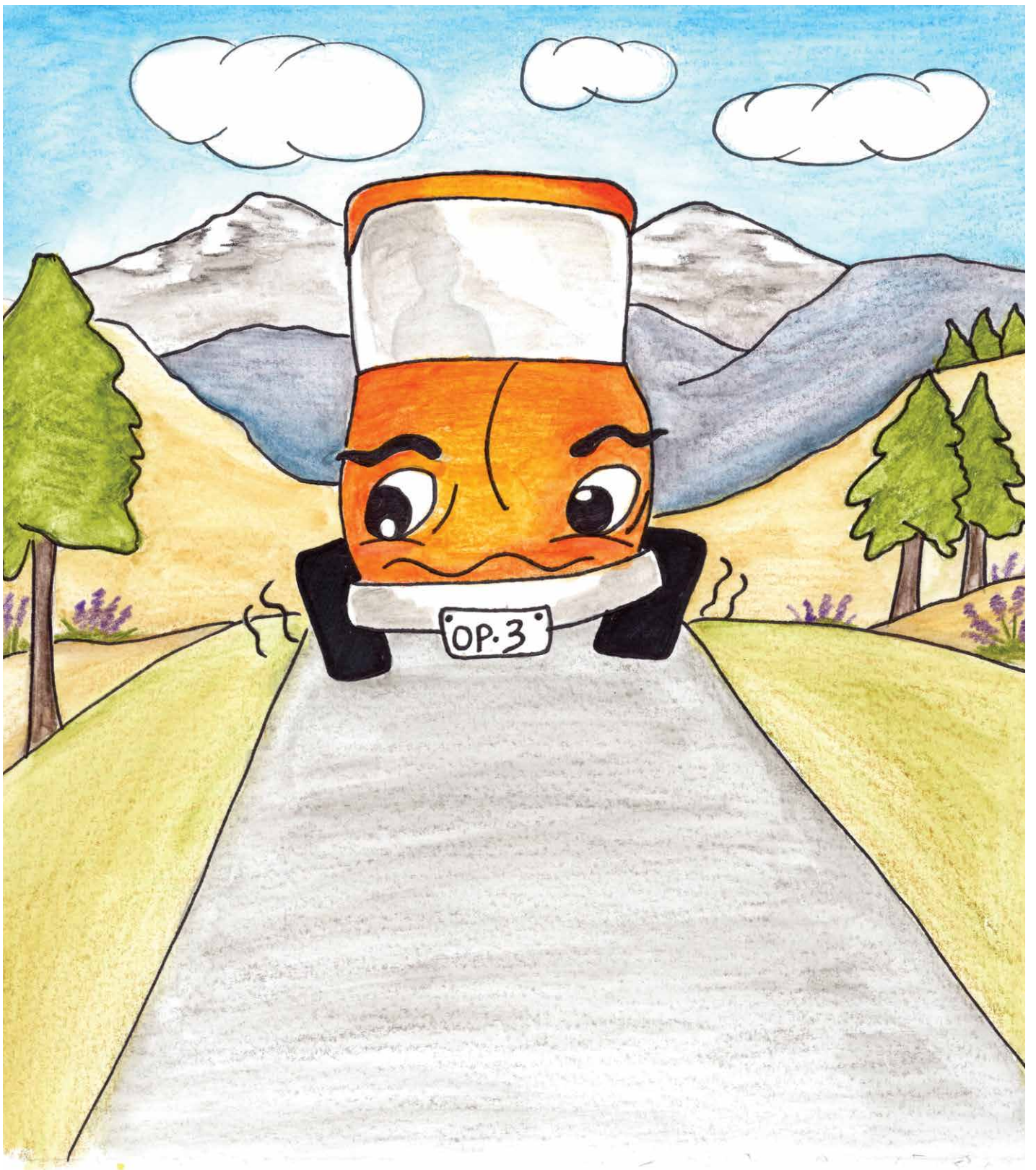
"Molly, these hills are really hard to climb."



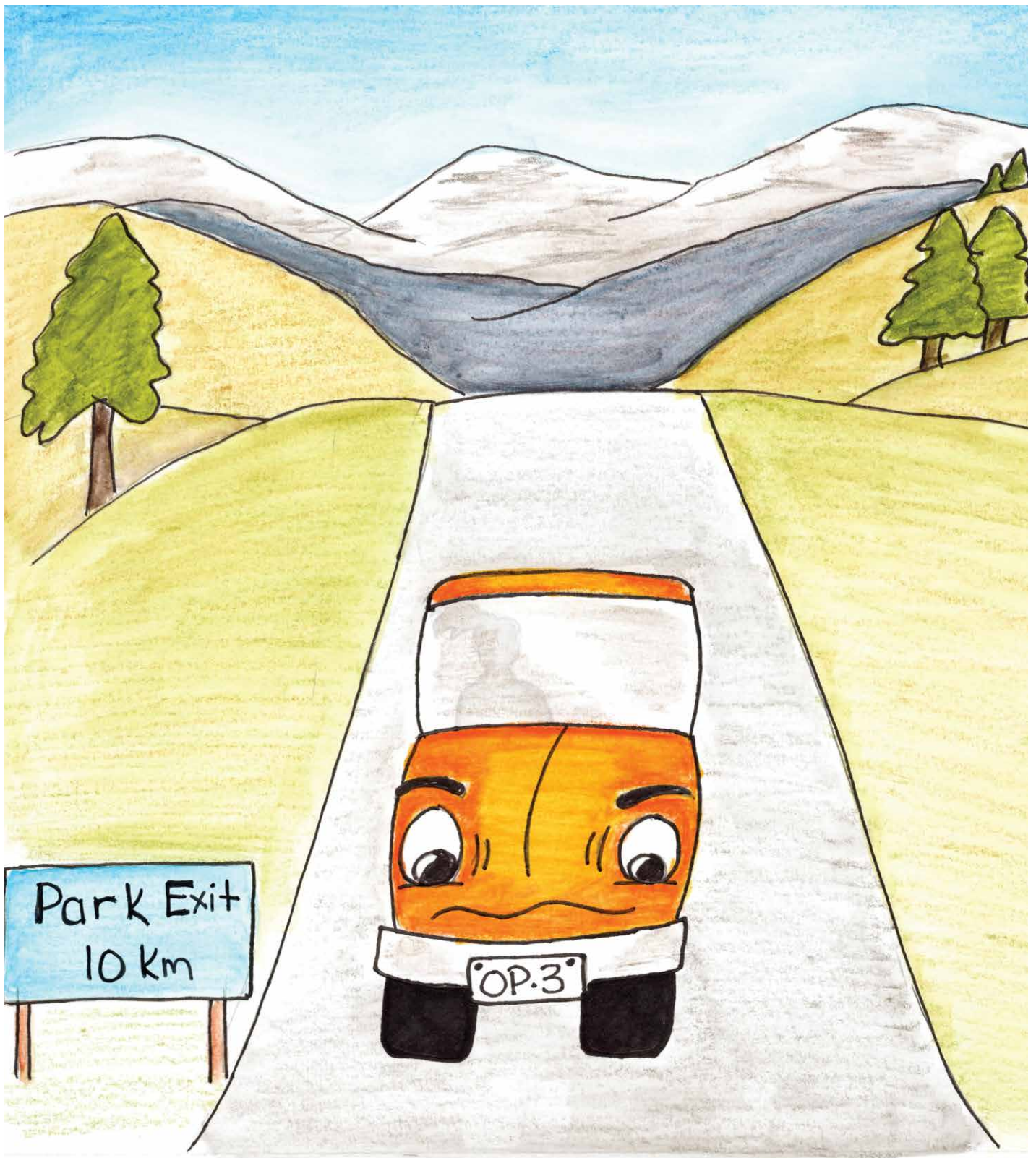
"Opey, you're doing great."



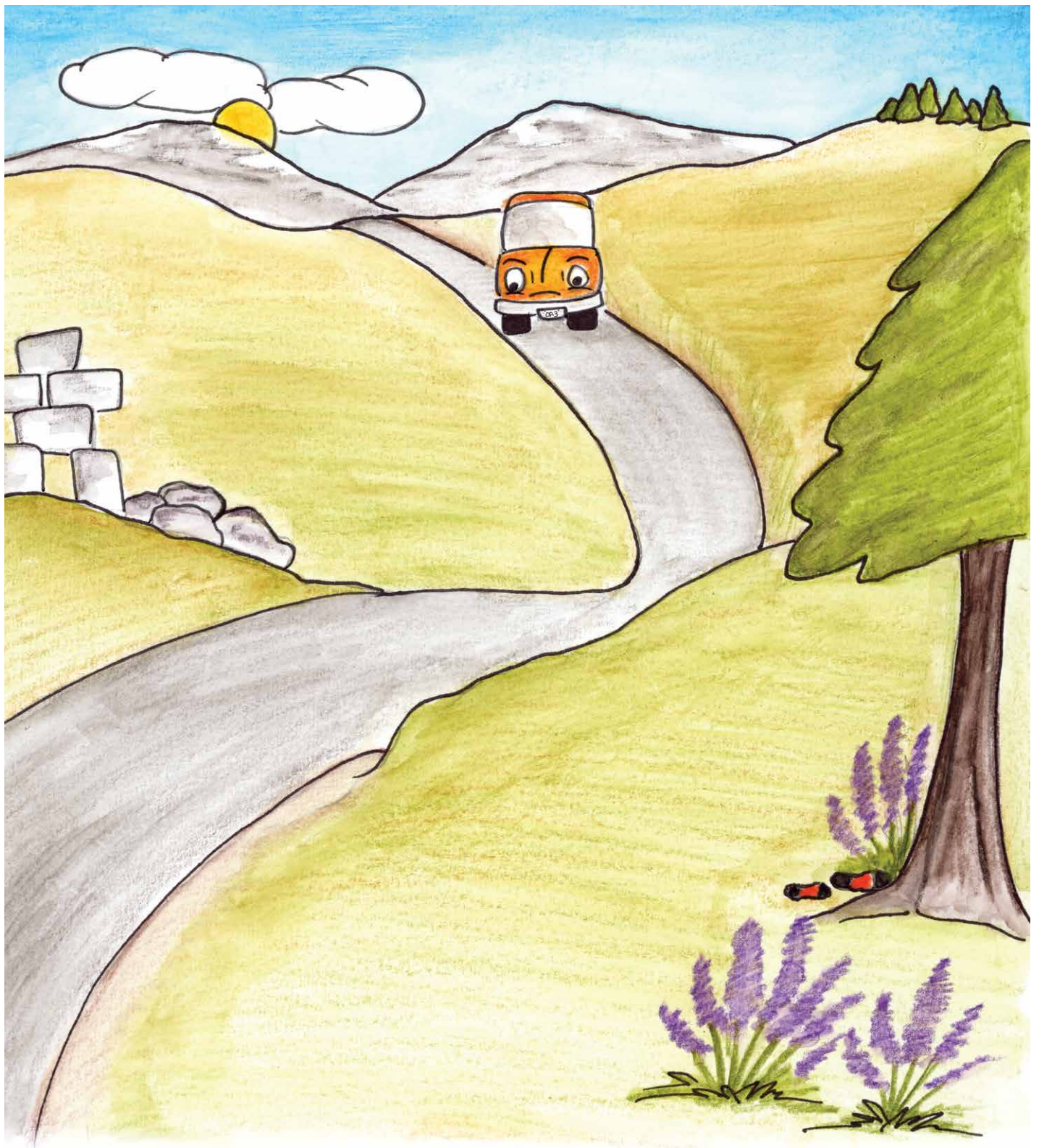
How do you think Opey is feeling?



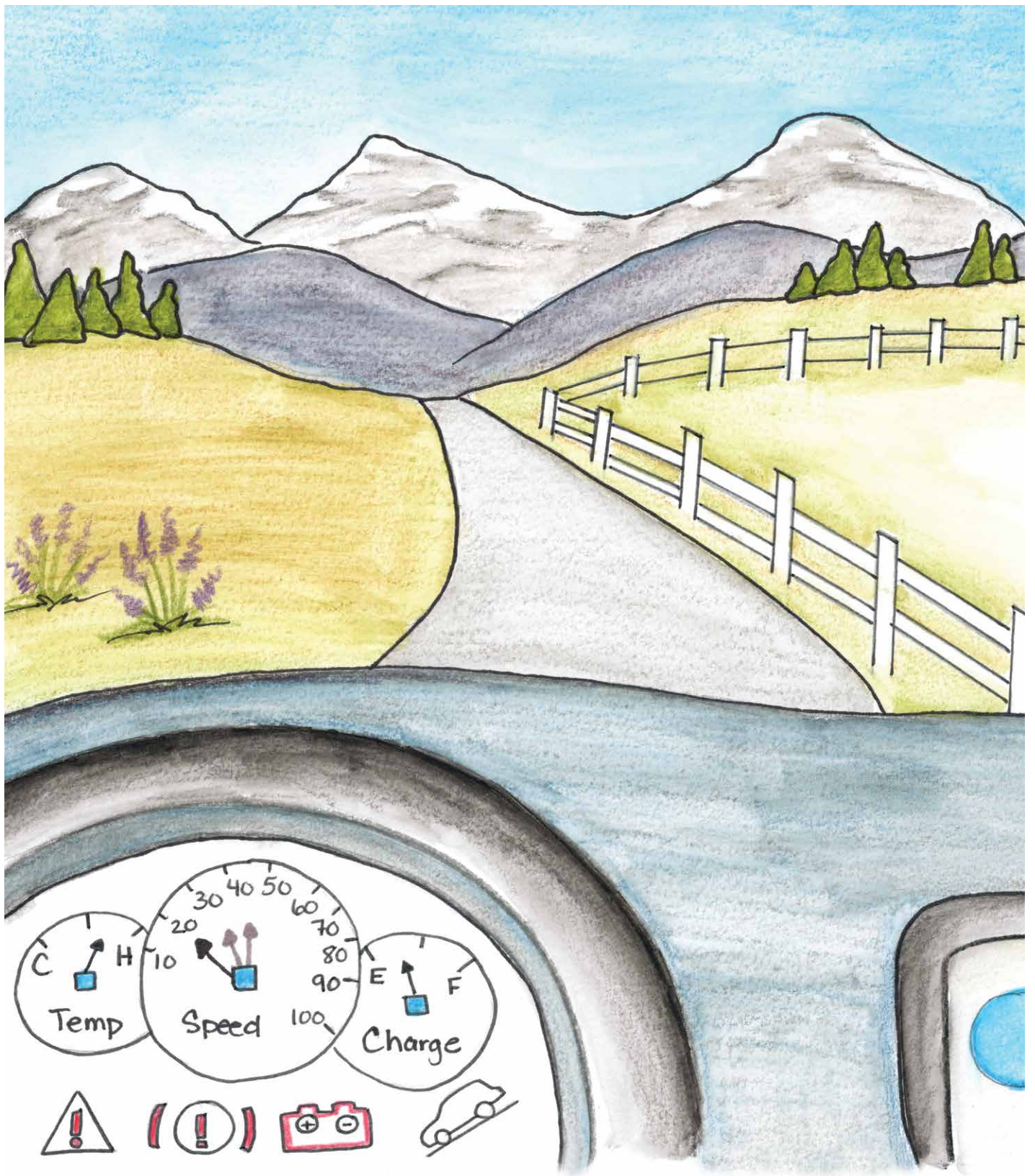
"Molly, I'm feeling wobbly. Let's go home."



"Opey, we're almost there.
Are you OK to keep driving?"



"I'll try, Molly."



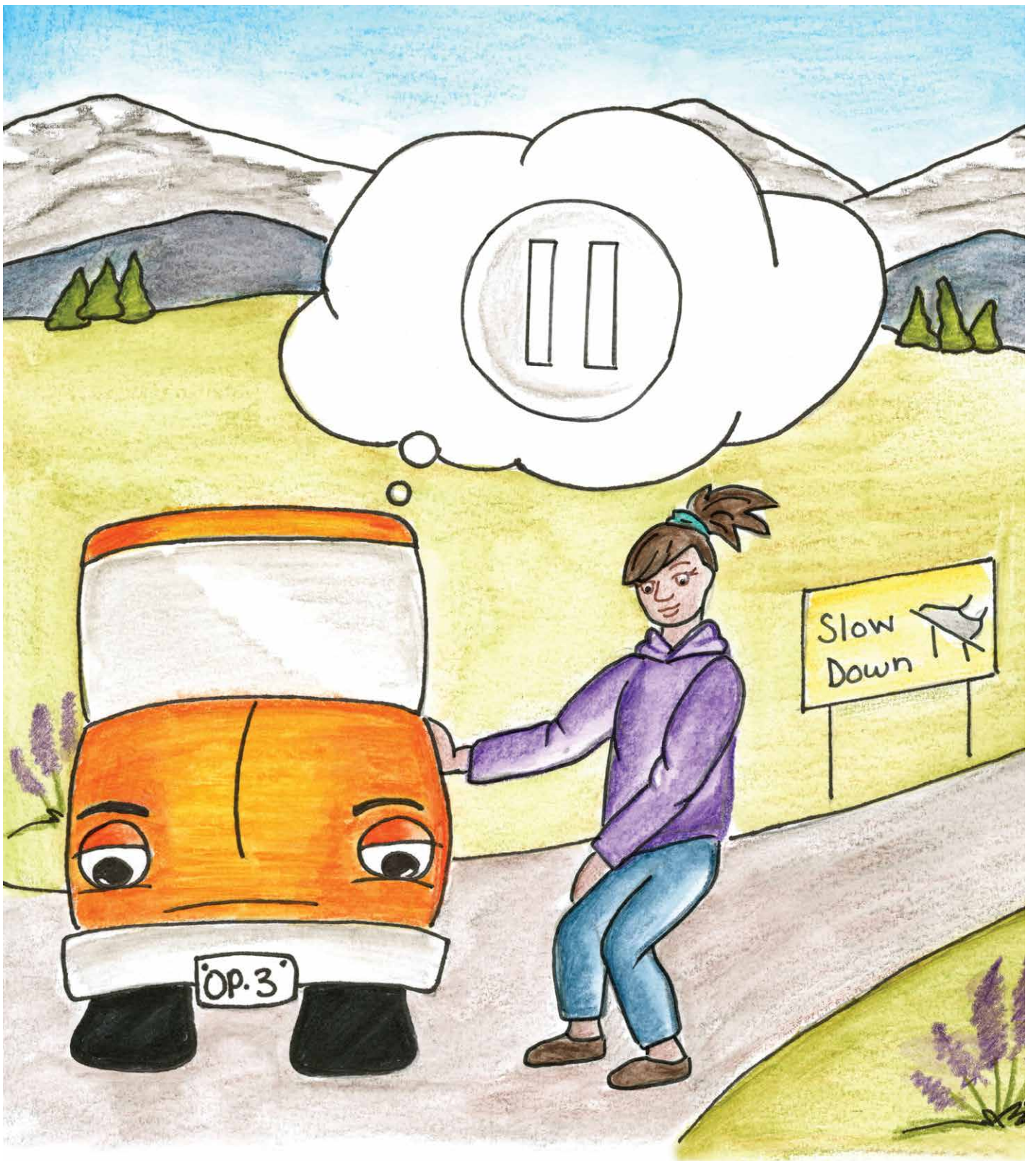
Dinggg! Dinggg! Dinggg!



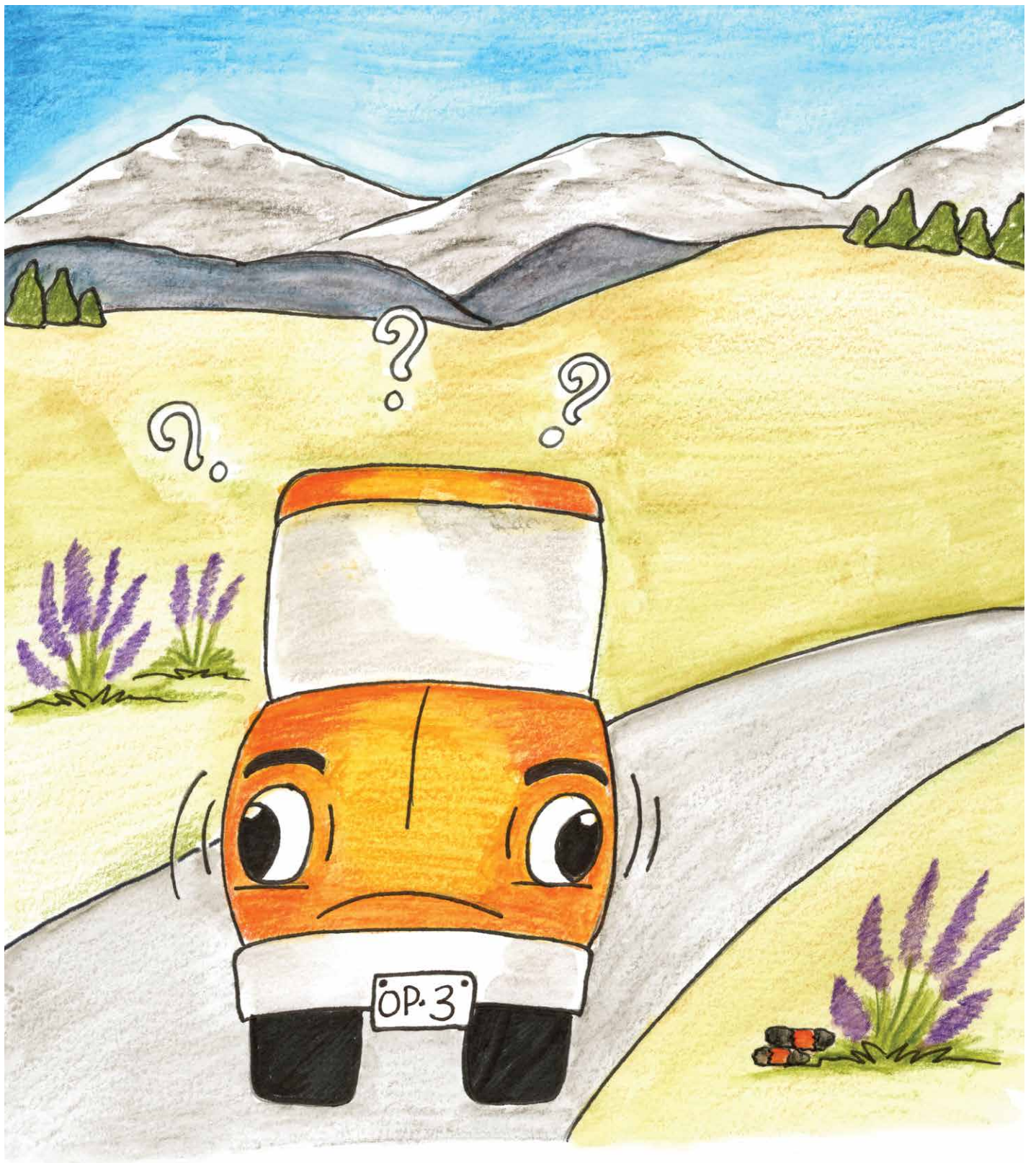
"Molly! My emergency brake has come on.
I can't move!"



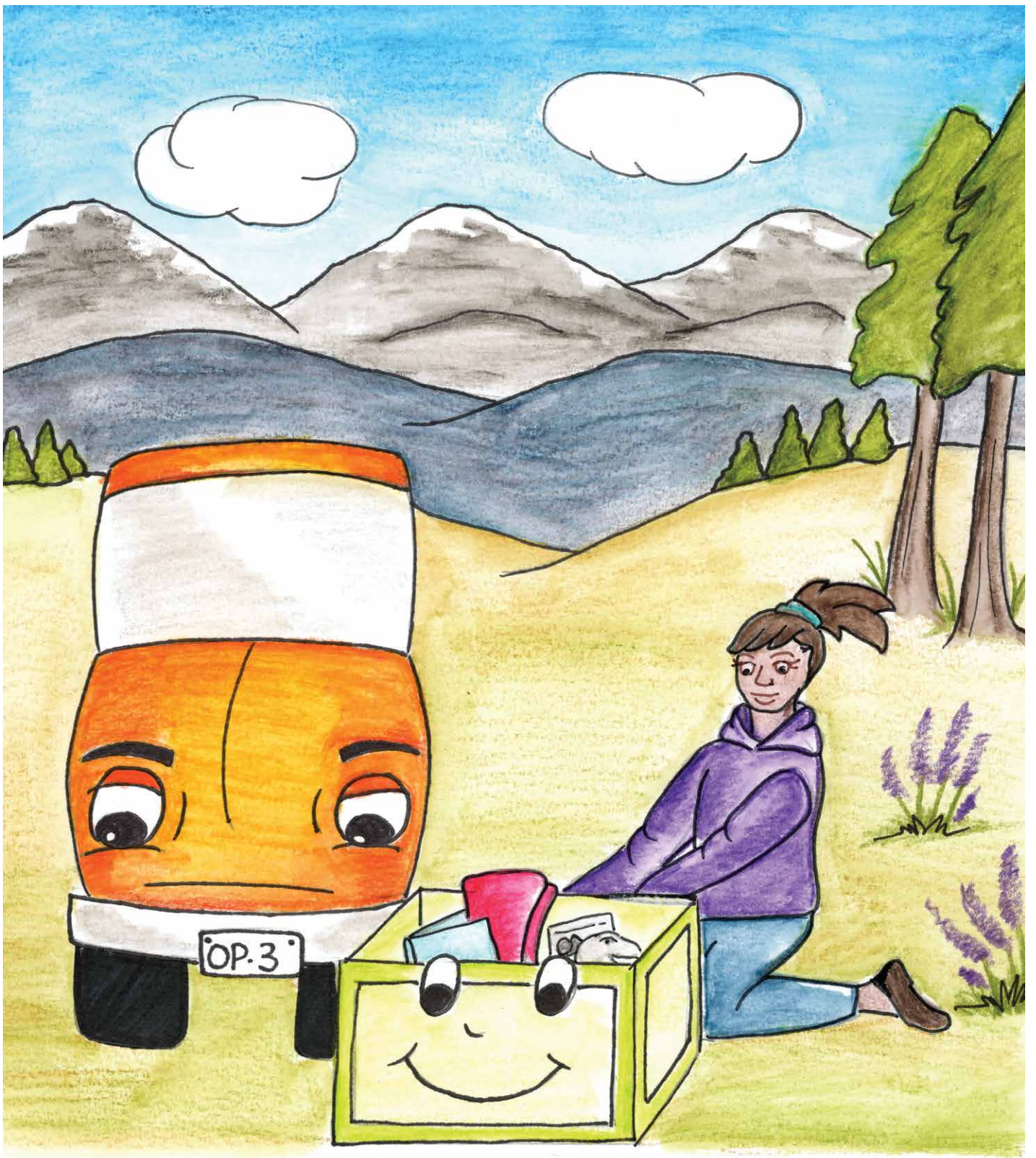
"Opey, this is a good place to pause."



"You've drained your energy driving up and down these steep hills."



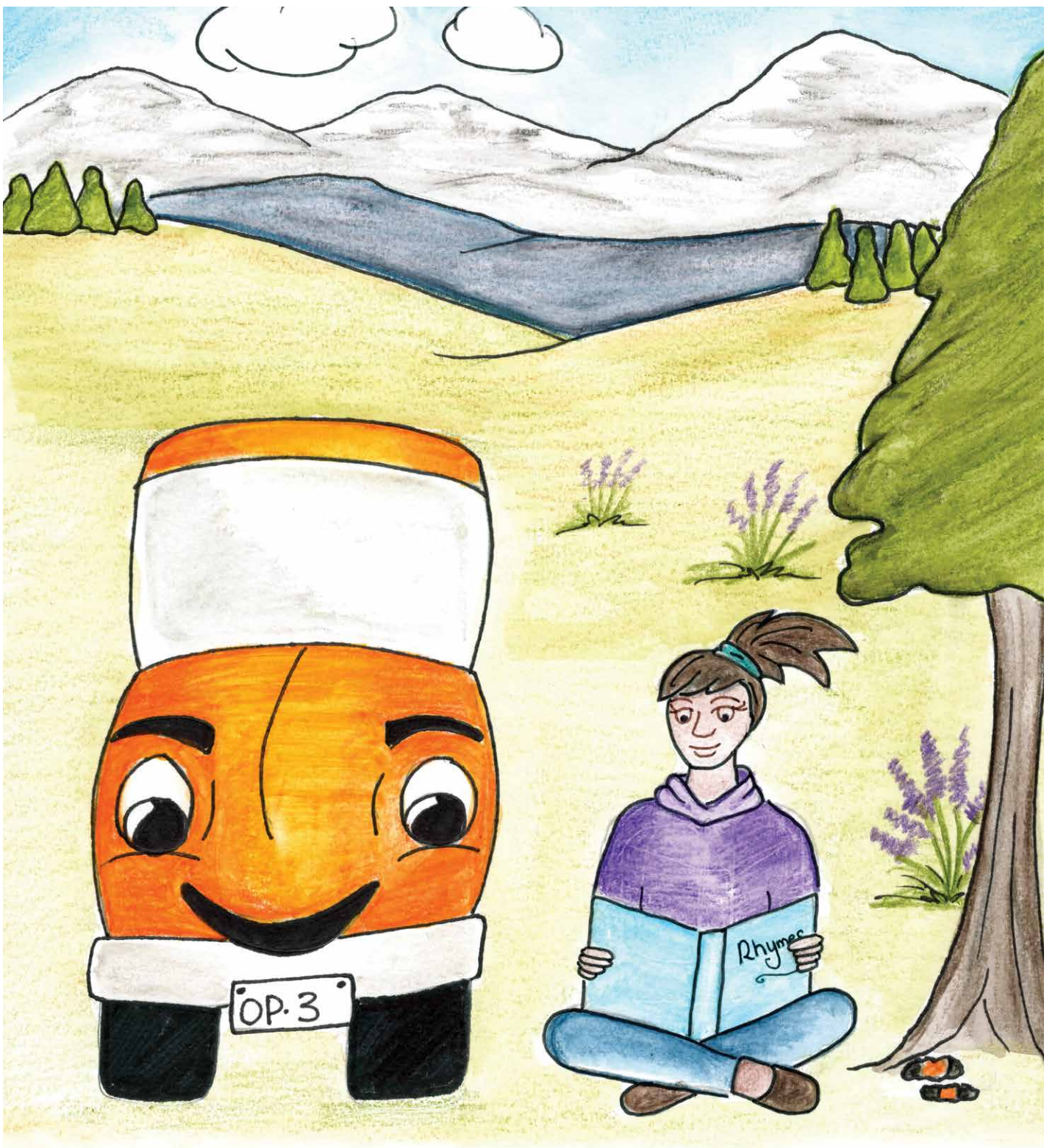
"What can I do, Molly?"



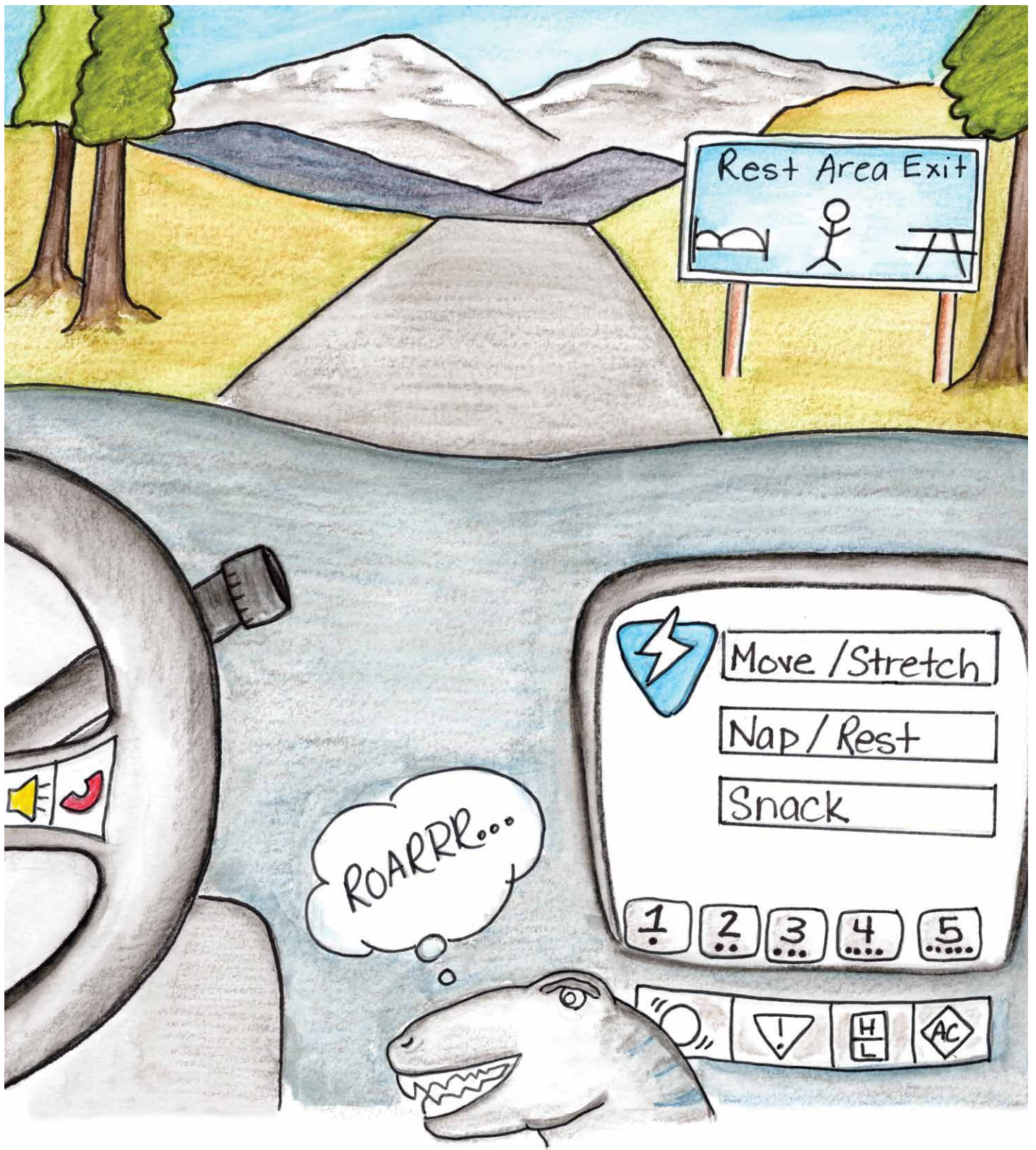
"Opey, what do you keep in Tinker that could help you?"



"I can hold my blanket to help me feel safe."

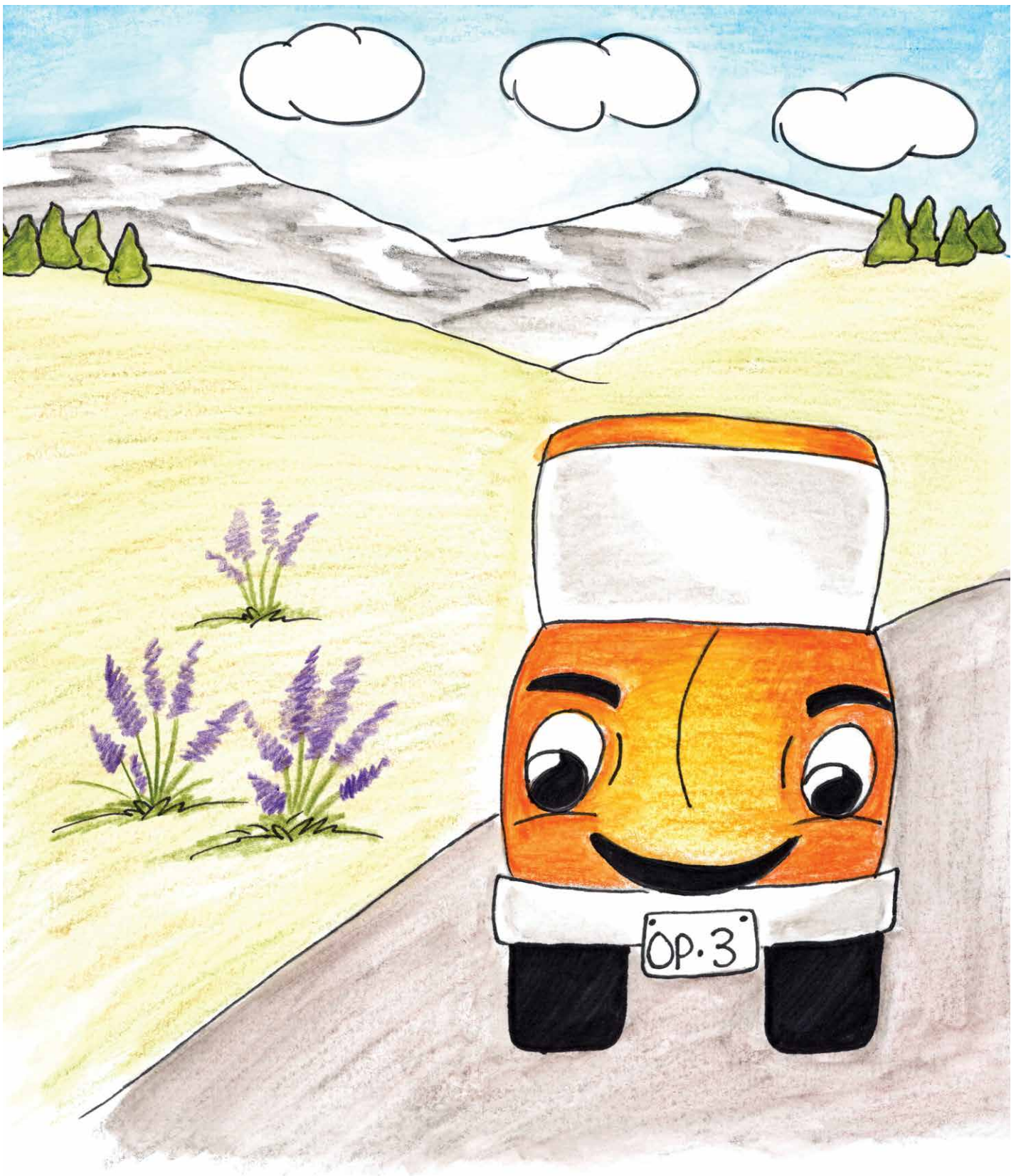


"I can say rhymes to help me feel calm."



"I can recharge to help me feel strong like T-Rex...ROARRR."

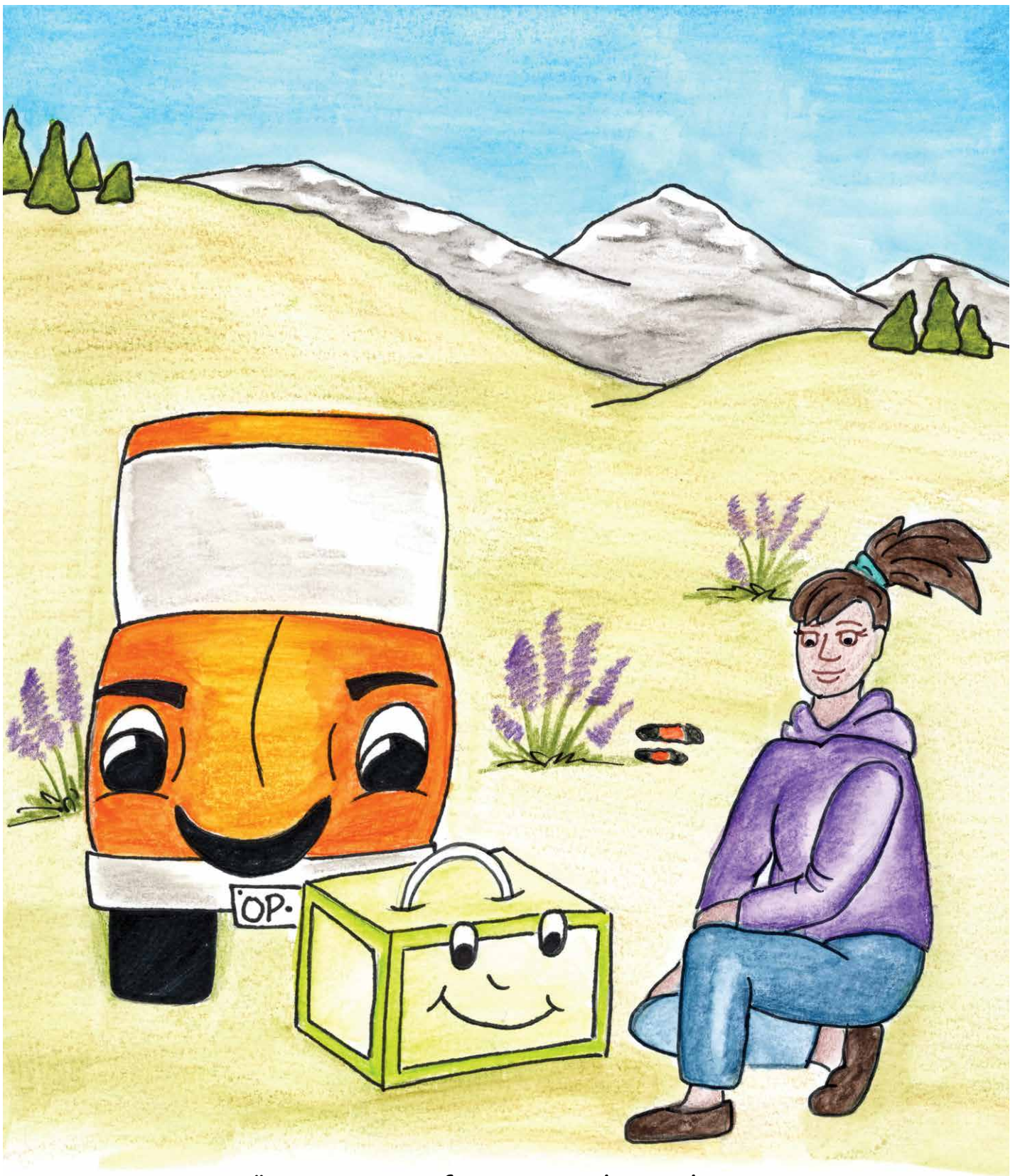
How do you recharge?



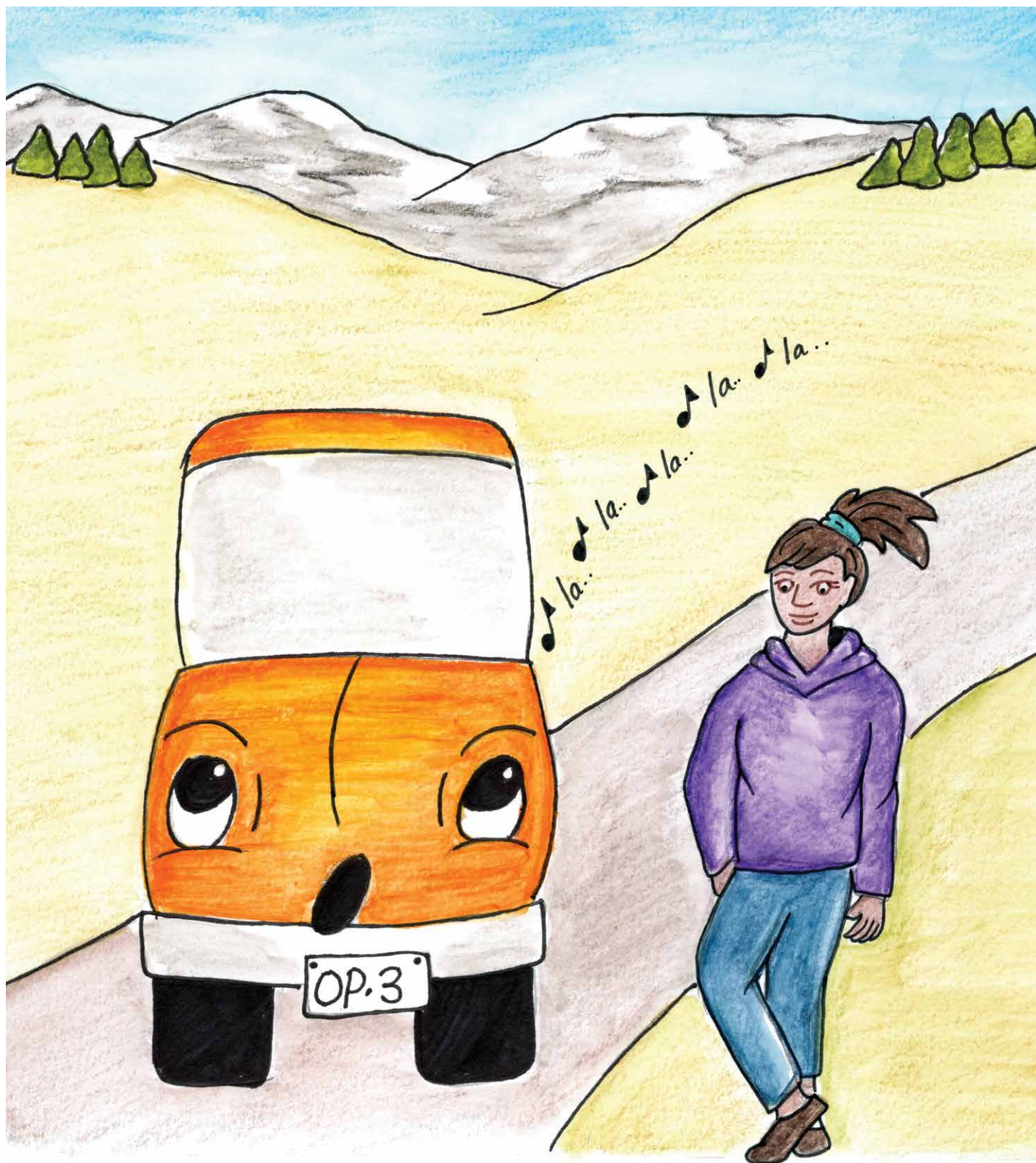
"Molly, I'm feeling better."



"Look! My emergency brake isn't on.
I can move again."

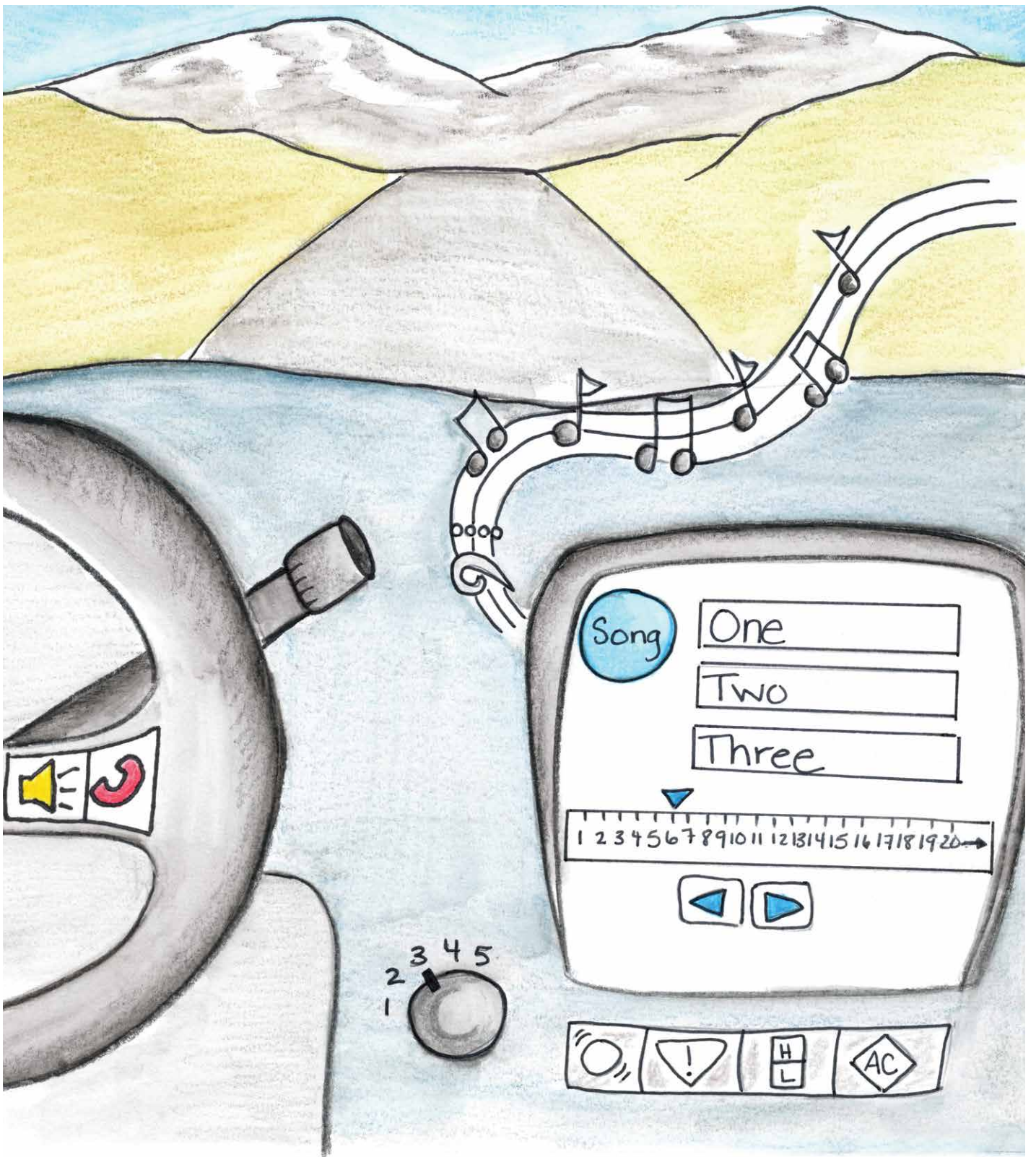


"Opey, your favourite things have helped you to feel better."

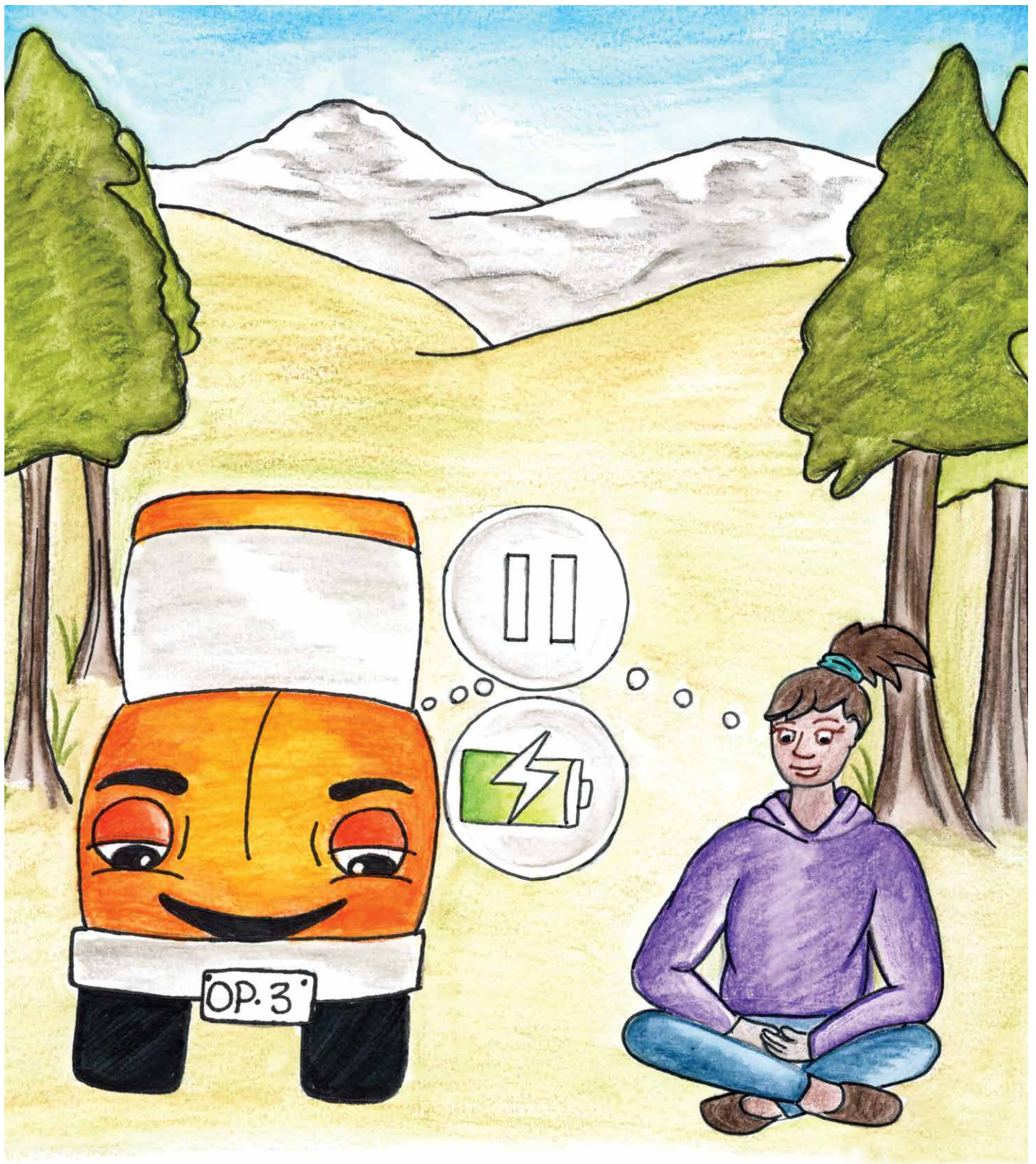


"Molly, humming and singing
also helps me feel good."

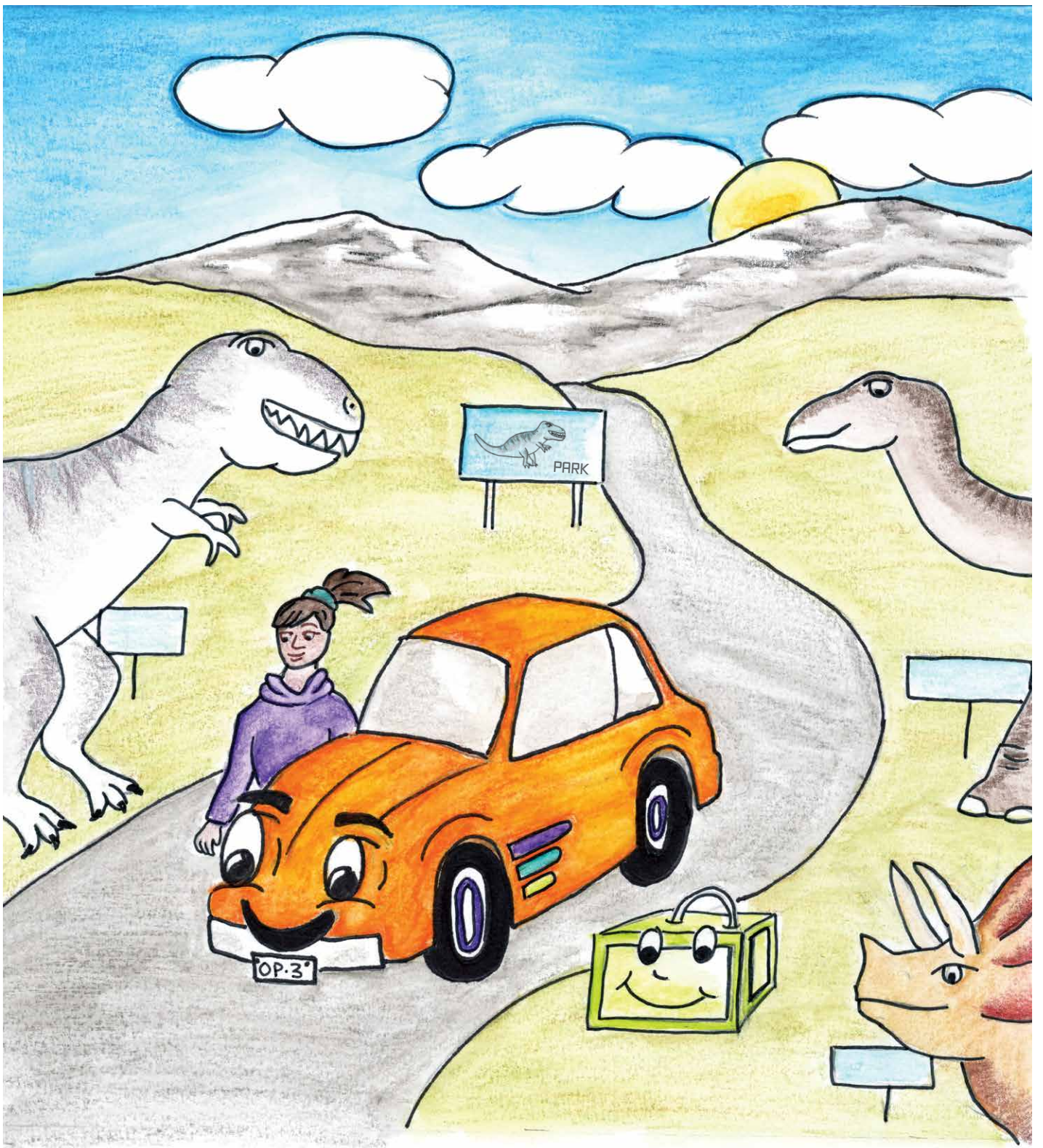
What song do you like to sing?



"That sounds great.
We'll play some music we like, Opey."

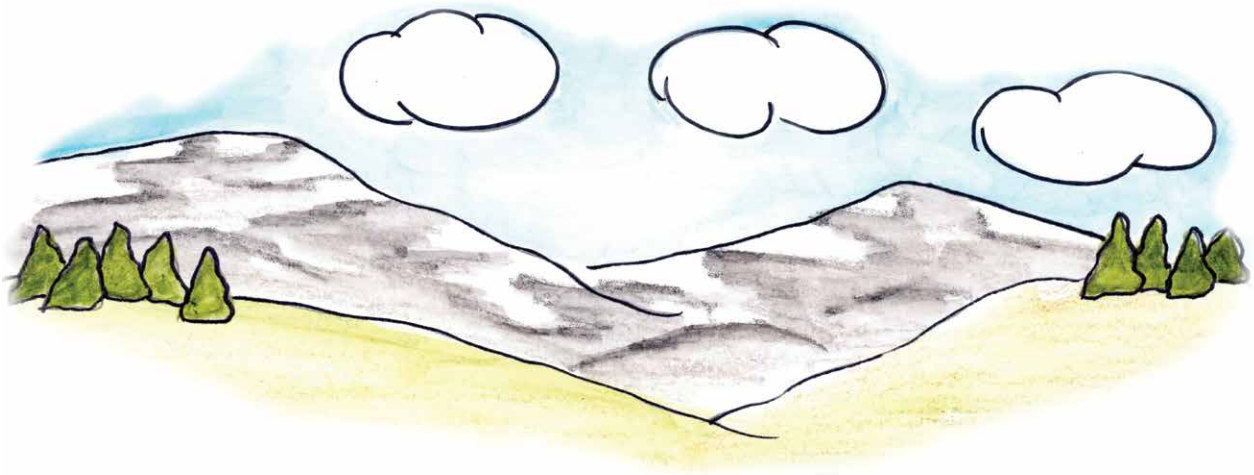


"When things feel tough, we can also pause, and take a break to rest and recharge."



"Together, we can do this!"

We hope you have enjoyed
this ride with Opey.



Check out the full series!



This book series, was initiated by Our Place Family Resource and Early Years Centre, in Kitchener, Ontario, Canada. Our Place offered innovative child and family centered programs for over forty years.

Find out more about the book series:
opeybooks@gmail.com

www.opeybooks.com

About the Authors...

Debbie thanks her mother for sparking a love of reading, in her early years in Guyana; she recalls eagerly anticipating library trips with her sister to find their new favourite stories. After immigrating with her family to Canada, Debbie's path took her to Waterloo, Ontario where she studied Psychology and Social Work and now lives with her spouse.

Debbie has been committed to supporting the health of children and families throughout her career. She currently practices as a trauma informed Registered Social Worker, and is an Adjunct Assistant Clinical Professor in the Department of Family Medicine at McMaster University. Debbie has enjoyed joining Our Place to bring this book series to life, and to share about the importance of relationships in keeping us connected and whole.



Kathleen spent her childhood years asking for paper and crayons, spending a lifetime practicing her love of drawing and painting. During her 25-year career as an Early Childhood Educator, she enjoys sharing and reading books to children, learning how to tell a story to invite children in with their imaginations. Kathleen is deeply grateful to her family and ancestors for guiding her on her journey to co-author this book series, to fulfill a life long dream.

Illustrations drew inspiration from her two shining stars, her greatest teachers. As the illustrator of this book series Kathleen has worked from her heart to create a story that could be told beyond the words on the page.



