

PINCHO's

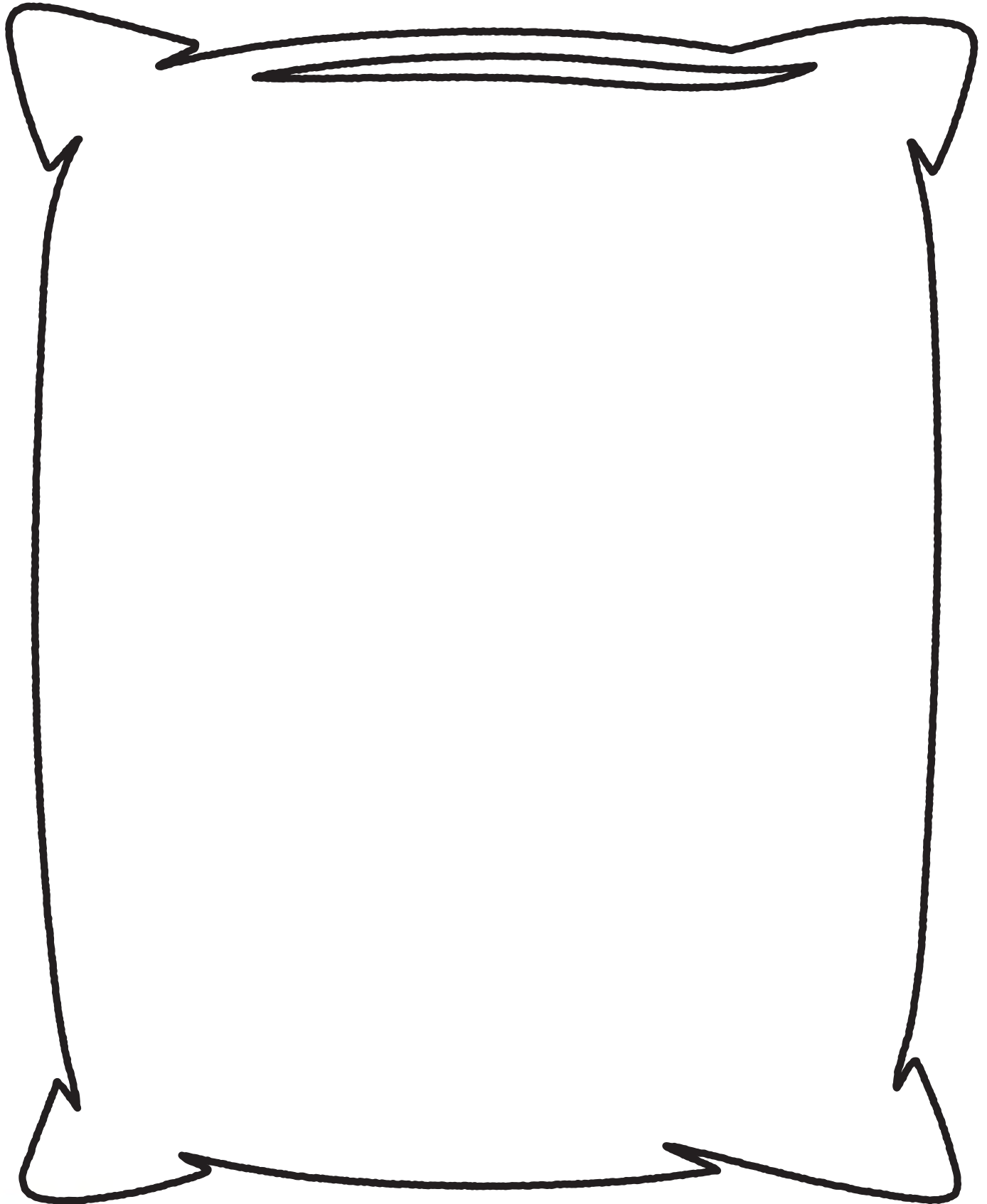
INACTIVITY BOOK



Ben
Sanders

COLOUR THIS PILLOW

Or not. Maybe just place it on the floor, lie down and have a nap.



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book by Ben Sanders.
Coming July 2026

PINGHO
Ben Sanders

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FIND-A-WORD

Pincho's special edition.

W O R D W O R D W O
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O R D W O R D W O R
R D W O R D W O R D
D W O R D W O R D W

Word List: ~~WORD~~

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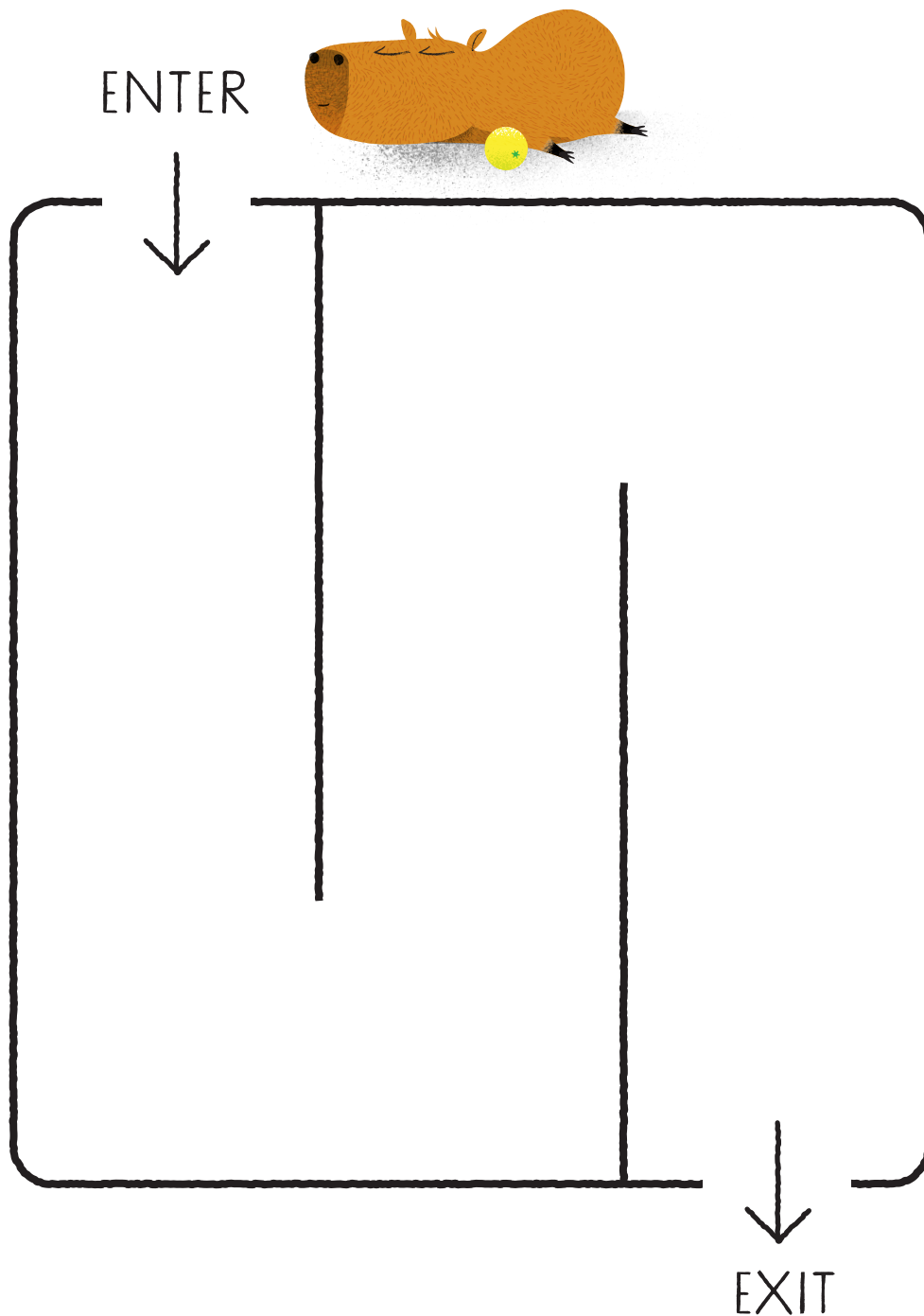
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HELP PINCHO THROUGH THE MAZE



You made it!
Now go and lie down.
You've earned a big rest.



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DRAW A POLAR BEAR IN THE SNOW!

Get your white pencils or crayons out, and get drawing!
Pincho has already started the picture for you ...
See?



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STARE AT YUZU FOR 5 MINUTES

Don't think of anything else, but Yuzu.

Now you're really living.

That's it!



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HOW DOES PINCHO FEEL TODAY?

Match him with his mood.

RELAXED

COOL

SLOW

BREEZY

MILD

CHILL

CALM

EASY

DOZY



TRANQUIL

CAREFREE

MELLOW



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PINCHO'S ALPHABET

Complete the alphabet that Pincho couldn't be bothered completing.

A is for ALWAYS RELAXED

J is for ...

S is for ...

B is for ...

K is for ...

T is for ...

C is for ...

L is for ...

U is for ...

D is for ...

M is for ...

V is for VERY RELAXED

E is for ...

N is for ...

W is for ...

F is for ...

O is for ...

X is for ...

G is for ...

P is for ...

Y is for ...

H is for ...

Q is for ...

Z is for ...

I is for ...

R is for REALLY RELAXED



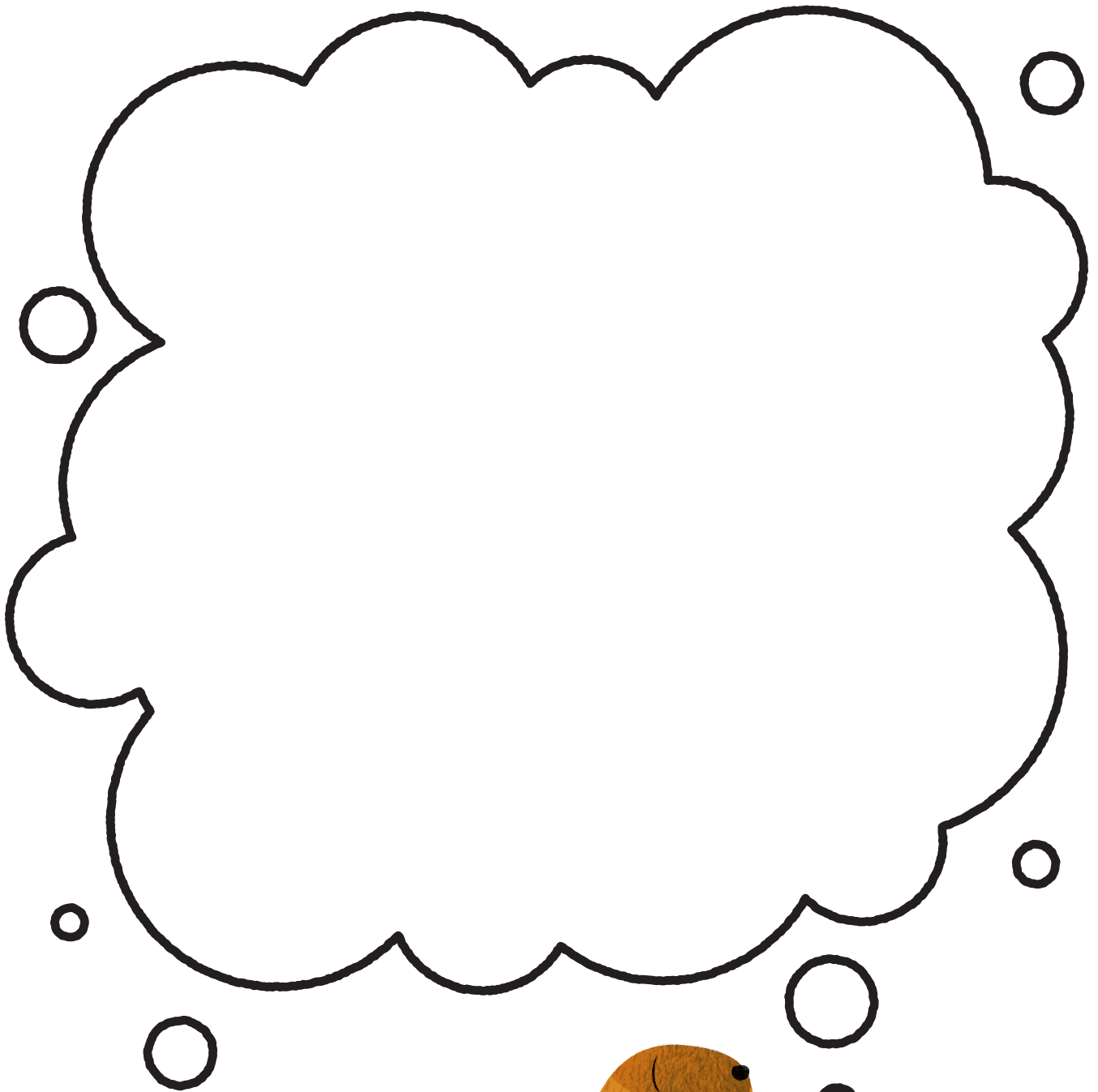
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WHAT IS PINCHO DREAMING?



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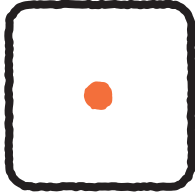
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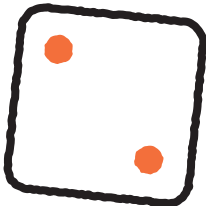
ROLL WITH IT!

Bored? Pincho wants to you 'roll' your next activity!

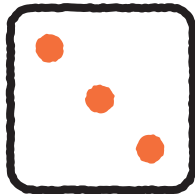
(Dice not included)



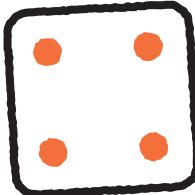
Stay completely still for as long as you can!
When you eventually move, pretend you're a capybara.
Yawn, stretch and relax on the couch.



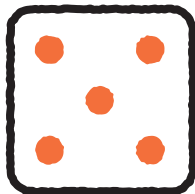
Grab a lemon from the fruit bowl (or a Yuzu, if you have one!)
Draw eyes and a mouth on it.
Congratulations you have a new friend!



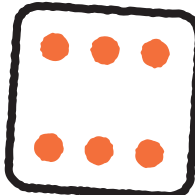
Go outside and stare at the clouds (or stay inside and stare out the window). Keep staring until you find a cloud that is shaped like a capybara. Greet the cloud with a grin.



Collect something. Feathers, rocks, sticks or leaves.
How many can you find in 1 hour?



Pretend you're a turtle, on a slow turtle walk for 10 seconds.
Stop! Curl up in a ball, for 10 seconds, like you're a turtle going into it's shell! Uncurl, and turtle walk again.
How many times can you do it?



Make a cushion fort. A perfect, calm and warm place to hang out with friends, read books and take a nap.



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