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PAGES 29-31



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## Dubai girl is a star in the making

A bedtime story is a great help when creating a sleep routine for children. It's a brilliant way for them to unwind, use their imagination and also spend some quality time with mum or dad. One Dubai youngster has come up with her own bedtime story. And the book has a message that could help children with self-belief and confidence. Krystal Sakhrani, aged just nine, came up with the story *I Am A Star And You Are One Too*. With the help of her mother, Tirpata, the book has now been published and will be released next week. The warm story follows a shy star who discovers that he is just as special and important as the friends he looks up to.

Dubai-born Krystal, a pupil at GEMS Jumeirah Primary School, says: "I love to read books and I thought I could maybe write some too. "I got inspired to write this story because I sometimes forget I'm a star and I know other children can forget they are stars too so I wanted something to remind them and remind me so we can learn together. "The star has lots of friends who are smart and fast and glowing, and he doesn't know that he is special too. "But at the end of the story, they all call him the hero." Books are already a very important part of Krystal's life. She lists Julia Donaldson as her favourite author.

"I normally read a story before I go to bed and that helps me sleep," she says. "Sometimes I also read my little sister [Jasmine, aged six] books and I also make up stories to help if she can't sleep." Mum Tirpata said: "Krystal did this [wrote the story] on her own, just as a simple fun thing to do for personal use. "But we enjoyed it so much, we thought maybe other children would enjoy it too. It was so much fun, from start to finish. It was written for children by a child and they understand each other more than we do." [chris.fraser@7days.ae](mailto:chris.fraser@7days.ae) *I Am A Star And You Are One Too* is available from September 10 at Magrudy's, Kinokuniya and Improve Me

