

# Fox

## Resource Guide

Fox's stories provide guidance and tools for both parent and child when coping with big feelings and emotions that commonly accompany significant changes or transitions in a family structure. By creating strong attachments, children are able to get through the difficult parts of change.

### Key Themes

#### Change

When something becomes different than before

#### Coping Skills

We can learn ways to get through hard times and big feelings

#### Anxiety Reduction

Helping our minds and bodies feel calmer when we are worried or stressed

### Discussion Questions

Who makes you feel safe and loved?

*Parents, siblings, teachers, friends, etc.*

What do you do to get through times that are tough?

*Talk to an adult, play with a friend, take deep breaths, etc.*

If something big changes in Fox's family, is it Fox's fault?

*No, it is not Fox's fault when things change. Changes are a normal part of growing up!*

### Activity

Name a person that loves you no matter what happens! Can you draw a picture of that person?

### Affirmation

When something is new I can get through.