

Ibex

Resource Guide

Ibex's stories give children the courage to embrace their deep feelings and see sensitivity as a gift that should be shared with the world. Through Ibex's experience, children learn how to access resilience and do the right thing for themselves, even when it is hard to do.

Key Themes

Emotional Courage

Noticing and sharing our own feelings, and listening to others' feelings even when it's hard to do

Resilience

Our strength, deep inside, that helps us get through hard times

Empathy

Being able to understand how other people are feeling

Emotion Identification

Identifying and recognizing emotions in yourself and others

Healthy Attachments

Feeling safe, connected, and understood by the people you care about and care for you

Discussion Questions

What was a time that you shared your feelings, even though it was hard?

A memory of sharing big feelings with a parent, asking to play with a new friend even when feeling shy etc.

What are some feelings that everyone has?

Happy, sad, mad, excited, worried etc.

Activity

Together, create a "safe space" in your home that your child can go to feel safe and rest when they feel they need to "take a break."

Tip: This could be a place they already have like a bed, or a tent, or maybe it could be a new place, like a decorated cardboard box, with pillows. Feel free to add a couple books, stuffed animals, or a notebook for your child to draw or "write" their feelings if they want to.

Affirmation

All my feelings are welcome.