

slumberkins®

Alpaca

Holds Your Worries



A LESSON IN STRESS RELIEF

By Kelly Oriard with Callie Christensen



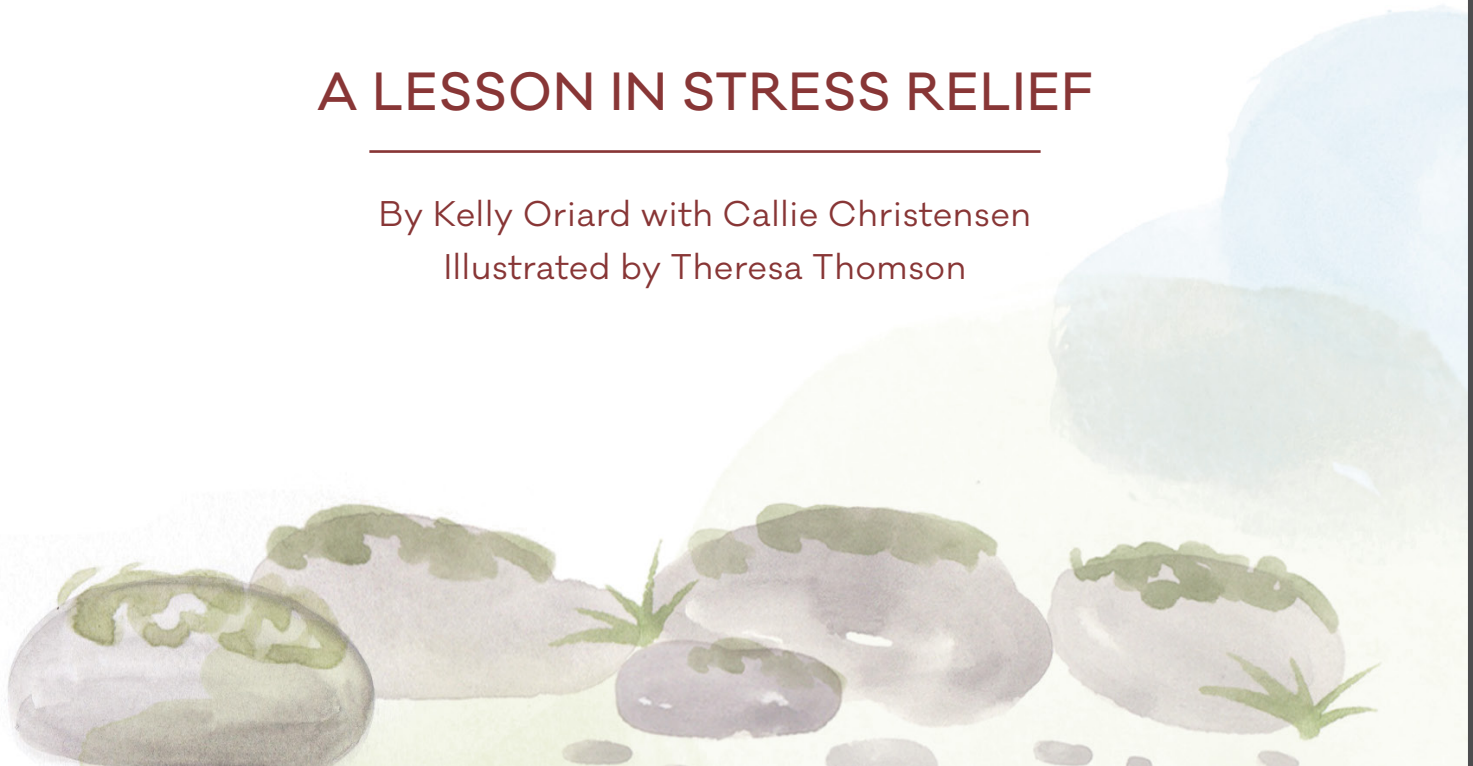
Alpaca

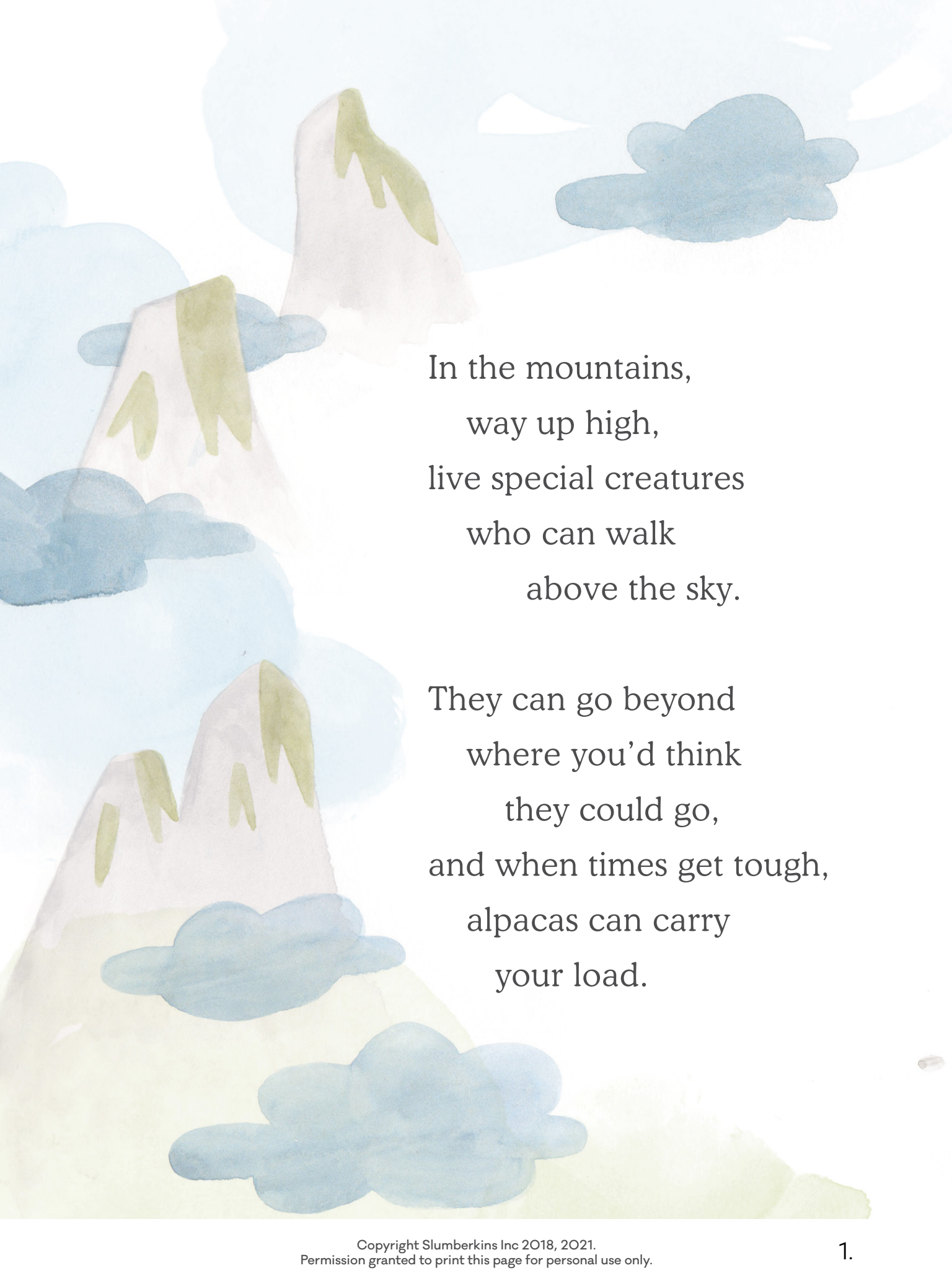
Holds Your Worries

A LESSON IN STRESS RELIEF

By Kelly Oriard with Callie Christensen

Illustrated by Theresa Thomson



A watercolor illustration of a mountain range. The mountains are depicted in shades of pink, purple, and blue, with green patches representing grass or snow. The sky is a light blue, and there are several soft, blue, fluffy clouds scattered throughout. The overall style is soft and artistic.

In the mountains,
way up high,
live special creatures
who can walk
above the sky.

They can go beyond
where you'd think
they could go,
and when times get tough,
alpacas can carry
your load.





WHAT WILL HAPPEN?

WILL I BE OKAY?

I'M SCARED.

I'M

Alpacas are strong
and have always
shown

that they can
carry the weight,
so you don't have
to alone.

I'M WORRIED.

I DON'T FEEL GOOD.

SORRY.

I'M
TIRED.


I CAN'T DO IT.

They can carry
your worries,
both big and small,

just whisper in
their ear
and they can take
them all.





A watercolor illustration of a landscape. In the background, there are two tall, light-colored mountains with green patches on their sides. The sky is filled with soft, blue, fluffy clouds. In the foreground, there is a light green hillside with several large, rounded, light-colored rocks. Some of the rocks have small green plants growing on them. The overall style is soft and artistic.

We all have
mountains to climb,
and they can seem
so steep.

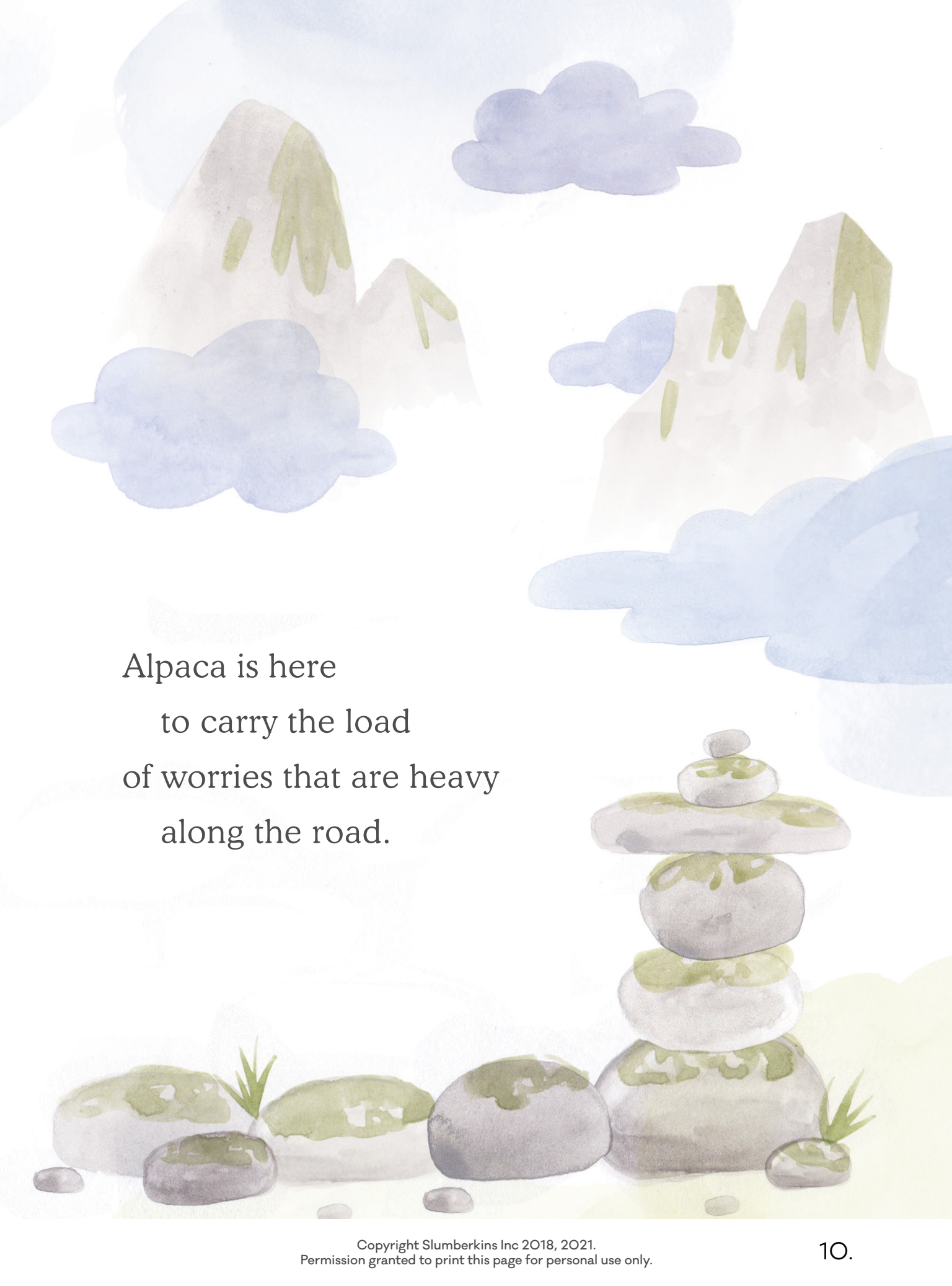
Our worries
feel heavy
and calm feels
out of reach.



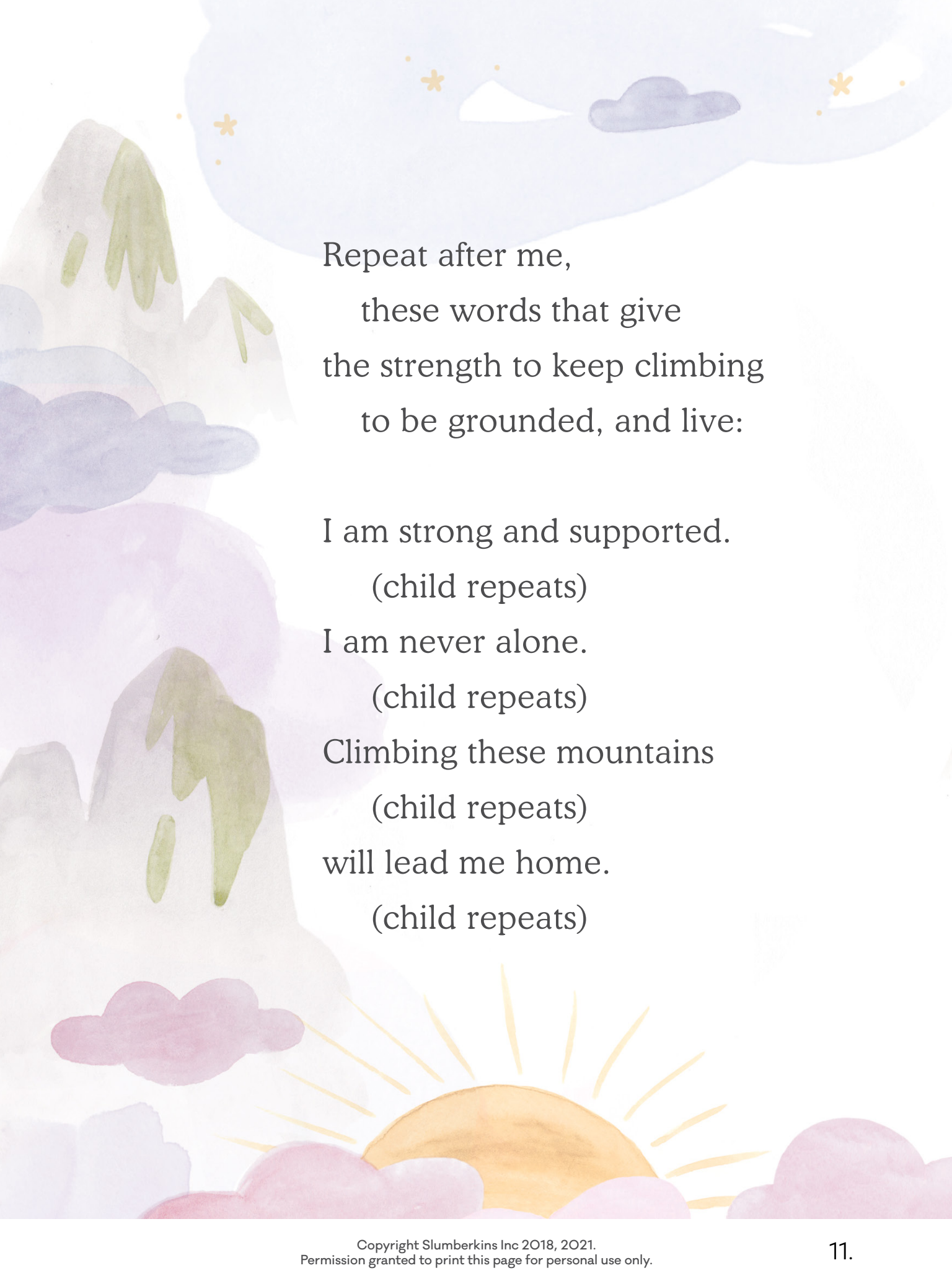
Pass them off,
if only for awhile,
and gather the strength
to keep climbing
the miles.





A watercolor illustration of a mountain range. The mountains are light brown with green patches. There are several blue, fluffy clouds. In the foreground, there is a stack of five grey stones of varying sizes, with a small green plant growing from the top. The ground is a mix of light green and yellow.

Alpaca is here
to carry the load
of worries that are heavy
along the road.



Repeat after me,
these words that give
the strength to keep climbing
to be grounded, and live:

I am strong and supported.

(child repeats)

I am never alone.

(child repeats)

Climbing these mountains

(child repeats)

will lead me home.

(child repeats)



Deepen the Learning

To explore this lesson further, ask your readers to pause and reflect with the following questions for a deeper understanding of Alpaca's lesson in Stress Relief.

PAUSE THROUGHOUT THE STORY

P. 4

What are Alpaca's strengths?

Alpaca's strengths are climbing tall mountains, staying calm, and carrying worries both big and small.

Who can help us carry our worries?

Alpaca, trusted caregivers, teachers, and loved ones can help us carry our worries.

What are some of the worries shared with Alpaca in the story?

Alpaca shared a few worries; What will happen? Will I be okay? I'm worried. I'm sorry. I'm tired. I don't feel good. I can't do it.

P. 6

The story says, "calm feels out of reach." What does this mean to you?

When worries feel too big, it can be challenging to stay calm.

P. 10

How does it help if we share our worries with Alpaca?

Saying our worries aloud can help make our worries feel smaller.

Do you think the worries are too heavy for Alpaca to carry?

No, Alpacas are built to carry the load.

REFLECT AFTER THE STORY

When you are feeling worried, what can you do to feel better?

I can talk to a trusted and safe adult, play with a friend, take deep breaths, draw a picture, etc.

What do you do to help calm your body and mind when you feel worried?

To help my body calm down I take deep breaths, read books, talk to a caregiver, etc.

What are some times when you feel stress?

I might feel stress at bedtime routine, getting ready for school, or when my sibling is bothering me, etc.

Discover a World of Feelings

From understanding emotions to strengthening their inner voice, give children the tools that support them to be caring, confident, and resilient.

The Caring Crew



The Confidence Crew



The Resilience Crew





Alpaca Holds Your Worries supports stress relief and anxiety management. Readers are encouraged to share their feelings and accept help when worries are too big to hold alone.

THIS STORY SUPPORTS

Stress Relief Anxiety Management Coping Skills

Slumberkins supports caregivers, educators, and children in building a foundation of social emotional wellness.



Illustrated By
Theresa Thomson

© 2018, 2021 All Rights Reserved.
www.slumberkins.com
Permission is granted to print this page for personal use only.
Slumberkins is located in the magical Pacific Northwest.

Slumberkins Inc. 915 Broadway St.
STE 300 Vancouver, WA 98660