

slumberkins®

Otter's Community Grows

On the river,
between water and land,
are special creatures
that some misunderstand.

The creature is Otter,
and many don't know
that Otter knows something
about how families grow.

Otter saw all the creatures,
from the forest to the sea;
and learned how to build
a Heart Family.

Families aren't set in stone
from the day we arrive;
they are grown and collected
in our hearts through our lives.

Heart Families come together
when we feel love,
when we are connected
we can always rise above.

Your heart is special
and has many feelings to show.
The love you feel
makes your Heart Family grow!

A Heart Family can be people;
here or moved on,
it could be a pet or a friend,
your brother or mom.

It can be anyone you want,
you get to choose.
They make you feel safe
and give love to you.

As you grow up,
your Heart Family grows, too.
You keep them inside;
they are always with you.

Repeat after me
what Otter knows to be true,
to remind you of all the ones
who love you:

**I am connected and loved
even if we are far apart.
I'll keep you with me
held here in my heart.**

Slumberkins supports caregivers, educators, and children in building a foundation of social-emotional wellness. Check out more resources at slumberkins.com