

slumberkins®

PRESENTS

Alpaca

PROMOTES STRESS RELIEF

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

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

Alpacas are strong,
and have always shown
that they can carry the weight,
so you don't have to alone.

They can carry your worries
- both big and small -
just whisper in their ear,
and they can take them all.

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.

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
will lead me home.
(child repeats)





slumberkins®

PRESENTS

Bigfoot

PROMOTES SELF-ESTEEM

One fine day, while walking through the trees
Bigfoot heard campers, so he went to look and see.
Hiding out of sight, he began to understand
Why Bigfeet steered clear of these creatures called man.

"Bigfoot doesn't exist, he's not even real!
He's ugly and hairy and eats dirt for meals!"
What a lame creature to have in the woods.
Why not a unicorn, a Loch-Ness, or even Robin Hood!?"

Bigfoot couldn't help the tears in his eyes.
He wondered, "How could they say that? I'm such a nice guy!"
Bigfoot ran from the campsite and counted 1, 2, 3.
Taking deep breaths,
he had to calm down you see.

After hearing those words,
he wanted to curl up and hide.
How could Bigfoot stop feeling so bad inside?

Here is the secret, I'll tell it to you.
It will help our friend Bigfoot, and maybe you too!

When people are mean and make you feel down,
you can believe in yourself, and then look around.
There are always more people,
parents, teachers, and friends,
who you can talk to or be with, to help your heart mend.

Every time you hear something that makes you feel bad,
tell yourself something that makes you feel glad.
Repeat after me, if you think these are true.
Let's make Bigfoot feel better, and maybe you too!

I am kind, I am strong.
(child repeats)

I am brave and unique.
(child repeats)

The world is better because I am here.
(child repeats)
And I LIKE ME.
(child repeats)



slumberkins®

PRESENTS

FOX

SUPPORTS FAMILY CHANGE

In the woods amongst the leaves,
lived a little fox, sly as could be.
He lived with his family and each knew their role,
until something happened that he couldn't control.

A big thing happened that made everything change,
and things as he knew them, would not be the same.
His parents and sister starting acting quite different.
He couldn't believe change could feel so instant!

Before the big change, he knew what to do,
but now life was different and he had no clue.
His feelings felt like a big, jumbled mess.
He felt angry, confused, and tight in his chest.

He started to fidget, and yelp out in class.
He stopped listening to his teacher and hid in the grass.
This wasn't the Fox that everyone knew,
now his teacher and friends were feeling confused!

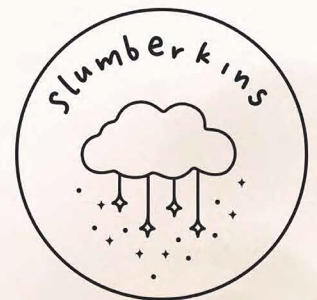
There were too many mixed up feelings inside,
the big change had changed things and he wanted to cry.
Sometimes change happens, and we have no control
of those changes that shift things, with family and school.

When things happen that are out of your control,
Talk to the ones that make you feel whole.
If you can't find the words, draw what you're thinking.
It can help those around you, know what you're feeling.

One thing you know, is that families, they change.
Nothing, not even family, stays exactly the same.
But what makes family special, and keeps them together,
is the strong love that binds their hearts forever.
If you feel that love, and I know that you do,
tell me someone you know who loves you.
(child responds)

When big change happens, and you can bet that it will,
comfort yourself with these words that can heal.
Repeat after me, these things that are true.
Let's make little Fox feel better and maybe you too!

I am safe, I am loved.
(child repeats)
I can get through this part.
(child repeats)
Even when things change,
(child repeats)
I can keep an open heart.
(child repeats)



slumberkins®

PRESENTS

Hammerhead

PROMOTES CONFLICT RESOLUTION

In the ocean, along the reef,
was a school for creatures, who lived in the sea.
The school would gather from far and from wide,
to learn about the waves, the currents, and tides.

Everyone listened and followed directions.
It was easy when everyone knew the expectations.
But when the class got wiggly and needed a break,
they went to the seagrass and they chose what to play.

The jellies liked to jump rope, the crabs played tic tac toe;
but there was always one place every sea creature wanted
to go.

The kelp swings were crowded, there was always a line
and when you finally got on, there was so little time!

Little Hammerhead finally got to the front of the line.
It was his turn to swing and his time to shine.
He said very kindly, to the narwhal swinging high,
your time is up, it's my turn to fly!

But the narwhal just ignored him and covered his ears.
he just kept swinging and Hammerheads eyes filled with tears.

Hammerhead's fins felt tingly.
His head got really hot.
He was getting on that swing
if the narwhal liked it or not.

Before he knew it, Narwhal was on the floor,
and now they were both mad, looking to settle the score.

We know that it's not a good choice to fight.
Let's help Hammerhead calm down,
and then make it right.

Take a deep breath and help him feel calm.
Breathe in one time and out really long.
(Take deep breath with child)
Let's do this together until the mad feelings gone
To help Hammerhead and Narwhal be friends and move on.

Repeat after me, let's show Hammerhead what to say,
to make things all better in the best way.

I felt mad, now I'm calm.
(child repeats)
I can use my words instead.
(child repeats)
I'm sorry I hurt you,
(child repeats)
I still want to be friends.
(child repeats)



slumberkins®

PRESENTS

Hartley

PROMOTES FAMILY BONDING

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

Hearts join together when we feel love,
and change one another once they touch.
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, these things that are true.
To remind you of all the ones who love you.

I am safe, I am loved.
(child repeats)
Even if we are far apart.
(child repeats)
I'll keep you with me.
(child repeats)
Held here in my heart.
(child repeats)



Slumberkins®

PRESENTS

Narwhal

PROMOTES GROWTH MINDSET

In the ocean, beyond the reef,
lived a clever Narwhal on Sand Dollar Street.

Sand Dollar Street led to Sea Kelp Way,
a beautiful street in a town called Manta Rey.

The water was clear – blue and pristine.
Everything sparkled, and looked shiny and clean.

Narwhal loved his home, and felt very proud
to live in a town with such a good crowd.

While out on the tide on a normal day's swim,
Narwhal noticed a problem that was getting quite grim.

The waves were scattered with junk and debris.
It was stuck on some creatures, and they couldn't get free!

Narwhal knew this was bad and decided to act –
to fix this problem, and keep Manta Rey intact.

He did all that he could with what he had,
but he couldn't do it alone, so he asked his friend, Crab.

Crab told the Starfish, and the Starfish told the Whales.
All of the creatures worked together using fins, pinchers, and
tails.

They all did their part, and Manta Rey got better.
The problem was fixed from the team working together!

It's not very easy to do something new on your own,
but if you are true to your heart, you are never alone.

Repeat after me, these words that can show
how to get started, and make something grow:

If I see a problem, I can fix it.

(child repeats)

I can try to figure it out.

(child repeats)

If I don't know what to do,

(child repeats)

can always ask for help.

(child repeats)



slumberkins®

PRESENTS

Slumber Sloth

PROMOTES RELAXATION

Slumber Sloth, it's time for bed.
It's time for bed, you sleepyhead.
I know you think it's hard to do,
but listen to my words and I will show you.

Now it's time to calm your mind.
Relax your head and heart, before bedtime.
Listen to me count.

1.....2.....3

Breathe in and out, on each number, very slowly.

1.....2.....3

(Deep breaths together)

Now it's time to shut your body down.
Starting at your feet, then up to your crown.
Notice your feet, your heels to your toes.
Squeeze them tight, now let them go.
Notice how calm your feet now feel.
Now let's do your legs, it's the same deal.
Squeeze them tight, now let them go.
Feel them melting like the snow.

Halfway there, it's time to breathe deep.
Big breaths on my count. 1.....2.....3
(Deep breaths together)

Now notice your shoulders, arms, and hands.
Are they still wide awake, or ready for dreamland?
Squeeze them tight, now let them go.
Feel them melting like the snow.
Your body feels heavy, melting into the bed.
Now turn your attention to your sleepy head.

Give a big smile, now let it go.
(child repeats)
Feel your cheeks, melting like the snow.
(child repeats)
Let your thoughts drift out to sea,
(child repeats)
and enter dreamland my little sweet pea.
(child repeats)



Slumberkins®

PRESENTS

Sprite

SUPPORTS GRIEF & LOSS

Way up north
where the strong winds blow
lived a little silver fox
in the cold frosty snow.

A stormy day
turned into a still night
and Sprite arrived
to Fox by the moonlight.

The news Fox heard
had broken his heart
and from this place
came Sprite from the dark.

The light Sprite brought
was from deep inside,
memories of the one
that had left Fox behind.

Fox had never seen
a creature so brilliant.
It sailed on the wind,
seemed gentle, yet resilient.

Sprite smiled at Fox
and explained with a nod,
I am here to guide you
and all of your love.

When someone goes away
or from life, passes on,
you feel in your heart
that their presence is gone.

The piece of your heart
where their love settled in
and changed you forever,
can still remember them.

Sometimes you'll feel mad,
sometimes you'll feel blue.
Sometimes you won't have words
for others to understand you.

All of that is okay,
you can have all sorts of feelings,
Sprite guides the way
to find your own healing.

I'm here with you
in whatever you do,
helping your heart
keep them with you.

Repeat after me,
the message of Sprite
that gave Fox strength
in his darkest night:

Though today is hard (child repeats)
I am going to start (child repeats)
the journey ahead (child repeats)
with you in my heart. (child repeats)



slumberkins®

PRESENTS

Unicorn

PROMOTES AUTHENTICITY

Deep in the forest, in a magical land,
lived a creature so different, she was hard to understand.

She looked like a horse, but her color was bright.
She had a horn on her head, and she sparkled with light.

Others would guess at what she could be...
A horse? A deer? Maybe a donkey?

She heard from others that at the zoo she could find
perfect examples of animals of all kinds.

She got to the zoo, and oh, how it shined!
It was perfect and pretty - everything was in line.

Each animal posed, and the creatures snapped away.
A glimpse of perfection, posing each day.

Everyone wanted to be something, and each went to see
the perfect idea of what a creature should be.

Unicorn was quite flattered when she heard a shout.
The zebras called her over, and wanted to hang out.

"You look kind of pretty, but what is that thing?
We can help you cover it, and let's add a nose ring."

She couldn't believe it! She was part of the group.
She was a beautiful zebra. Her dreams had come true!

As time carried on, it soon became clear.
Her new friends, the zebras, were not what they appeared.

They liked attention, but were not really nice.
Unicorn could hang out, but it came at a price.

She couldn't be different. She had to be the same.
Stripes and shiny hooves, horn covered by her mane.

Unicorn started to wonder what she had done.
She missed other creatures who were different and fun.

So she did something brave, and decided to step out -
from the zoo and zebras, from all her self doubt!

It's a hard thing to do, to stand on your own,
to be strong and unique, but you are never alone.

Repeat after me, these words that are true,
to help you see that you are a unicorn too!

I am true to myself.
(child repeats)

I let my light shine!
(child repeats)

I can be who I am.
(child repeats)

That's for me to define.
(child repeats)



Slumberkins®

PRESENTS

Yeti

PROMOTES MINDFULNESS

There once lived a creature up in the snow,
who always thought ahead, and was always on the go.

The creature was called Yeti
and there was a reason she got her name.
Yeti always asked questions,
and her demands were always the same.

Are we done yet?
Is it time yet?
Things are moving too slow.
I can't wait around, let's go, go, go!

Food just flew in her mouth, she didn't care to taste.
She didn't notice the wind, blowing in her face.
The things on her mind were all up ahead,
and she couldn't remember the things teachers said.

Her friends and her parents didn't know what to do.
She couldn't slow down. She was always on the move.
Suddenly it seemed that she had lost her control.
She liked to have fun, but this wasn't her goal.

Things needed to change but how could she start?
Then came the answer straight from her heart.
"You need to slow down and start paying attention
to what you are feeling with all of your senses."

Look with your eyes, what do you see?
Pick something to look at, and focus now please.
Look at it closely and focus your attention.
Notice its color, its shape, and all its dimensions.
Notice what you hear, maybe you missed it before.
Like the wind in the trees or the creaks in the floor.
Take a moment to focus and hear,
Concentrate really hard, then sounds become clear.

Yeti practiced paying attention to her senses and she found,
Her mind felt slower, and her body calmed down.
Thinking what's next, and making a plan,
Is a fine thing to do, unless it gets out of hand.

Repeat after me, let's remind Yeti what to do.
Let's make her feel better and maybe you too!

I am here in the now. (child repeats)
I am calm and still. (child repeats)
I notice things around me. (child repeats)
And I am present and chill. (child repeats)



slumberkins®

PRESENTS

Honey Bear

PROMOTES GRATITUDE

Honey Bear you are special
You are truly adored
You are everything
I ever hoped for

You fill my heart
By just being you
When I look in your eyes
I feel gratitude

Gratitude is something
You feel in your heart
You can practice noticing
And let others take part

Sometimes you feel it
With someone you love
Sometimes you notice
By something someone does

A feeling in your heart
That fills it up
And you notice that you
Have more than enough

The important things
In life are all around
Kindness and love
Are easy to be found

It could be a smile from a stranger
A hug from a friend
A gift you were given
Or the time that you spend

Think of your day
tell me a time
you noticed feeling grateful
in your heart and your mind

The more you practice
The less you will fret
You will notice the gratitude
And love that you get

Repeat after me
These words to invite
Gratitude in your heart
and love in your life:

I have all I need (child repeats)
There are gifts all around (child repeats)
I'm grateful in my heart (child repeats)
For the love I have found (child repeats)

