



Fox Resource Guide

*I am safe, I am loved. I can get through this part.
It's not my fault that things changed, and I can keep an open heart.*

Fox's story provides 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.

Help children understand the important messages of Fox's story. **Before starting the book, review the keywords** on the back cover of the book.



Anxiety Reduction

We can learn ways to feel better when we have worries

Questions to ask:
What is something you can do to help yourself feel better?

Examples:
Hug my parent, play, run around outside, etc.



Positive Attachments

We are always connected to the people who make us feel safe and loved

Questions to ask:
Who makes you feel safe and loved?

Examples:
Parents, siblings, teachers, friends, etc.



Coping Skills

We can learn ways to get through hard times

Questions to ask:
What do you do to get through times that are tough?

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

Discussion Points

Read Fox's story together and answer the following questions:

Q: What were some clues that Fox was having some big feelings?

A: He was not acting like himself. He yelped out in class and hid in the grass.

Q: Is it Fox's fault that things changed in his family?

A: It is not Fox's fault that things have changed. Changes are a normal part of growing up!

Q: What things can Fox do to feel good?

A: He can talk to people that he trusts, he can draw his feelings, and he can remember that people love him.



Activity

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

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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)
It's not my fault that things changed,
(child repeats)
I can keep an open heart.
(child repeats)

