



## Ibex Resource Guide

***I feel very deeply, it's a powerful gift.  
There is strength inside me to guide and uplift.***

Ibex's story gives 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 even when it is hard to do.

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



### Emotional Courage

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

Questions to ask:

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

*Examples:*

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



### Resilience

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

Questions to ask:

What hard thing have you gotten through that makes you feel proud?

*Examples:*

*Going to a new school, completing a long walk, learning to ride a scooter etc.*



### Empathy

**Being able to understand how other people are feeling.**

Questions to ask:

What are some feelings that everyone has?

*Examples:*

*Happy, sad, mad, excited, worried etc.*



### Leadership Skills

**The abilities we have to show up and be strong and kind, that show others how to be those things too.**

Questions to ask:

Who in your life is a good leader?

*Examples:*

*Teachers, parents, "myself" etc.*



## Ibex Resource Guide

### Discussion Points

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

**Q: Is it okay for Ibex to have big feelings?**

A: *Absolutely! Having feelings is, in part, what makes Ibex so special. It's healthy for all of us have feelings.*

**Q: Where does Ibex go when they need to rest?**

A: *Ibex goes by "the large willow tree to rest and reflect."*

**Q: Is Ibex strong?**

A: *Yes, Ibex is a very strong creature. Feeling big feelings, is a hard thing to, but Ibex shows us the way.*



### 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."

*(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).*

# slumberkins®

PRESENTS

## Ibex

PROMOTES EMOTIONAL COURAGE

When an Ibex is born  
a light shines from high;  
a shower of stars  
connects them to the sky.

Ibex lights the way and  
shows the world how to grow,  
to shine with love  
and let feelings show.

They feel so much-  
what others can't see.  
They know the world  
needs more empathy.

Sometimes they feel hurt  
when others tell them to stop.  
They hide their feelings  
to be something they're not.

It's a gift and a struggle  
to feel so deep,  
so Ibex must learn  
to find inner peace.

They go to a place  
by the large willow tree,  
to rest and reflect  
and seek what they need.

Where is a place  
that you would go  
to feel at peace  
and let feelings show?  
(child responds)

When your feelings are cared for  
and not left aside,  
you become like an Ibex  
and shine a light that can guide.

A new way, a new strong,  
holding space, holding love-  
finding what's lost  
and rising above.

Tell the world that it's time  
to soften its grip,  
to feel deeper, love stronger,  
and to lead like this

Repeat after me,  
let these words be a guide  
to connect to yourself  
And shine from inside:

I feel very deeply (child repeats)  
it's a powerful gift. (child repeats)  
There is strength inside me (child repeats)  
To guide and uplift. (child repeats)

