

# **FABLES LIBRARY CALM REFLECTION PACK**

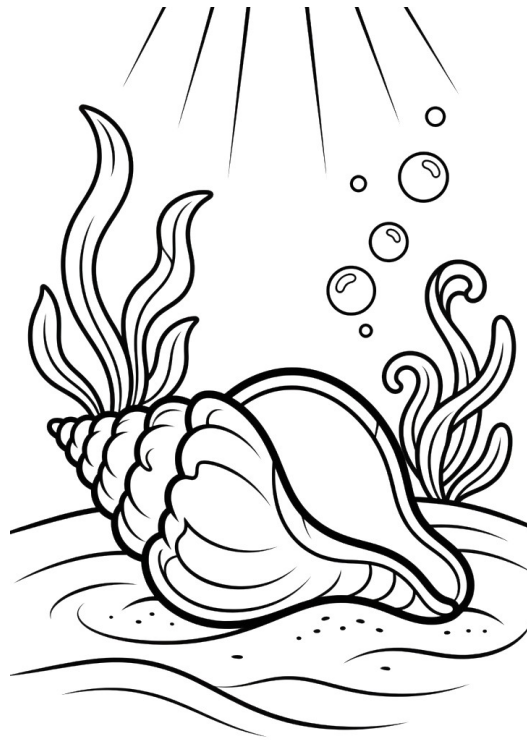


**Calm printable companions for children  
and the adults who learn beside them.**

# REFLECTION 1



## The Voice Within



**A quiet reflection about fear, inner storms,  
and the calm voice beneath the waves.**

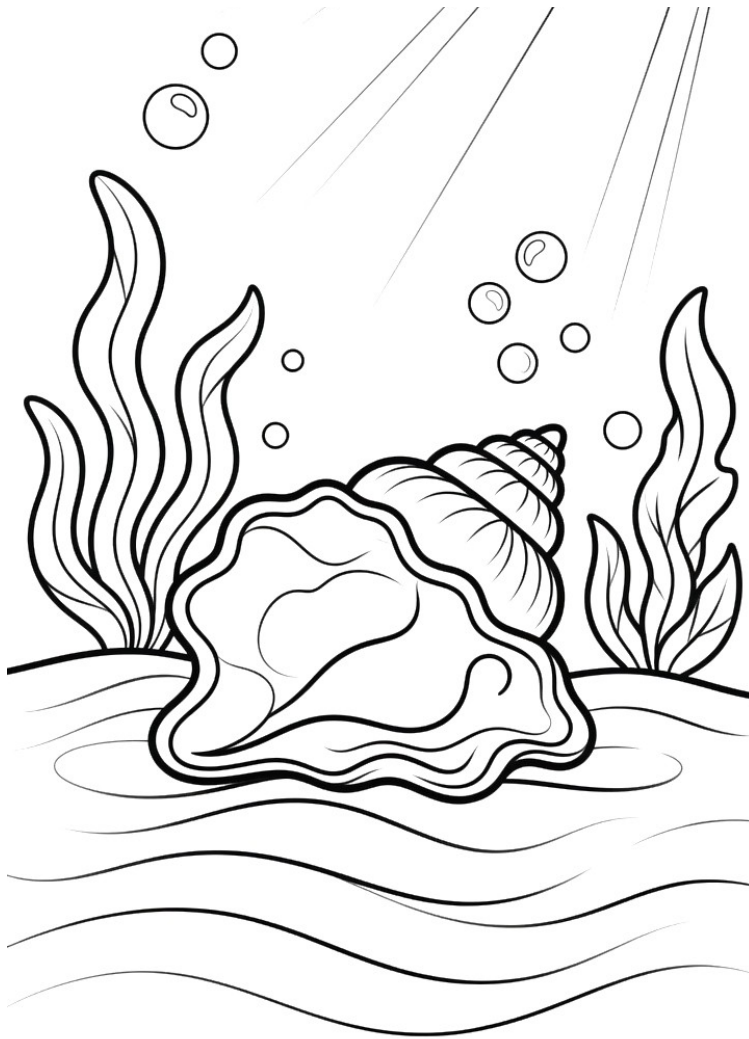


# A gentle reflection about the calm beneath loud feelings

*Sometimes worries can feel big and loud, like waves during a storm.*

*But deep inside, there is still a quiet place that waits patiently.*

*This reflection invites children to pause, breathe, and listen gently within.*



# I Wonder

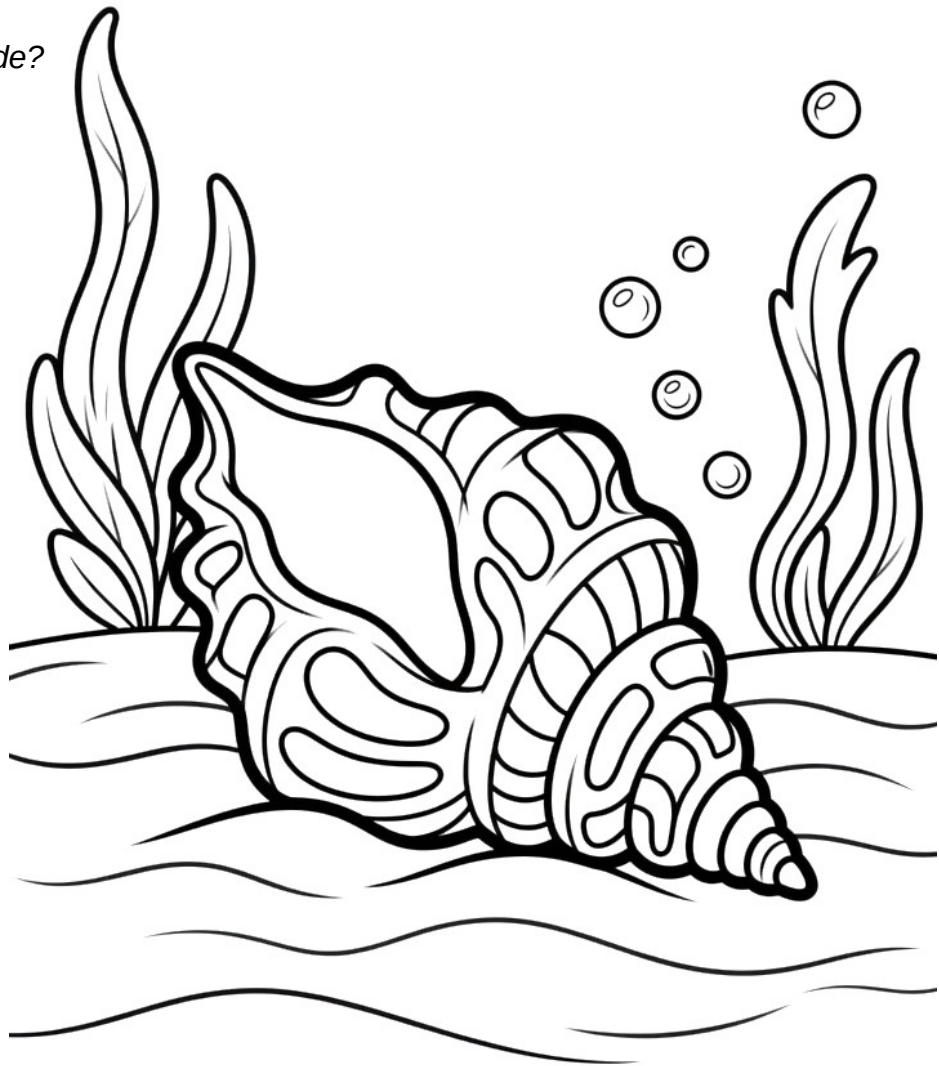


*What do stormy feelings feel like?*

*What helps the sea become calm again?*

*Why is the quiet voice harder to hear when worries grow loud?*

*What helps you feel calm inside?*



## Try It Together

*Sit quietly for one small moment.*

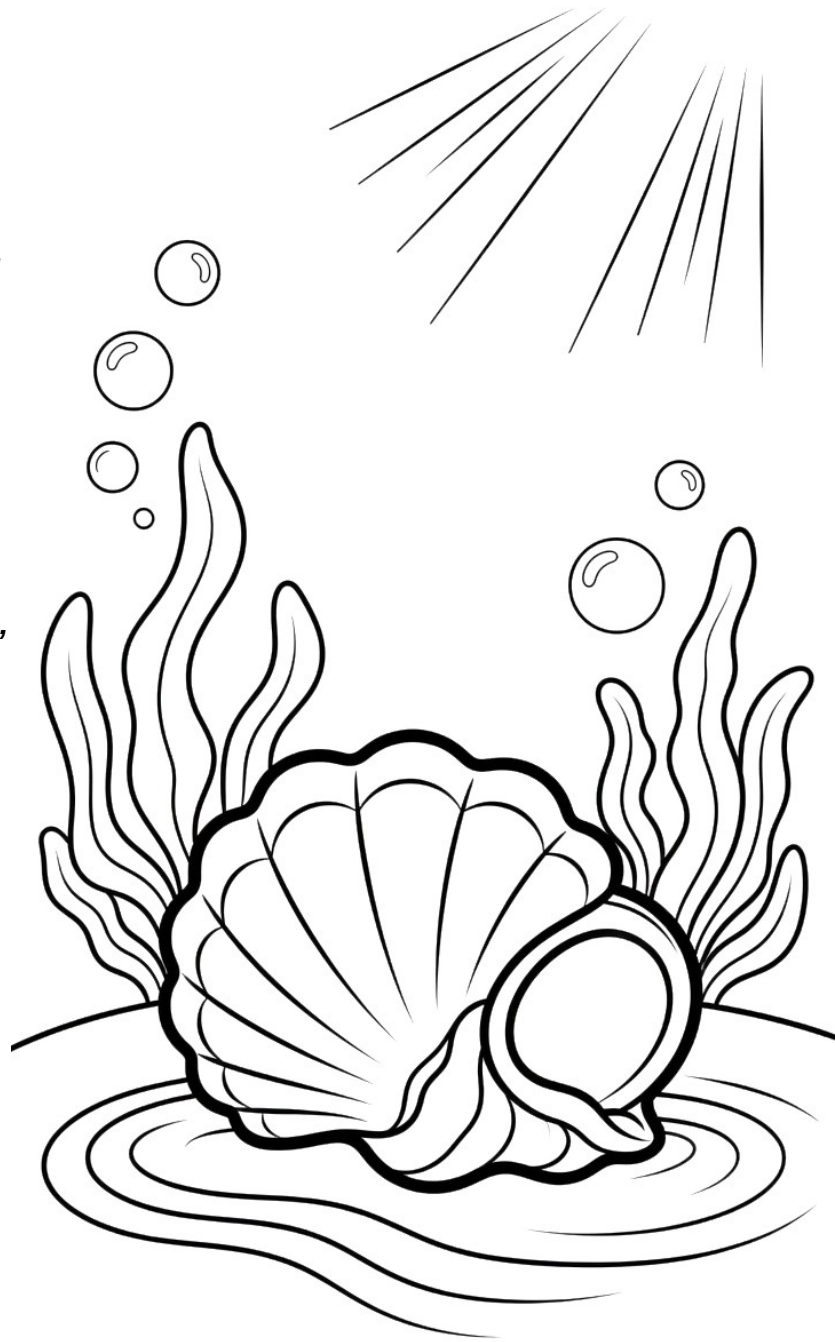
*Place your hand gently on your heart.*

*Take one slow breath.*

*Then another.*

*Listen closely.*

*Say: "The quiet voice is still there."*



# For Parents

*Children often experience emotions as overwhelming physical realities.*

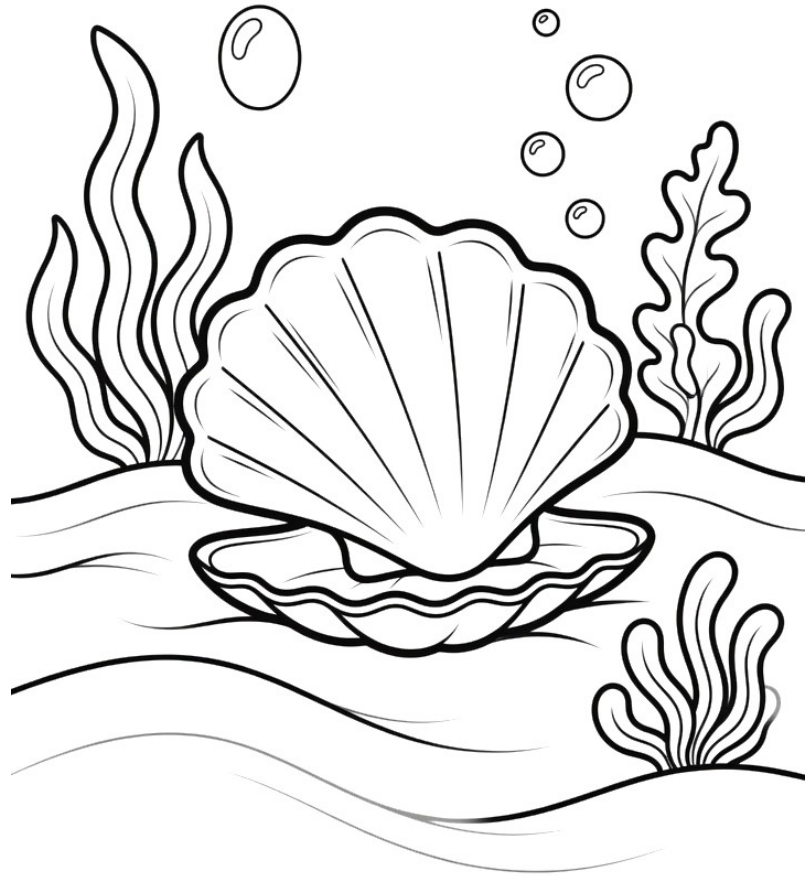
*Fear can feel loud and immediate.*

*This reflection is not about removing fear. It gently reminds children that calmness can still exist beneath strong feelings.*

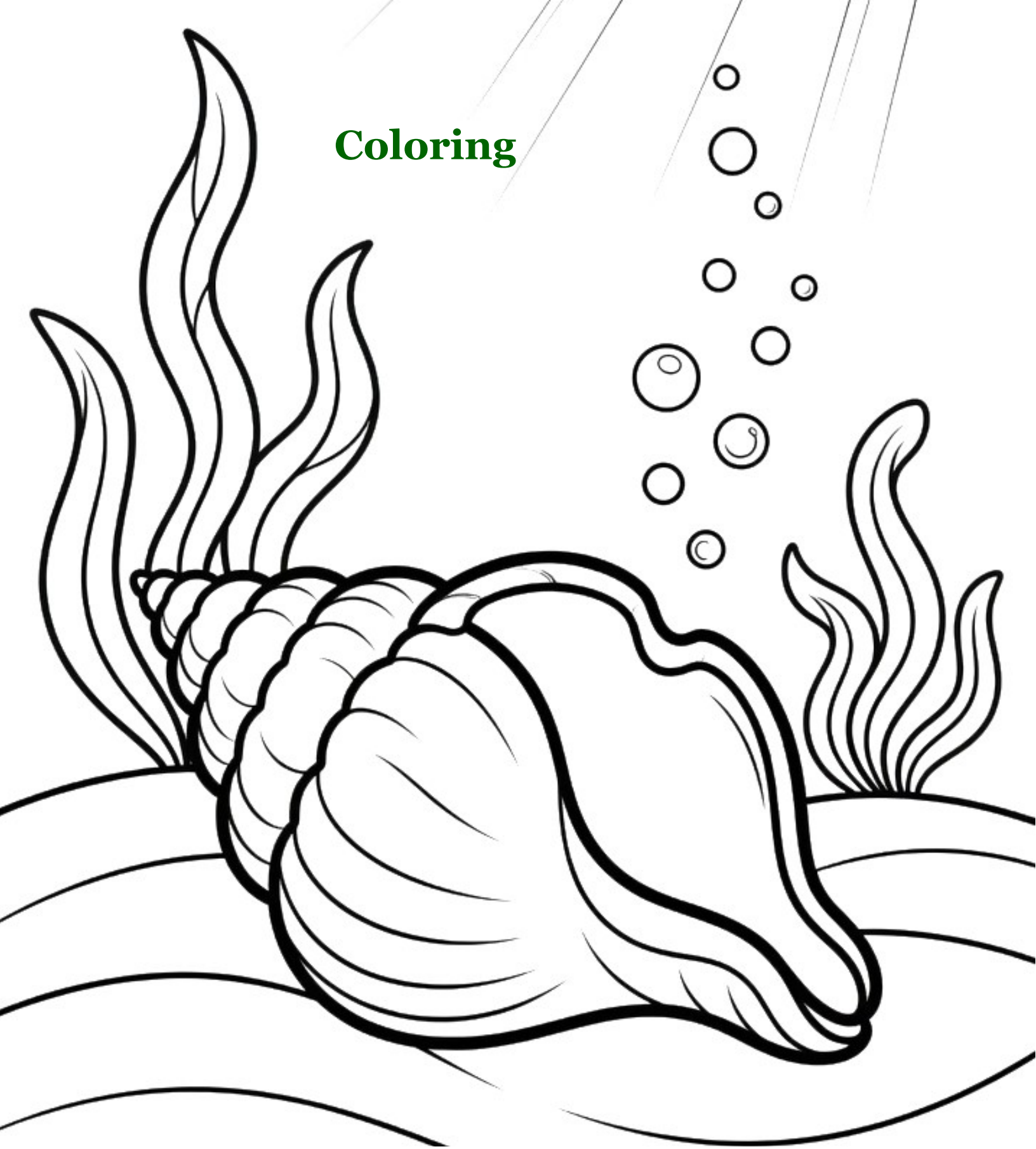
*Pause slowly together.*

*Allow silence.*

*Children do not always need answers. Sometimes they simply need a calm place to wonder safely.*



# Coloring



**Look again.**

**Where do you see the quiet light beneath the waves?**



**Was the quiet voice ever truly gone?  
Or was it quietly waiting there all along?**



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