

THE VOICE WITHIN



A Family Reflection Guide



Inner Storms & The Voice Beneath the Waves

 [Watch the story again](#)



Fables Library

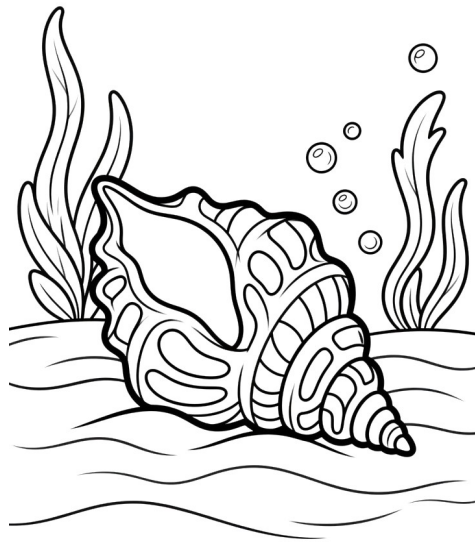
I Wonder

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

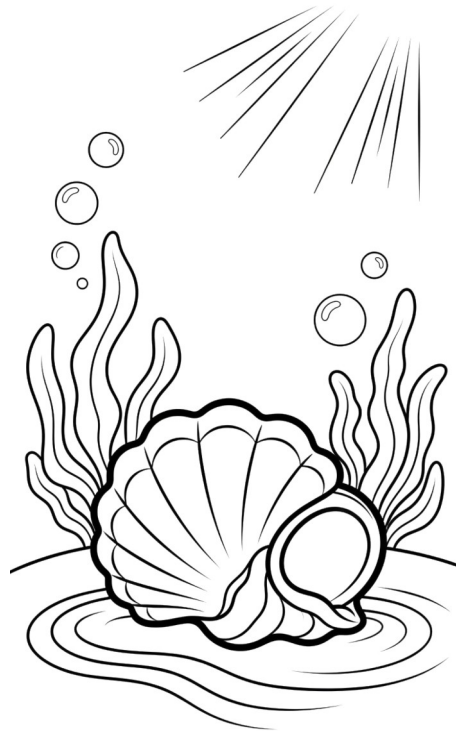
Sit quietly for one small moment.

Place your hand gently on your heart.

Take a slow breath.

Listen closely.

Say: “The quiet voice is still there.”



For Parents

Children often experience emotions as overwhelming physical realities.

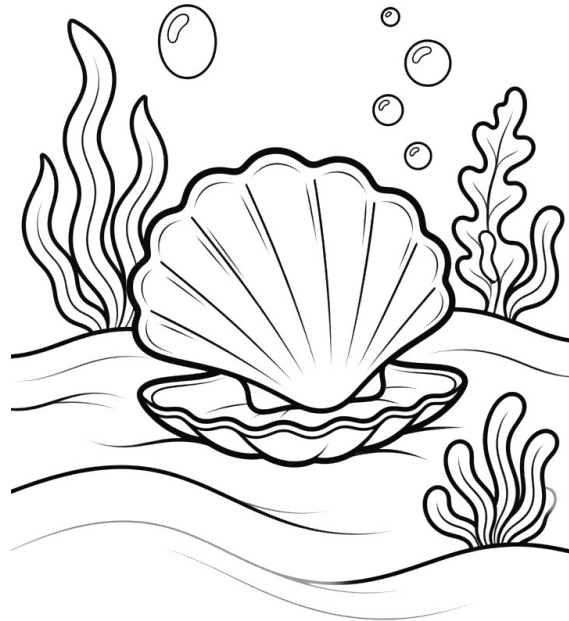
Fear can feel loud and immediate.

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



Was the quiet voice ever truly gone?

