

# Tail Talk – Episode 1

## Raven and the Loud Leaves



The leaves were loud for Raven. Have you ever heard something that felt too loud?

Raven's body felt jumpy. How does your body feel when something is too much?

Raven paused and noticed the leaves. What helps you when things feel big?

Raven stayed with the feeling until it passed. What helps feelings feel smaller?

How does it feel when someone understands how your body feels?

*There are no right answers. All feelings are welcome.*

