

Tail Talk – Episode 3

Trying Again & Feeling Supported

Raven's tower fell down.

Have you ever tried something that didn't work the first time?

Raven felt disappointed.

How does disappointment feel in your body?

Mama Salem said Raven could rest, stop, or try again.

What choices help you feel safe when something is hard?

Raven used different blocks the second time.

What helps when something feels tricky?

Raven felt proud just for trying again.

What makes you feel proud of yourself?

There are no wrong answers. All feelings are welcome.

All of these count.

ravensmisadventures.wordpress.com