

## **Tail Talk – Episode 4**

*Theme: Brave Beginnings & Tiny Steps*

Raven wanted to try something new today.

Have you ever wanted to do something... but weren't sure how to start?

Raven felt a wiggly feeling in her tummy.

How does your body feel when something is new or unfamiliar?

Willow reminded Raven that she didn't need to do everything at once.

Who helps you remember to go slowly when things feel big?

Raven took **one tiny step**, then another.

What's one small step you can take when something feels tricky?

Raven's tail relaxed when she noticed she didn't have to hurry.

What helps you feel calm when you try something new?

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

## **Gentle Grown-Up Notes (Optional)**

Episode 4 focuses on:

- reducing pressure
- practicing tiny steps
- pacing and co-regulation
- letting the child choose the size of the step
- celebrating trying, not finishing

“Brave” doesn’t need to be big.

For many neurodivergent children, being brave might look like:

- touching something new
- looking at a new space
- taking one breath before deciding
- asking for help
- choosing to stop

Small steps count. Small steps are progress.

**Notes:**