

Tail Talk – Episode 5  
Theme: Finding Your Calm Spot

Raven felt the wind make her whiskers shake.  
What sounds or feelings sometimes feel too big for you?

Raven tucked herself into a softer spot.  
Where is your calm spot at home or school?

Raven tried a slow breath while Willow sat beside her.  
What helps your body slow down when things feel noisy?

Willow didn't try to "fix" Raven — she just stayed close.  
Who helps you feel safe when your feelings feel loud?

Raven didn't become totally calm, but she felt a little better.  
What helps you feel "a little better" when you're overwhelmed?

There are no wrong answers. All feelings are welcome.

## Gentle Grown-Up Notes (Optional)

Episode 5 supports:

- Body-based calming
- Sensory grounding
- Emotional regulation
- Co-regulation with a trusted person
- Encouraging small steps instead of “ fixing ” feelings
- Normalizing discomfort without rushing a child

A child ’ s “ calm spot ” might be:

- A cozy corner
- A blanket fort
- A pillow pile
- A lap
- A quiet room
- A favorite soft object

Children do not need to become calm fast.  
They only need safety, space, and connection.

Notes for Grown-Ups:

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Website: <https://ravensmisadventures.wordpress.com/>