

■ Tail Talk – Episode 6

Theme: Finding a Rhythm When Feelings Feel Fast

Use these slowly and gently. There are no right answers — only feelings.

The morning felt wiggly for Raven. Have you ever had a day where your body felt fast on the inside?

Raven's thoughts felt tangled like yarn. What does 'busy' or 'scrambly' feel like in your body?

Willow tapped her paw: one-two, one-two. What small steady sound or movement helps you feel calmer?

Daddy Bo stayed close while Raven practiced. Who helps you feel safe when your body feels busy?

Raven tapped again and felt her breathing slow. What helps your body feel just a little steadier?

Raven didn't have to stop all her wiggles. She just found a rhythm. What helps you feel 'a little more calm,' even if not perfect?

There are no wrong answers. All feelings are welcome.

■ Gentle Grown-Up Note (Optional)

Episode 6 supports body-based regulation and rhythmic grounding.

Rhythm (tapping, rocking, counting) gives the nervous system something predictable to follow.

Co-regulation helps children feel steady without pressure to 'be calm.'

Movement can be regulation — children do not need to eliminate big feelings.

Small steady actions can help big feelings feel manageable.

Grown-Up Notes:
