

The Moon Helps Me Remember

Companion Guide for Parents, Educators & Caregivers

This companion guide was created to support meaningful conversations, emotional connection, and gentle reflection inspired by *The Moon Helps Me Remember* from the Little Soul Series by Sally Riley.

"It's okay to rest, breathe, and begin again."

Themes Explored

- Emotional regulation
- Rest
- Calmness
- Reflection
- Feelings

Conversation Starters

- What helps you calm your body?
- What feelings visit you most often?
- How does your body feel when you're peaceful?
- What helps you feel safe before bed?

Activities

- Practice moon breathing together.
- Create a feelings chart.
- Make a bedtime calming ritual.
- Draw what calm feels like.

Calming Affirmation

I can pause, breathe, and feel calm again.

Reflection Space

Thank you for sharing these gentle moments of connection and emotional growth together. For more books and free emotional wellness resources, visit: **mylittlebook.ca**