

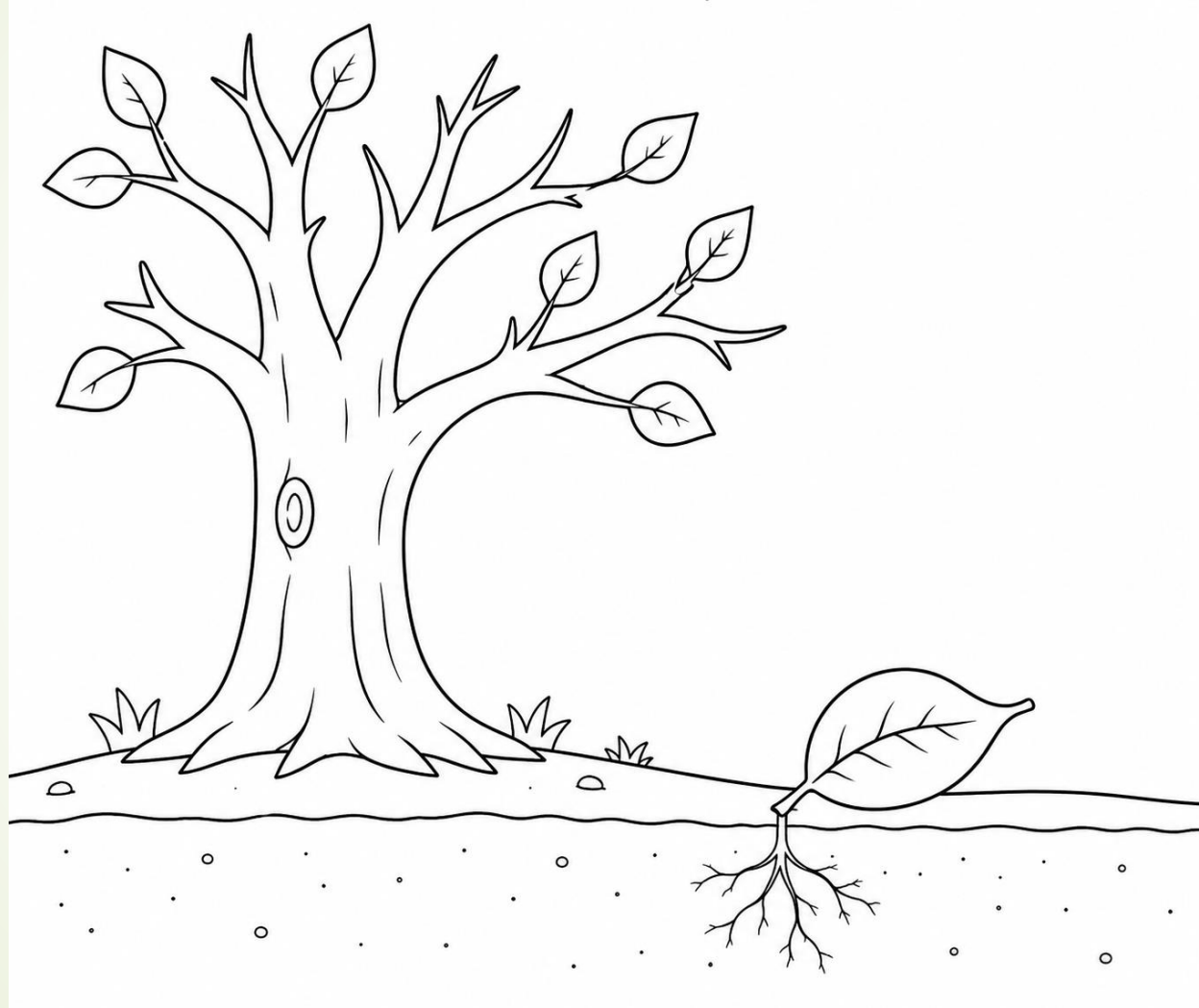


# Adventure Kit

*for "The Leaf That Took a Nap"*

A quiet invitation to wonder — for little ones and their grown-ups

*Colour the leaf, the tree, and the soft earth — and  
imagine what it feels like to rest*





*Find a quiet spot — indoors or outside — and rest for a few moments. Close your eyes. Listen to the sounds around you. What do you hear? What do you feel?*

# *A Question to Wonder About*

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- *What does it feel like to rest — not to sleep, but to simply stop and be still?*
  - Write or draw your answer below

*I know how to rest — and that is a kind of strength*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Rest is not giving up. It is making space for what comes next.*

# For Grown-ups

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- *This Adventure Kit is a quiet invitation to notice rest — not as laziness, but as a necessary part of growing. You do not need a forest or a garden to do these activities. A window, a cushion, a few moments of stillness are enough. Let the child lead, and let the leaf teach us that rest can be a gentle act of trust.*