



Adventure Kit

for “Nova and the Stars”

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

Nova the fox cub sits in a meadow, looking up at the stars. Her sister Stella is beside her, gentle and calm. Colour the sky deep blue, the stars golden, and the grass soft green. Imagine the moment Nova realises the dark is not empty — it is full of light she just cannot see yet.



A Star Walk

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- *Go for a short walk in the evening — even just to the garden or a window. Look up at the sky. What do you see?*
 - *Clouds? A single star? The moon? A distant aeroplane light?*
 - *Draw or write about what you notice. And if you cannot see any stars — imagine what they might look like, just beyond the clouds.*

A Question to Wonder About

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- *When have you felt like Nova — a little afraid of the dark, but willing to look up anyway?*
 - Let your thoughts wander — there is no wrong answer.

Certificate

Name: _____

Date: _____

I know that courage is not the absence of fear — it is the willingness to walk forward, even when I am not sure what lies ahead.

Write your name and the date — and keep it as a reminder that even the smallest light can guide you home.

For Grown-ups

- This Adventure Kit is about facing the unknown with gentle courage. It invites children to notice that the dark is not empty — it holds light they have not yet seen.
- All activities are designed for safe, familiar environments.

