

# Bed Time Stories

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The Bed Time stories are designed for parents/guardians to read with their children. The stories address themes around grief, loss, changes, and more, and give children the vocabulary to express how they feel.

All the stories are beautifully illustrated, followed by engaging activities that reinforce the importance of continued hope and belief in the best outcomes.

The collection was carefully curated and supporting activities were designed to ensure they are effective in creating stronger familial bonds and easing emotional anxiety. They have been thoroughly vetted by global SEL experts and Ukrainian mothers to ensure the same.



## Guidelines For Caregivers

- The stories should be **read with a parent/guardian**. The content should be treated with huge sensitivity. It shouldn't be forced upon the children in any way.
- The stories are conversation starters to help you discuss the difficult circumstances with children. There are a set of **suggested activities** with each story. Ensure that you do the activities with the child too, to make them feel comfortable to express their thoughts.
- It is recommended that the **stories aren't read everyday**, they should be read every other day just to give the children the space to process the discussions.
- The stories **aren't in any specific sequence** - you have the freedom of choosing what works for their children based on their own observations.
- **Use the visuals** in the story to explain meanings of words and help children visualize the story, especially for younger learners.



**Languages:** English, Ukrainian  
**Age Groups:** 5 to 12 years (or more)

