

The Tiamet Courage & Kindness Activity Pack

Activities for children ages **4–8**

Based on the book *Tiamet and the Realm of Fire* by Tina Djuretic

Welcome to the Realm of Fire! This activity pack helps children explore the lessons from *Tiamet and the Realm of Fire*.

Through fun activities, children will practice:

- Confidence and Courage
- Using their voice
- Empathy and Kindness
- Emotional awareness
- Boundaries

Encourage children to talk, draw, and imagine as they learn the dragon courage lessons.

The Dragon Chant:

Feet on the ground.

Head up high.

Use my voice.

Strong am I!

Feet like mountains.

Tall like trees.

Dragons speak.

With strength and ease!

Plant our feet.

Stand up tall.

Use our voices.

One and all!

Plant our feet.

Stand up tall.

Dragons speak.

We have a ball!

Teacher Discussion Questions:

After reading *Tiamet and the Realm of Fire*, ask students:

1. How did Aria feel when Kyle bullied her?
2. What did Tiamet teach Aria about standing tall and using her voice?

3. What are the names of the baby dragons?
4. Why do you think the baby dragons practiced the lessons too?
5. Where do Tiamet and the baby dragons live?
6. What did Tiamet say about why some children bully others?
7. What gift did Tiamet give Aria?
8. What did Aria do when she returned to school?
9. How did Aria show both courage and kindness?
10. What lesson did Kyle learn?

The Dragon Stance Activity:

Tiamet teaches Aria a powerful way to feel brave. Try it yourself!

1. Plant your feet—Stand with your feet firmly on the ground.
2. Stand tall—Lift your head and stretch your spine like a proud dragon.
3. Use your voice—Speak clearly and bravely, with a bit of fire.

How did it feel to stand like a brave dragon?

Draw yourself doing the Dragon Stance below!

The Dragon Voice Practice:

Train your voice by saying this sentences three different ways:

- Whisper voice - “Stop it.”
- Talking voice - “Stop it.”
- Dragon voice (strong and confident) - “Stop it.”

Which voice works best when someone is being unkind?

Practice saying these sentences like a brave dragon:

- “Stop.”
- “Please don’t push me.”
- “I don’t like that.”
- “Please give me space.”

Draw a dragon using their strong voice—maybe breathing fire!

What Would a Dragon Do?

Read each situation and talk about what a brave dragon might do.

Scenario 1: Someone takes your toy without asking.

Scenario 2: A classmate says something unkind.

Scenario 3: You see someone sitting alone at lunch.

Scenario 4: You see someone pushing someone else.

Scenario 5: A new student has arrived and they don’t know anyone.

My Brave Moment:

Think about a time when you were brave. Maybe you:

- Tried something new
- Spoke up for yourself
- Helped a friend
- Told a teacher about a problem

Draw a picture of your brave moment. How did it make you feel?

Draw Your Own Baby Dragon:

Tiamet's baby dragons are silly and fun. What does your baby dragon look like?


1. What is your dragon's name?
2. What colour are their scales?
3. Do they breathe fire, sparks, or glitter?
4. What special powers does your dragon have?
5. Can your dragon fly?


Feelings Reflection Page:

How Did Aria Feel? Circle the feelings Aria might have felt.

 scared

 sad

 angry

 brave

 kind

Have you ever felt this way? Draw or write about a time when you felt like Aria. What helped you feel better?

The Dragon Breathing Exercise (for self regulation):

Even dragons need to calm their fire sometimes! Try this breathing exercise:

1. Breathe in slowly through your nose
2. Hold for a moment
3. Blow out slowly like a gentle dragon.

Repeat three times.

How does your body feel now?

*If you're really feeling stressed, shake all over. Shake your entire body for 10 seconds (or as long as it takes). It's a miracle worker and re-sets your whole nervous system. It's what wild animals do after a chase. It takes them from flight or fight mode, to relaxed and calm. You can call it the **Shake like a dragon exercise**.

The Dragon Kindness Challenge:

Tiamet teaches courage and compassion. Try these kindness challenges this week:

- Invite someone new to play
- Help someone who is sad
- Use your strong voice when you need to
- Say something kind to a classmate

Which kindness did you try?

Draw one act of kindness you did this week.

Dragon Badge of Courage Craft:

Tiamet teaches Aria that courage comes from inside. Now you can create your own Dragon Badge of Courage!

What You'll Need:

- paper or cardstock
- crayons or markers
- scissors
- glue or tape
- safety pin or string
- glitter
- stickers

Step-by-Step Instructions:

1. Draw the outline of your badge:

Draw a large circle, a shield, or a star shape on paper.

2. Inside the badge, draw:

- a dragon
- flames
- or a brave symbol (heart, shield, star)

3. Write your dragon words:

Inside or around your badge, write the Dragon Lesson:

- Plant your feet
- Stand tall
- Use your voice

4. Decorate your badge

Add:

- scales
- sparks of fire
- magical flames
- glitter or stickers

Make it bright and bold like the Amethyst Cave.

5. Wear it proudly!

You can even write: Trained by Tiamet for a little flair.

Attach the badge to your shirt with a safety pin or tape.

When you wear your badge, remember:



You can be brave



You can use your voice



You can choose kindness

The dragon badge is just one idea for crafting—search online for images of crafts that suit your age group. There are so many great ideas out there!



Classroom Reflection For Your Dragon Badge:

Ask students:

- When might you use your Dragon Courage?
- What would Tiamet say if she saw you wearing your badge?



Optional Fun Extension:

Students can stand together, wearing their badges, and say the dragon chant:

Plant our feet!

Stand up tall!

Use our voices!

Having a ball!



If anyone has any ideas they'd like to share, please contact me. I'd love to hear from you and I'd be so happy to pass them along to other teachers.

It takes a village.

Send me pictures of your students. I love those too!

Sincerely,

Tina Djuretic