

Auraleth's Ocean Of Courage Activity Pack

Based on "Auraleth And The Realm Of Water" by Tina Djuretic

Activities for children ages 4-8

In this activity book, you'll learn how to:

-  Breathe like a pufferfish
-  Sway like seaweed
-  Take baby steps like a crab
-  Speak from your heart
-  Create your own ripples

Teacher Discussion Questions:

After reading "Auraleth and the Realm of Water," ask students:

1. What happened to Aria when she found out she had to speak in front of her class?
2. What did that feel like in her tummy?
3. Who did Aria call upon for help?
4. What are elementals?
5. What kind of dragon is Auraleth?
6. What kind of sea creatures did Aria and Auraleth find on Bubble Boulevard?
7. Who is Oona?
8. Who puffs out their bellies to make themselves look bigger?
9. What creature takes baby steps?
10. What happened when Oona sang her first song?

 **Auraleth represents an inner sense of calm, flexibility, and trust that helps children move through nervous feelings without needing to be perfect or fearless. Ask open, grounding questions, such as:**

1. What does it feel like to have bees in your belly?
2. Where else in your body do you feel jittery?
3. Have you ever felt like Aria?

4. What did Aria learn from Auraeth?
5. What activities helped her feel calmer?
6. What does singing/speaking from your heart mean to you?
7. Do you think a whale's song is important?
8. What is your favourite stone/crystal?
9. Do you think it's possible to perform/sing/read even when you're nervous?



What Would Auraeth Do?

Imagine Auraeth is beside you. What might she remind you to do? You can choose more than one answer!

Scenario 1: You have to speak in front of your class. Your tummy starts buzzing. What could you do?

- ☐ Practice your Pufferfish breath
- ☐ Run away
- ☐ Sway like seaweed
- ☐ Take baby steps like a crab

Scenario 2: You're worried you might make a mistake. What could you remind yourself?

- ☐ I have to be perfect.
- ☐ I can try, even when I'm nervous.
- ☐ Mistakes are okay.
- ☐ I don't have to be perfect.

Scenario 3: You want to try something new, but you're nervous.

Complete the sentence:

I can feel nervous and still

Scenario 4: You are overwhelmed by a task. You could...

- ☐ Try to do everything at once
- ☐ Quit because it's too hard
- ☐ Take it one step at a time like a baby crab

- ☐ Ask someone to help you

Scenario 5: Your classmate is reading something in front of the class and they make a mistake. You can...

- ☐ Laugh at them
- ☐ Encourage them to go on
- ☐ Take their book and read it for them
- ☐ Cheer because it took courage to get up there in the first place

My Brave Moment:

Think of a time when you felt nervous but tried anyway. What happened?

I was nervous about:_____.

I tried:_____.

I felt:_____.

I am proud of myself because:_____.

Draw your brave moment!

My Calm-Down Treasure:

Auraeth gave Aria a purple stone called lepidolite that reminded her to breathe. Choose something that reminds you to slow down and feel calm.

It could be:

A special stone. (You could turn this into a craft project where each child paints a small stone and then gets to keep it)

A stuffed animal.

A favourite blanket.

A picture.

A special word.

A deep breath.

Or something else!

My Calming Treasure is:_____.

When I hold it or think about it, I remember:_____.

My calm reminder: When I feel nervous, I can_____.

Draw Your Own Ocean Of Courage:

Imagine you are swimming through your very own magical ocean.

What would you find there?

 Whales

 Dragons

 Jellyfish

 Octopuses

 Crabs

 Fish

 Seaweed

 Magic

 Glowing ripples

My ocean reminds me:

I can breathe.

I can bend.

I can take baby steps.

I can speak from my heart.

Design Your Own Sea Creature:

Auraleth met so many sea creatures in the Realm of Water.

Now create one of your own!

My Sea Creature is:

Name: _____

Super power: _____

Favorite food: _____

Where does it live? _____

What makes it happy? _____

What happens when your creature gets nervous? _____

Draw or write about it:

Feelings Reflection Page:

How Did Aria Feel when she had to do a presentation in front of her class? Circle the feelings Aria might have felt.

😬 scared

😞 sad

😬 nervous

😊 brave

😬 jittery

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

Every Voice Creates Ripples:

When Oona sang, her voice created glowing ripples that traveled through the ocean, like magic. Your words create ripples too.

- A kind word can make someone smile.
- Helping someone can make them feel cared for.
- Sharing an idea can make someone think.
- Your voice can make a difference.
- What kind of ripple would YOU like to make?

Draw yourself creating a ripple of:

💖 Kindness

★ Courage

🌈 Joy

🤝 Friendship

💙 Love

My ripple will say: _____.

Ocean Badge of Courage Craft:

Auraeth teaches Aria that courage comes from the heart. Now you can create your own Dragon Badge of Courage!

Draw a badge that shows what courage means to you.

Inside your badge, include one or more of these:

-  Pufferfish Breath
-  Seaweed Sway
-  Crab Baby Steps
-  Sing From Your Heart
-  Create Your Ripples

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 on paper.

2. Inside the badge, draw:

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

3. Write your dragon words:

Inside or around your badge, write the Dragon Lesson:

- Breathe like a pufferfish
- Sway like seaweed
- Take baby steps like a crab
- Speak from your heart

4. Decorate your badge by adding:

- scales
- ocean creatures
- magical flames
- glitter or stickers

Make it bright and bold like the ocean.

5. Wear it proudly!

You can even write: "Trained by Auraeth" 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 speak from the heart



You can create your own magical ripples

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



Classroom Reflection For Your Dragon Badge:

Ask students:

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



Optional Fun Extension:

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

Plant my feet!

Stand up tall!

Use my voice!

Have a ball!



Are There Bees in Your Belly?

Aria felt like she had bees buzzing in her tummy. Have you ever felt that way? Sometimes our bodies tell us we're nervous before we even say it out loud. Where do you feel your "bees"?

Circle or colour the places where you feel nervous.

MY HEAD "I have lots of thoughts!"

MY HEART "Thump, thump, thump!"

MY TUMMY "Buzz, buzz, buzz!"

MY HANDS "They feel wiggly!"

MY BODY "I want to move!"

Draw your nervous feelings:



Name three things that make you nervous:

- The first day of school
- Your first recital
- Reading aloud in front of the class
- Making new friends
- Trying something new

Remember – Feeling nervous doesn't mean you can't do something.



Popping Bubbles:

- Picture each one of your anxious thoughts like bubbles
- Acknowledge them and why they make you nervous
- Pop each bubble one by one
- Make a game of it



My Jitters Journal:

Create a journal to take home.

Record each time you feel nervous or jittery.

What was it that made you nervous?

How did you react and what did you do to make it better.



My Jitters Jar:

- Every time you get anxious or nervous, write it down and put that piece of paper in a jar.

- Under a full moon, SAFELY burn the paper and bury the ashes in your garden. This is more of an at home project. Children need to be properly monitored when working with fire!
- You can also skip the fire, and simply cut up the paper into small bits that can be buried in the garden. It's the symbolism that counts.



Breathe Like A Pufferfish:

When anxiety takes over, try your Pufferfish Breath. Focusing on the task at hand gives you something to concentrate on, instead of the overwhelm you're feeling. This slow breathing technique calms the body.

When a pufferfish gets nervous, it puffs up! Let's try it.

1. BREATHE IN – Put your hands on your belly. Take a slow breath in. Puff your belly out like a pufferfish!
2. HOLD IT – for 2 seconds
3. BREATHE OUT – Slowly let your breath go. Whoooooosh!

Try it 3 times.



Puff...



Puff...



Puff...

Draw yourself as a pufferfish!

My Pufferfish Reminder:

"When I feel nervous, I can slow down and breathe."



Sway Like Seaweed:

Seaweed doesn't fight the current. It bends, moves, and flows.

Physical movement helps to regulate the body and the nerves. It teaches children how to move with their feelings instead of resisting them. Stand up and try it!

- Start by gently swaying from side to side like seaweed
- Practice going with the flow of water instead of resisting the tide
- Add arm movements and make it silly
- Dancing also works

- Shaking it off like a gazelle works for extreme situations, the same way a gazelle goes right back to grazing after being chased by a lion. Once the chase is over, the gazelle shakes its entire body – re-setting its nervous system from flight mode to calm mode.
- Rubbing your hands together also works. This restores balance to your equilibrium

Draw your seaweed! What colour is your seaweed? Does it have flowers, bubbles, or little creatures living in it? Is it tall or short?

Take Baby Steps Like The Crab:

Even the biggest ocean begins with a single drop. Sometimes a project seems overwhelming and it's hard to know where to begin. Break the task into stepping stones as you build a bridge towards the final project, just like Oona.

Singing:

- Hum the song
- Sing one note
- Sing the first line
- Sing to a trusted friend or parent

For a presentation:

- Say the title
- Say the first sentence
- Practice on your pet
- Practice on your teddy bear
- Practice on a trusted friend or parent
- Remember: Big waves are made of little ripples

The goal isn't "I am no longer afraid." It's "I can feel nervous and still do it."

 Remember, we're not trying to be perfect. When we speak from the heart, our voice causes invisible ripples that affect everyone around us.

My Big Challenge:

Something I feel nervous about: _____.

Now break it into BABY STEPS.

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____



Whale Song:

Slow my breath,
Soft and low,
In and out,
With the tide I flow.

I breath in deep
I let it flow,
I feel brave,
More than I know.

Wave by wave,
I feel my way,
When I feel scared,
I start to sway.

Wiggle, wobble,
I take it slow,
Like a tiny crab,
I go, go, go.

In the deep blue water,
I find my song,
I may be small,
But my voice is strong.



Make Your Own Whale Song:

Whales have beautiful songs. Now it's your turn! Your song can be made from:

- Words
- Sounds
- Claps
- Hums
- Whistles

- Use your imagination!

Write or draw your song here:

Now sing it!

You can sing it quietly...

You can sing it loudly...

Or you can sing it just for yourself.

There is no wrong way to make a song from your heart.



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 doing the activities. I love those too!

Sincerely,

Tina Djuretic