

Explorer Mini Pack

Five everyday moments. Simple ways to talk, practise and try again together.



INSIDE THIS FREE PACK

- 5 illustrated scenario cards
- 3 quick 5-minute activities
- A draw-or-write reflection page
- 12 useful phrases for grown-ups

Use it your way

Talk, point, draw or act it out. 'I don't know' is a valid answer, and you can stop at any time.

For families with children roughly aged 4-7

A new friend



THE MOMENT You would like to join two children who are already playing.

EXPLORE TOGETHER

- What could you try?
- What might happen next?
- What else could you do if they are not ready?

The tower falls



THE MOMENT

You worked hard on a tower and it suddenly falls down.

EXPLORE TOGETHER

- What are you feeling?
- Would you like to try again, change it, ask for help or pause?
- What else could you try?

The broken crayon



THE MOMENT

You accidentally break someone else's crayon.

EXPLORE TOGETHER

- What could you do now?
- How might the other child feel?
- What could help make things a little better?

Losing a game



THE MOMENT You lose a game you really wanted to win. You feel very angry.

EXPLORE TOGETHER

- What could you do first?
- What might happen next?
- Is there another thing you could try?

A touch that doesn't feel right



THE MOMENT

A grown-up or an older child gives you a touch or hug that makes you feel uncomfortable.

EXPLORE TOGETHER

- What could you do?
- Who is a trusted grown-up you could tell?
- What could you do if the first grown-up did not understand or help?

GROWN-UP NOTE Children can tell a trusted grown-up about touch that worries, confuses or feels uncomfortable. If one grown-up does not help, they can keep telling another trusted grown-up.

3 simple 5-minute activities



1 Try Another Way

Choose one scenario and think of three different things the character could try.

- No need to decide which is “best”.
- Ask: “What might happen next?”
- Offer one idea if your child is stuck.



2 Pause - Think - Choose

Use three small cards labelled PAUSE, THINK and CHOOSE.

- PAUSE: What am I feeling?
- THINK: What could I try?
- CHOOSE: Which idea will I try first?



3 What Happens Next?

Choose one response and imagine what happens next.

- Try the same scenario with a different choice.
- Notice how the story changes.
- Your child can keep, change or invent an option.

DRAW OR WRITE

What could I try?

Use this after a real-life moment, or make up a pretend one together.

Something happened...

I felt...

words, a face, a colour - anything that helps

I tried...

What happened next?

Another thing I could try...

12 useful phrases for grown-ups

Prompts, not scripts. Use the words that feel natural in your family.

1 You really wanted that to happen.

2 That did not go the way you hoped.

3 Let's get calm first. We can work out what to do afterwards.

4 What could you try?

5 What do you think might happen if you did that?

6 Would you like an idea, or do you want to think first?

7 You don't have to decide straight away.

8 I wonder if there is another way.

9 I don't know is OK. Shall we think about it together?

10 Would a break help, or would you like to keep going?

11 You can tell me if something feels uncomfortable or confusing.

12 If one grown-up cannot help, you can keep telling another trusted grown-up.

KEEP PRACTISING

What should we explore next?

Tick the situations your family would find most useful. There is no right order.

- ☐ Losing & frustration
- ☐ Friendship
- ☐ Sharing & siblings
- ☐ Unexpected changes
- ☐ Confidence & worries



TRY ANOTHER SCENARIO

Free Growing Wise activity

A short parent-child activity for practising everyday choices together.



growing-wise.com/game

Growing Wise activities support parent-child conversation and everyday practice. They are not medical or therapeutic advice.