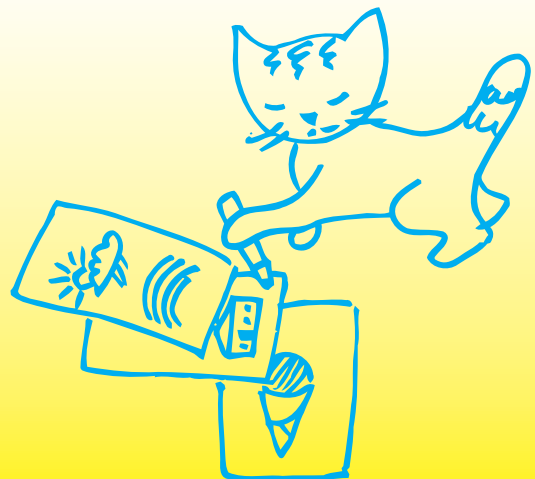
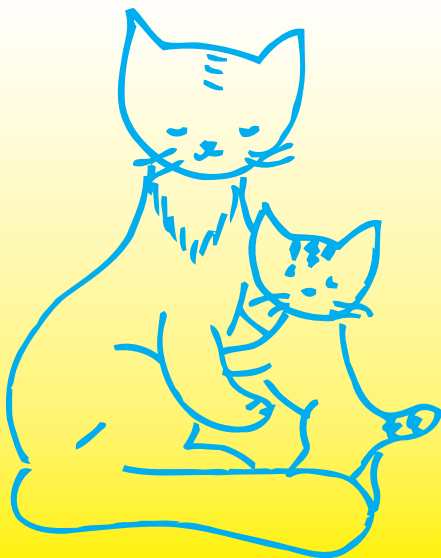




TIM THE KITTEN'S BIG TRIP

Therapeutic interactive story
for 3-6 y.o. kids
forced to leave their homes due to war



Written by:
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Editing and translation by:
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Author's Foreword

Dear parents and educators!

The story book “Tim the Kitten’s Big Trip” is written for children forced to leave their homes due to war. The story and the games and exercises in this book can help make it a little easier for children ages 3 to 6 to deal with the stress and trauma of this experience. Children’s minds are very flexible, and with the aid of play, children can at least partially “integrate” even great hardship and extreme challenges.

We suggest reading Tim the Kitten’s story together, at a relaxed pace, and taking part in the suggested games and exercises. It’s also important that the child is able to ask questions, and to share their own feelings and concerns. One of the main preconditions for psychological wellbeing for a child of this age is contact with loved ones, their support and kindness.

Important: if you are concerned for the child’s mental state, please seek professional help from a children’s doctor or psychologist. Our book is not meant to replace specialized support in situations where the child’s physical or mental condition is unstable.

With best regards,
Olga Shchedrinskaya
MCP, RCC, CCC
Counselling.ca

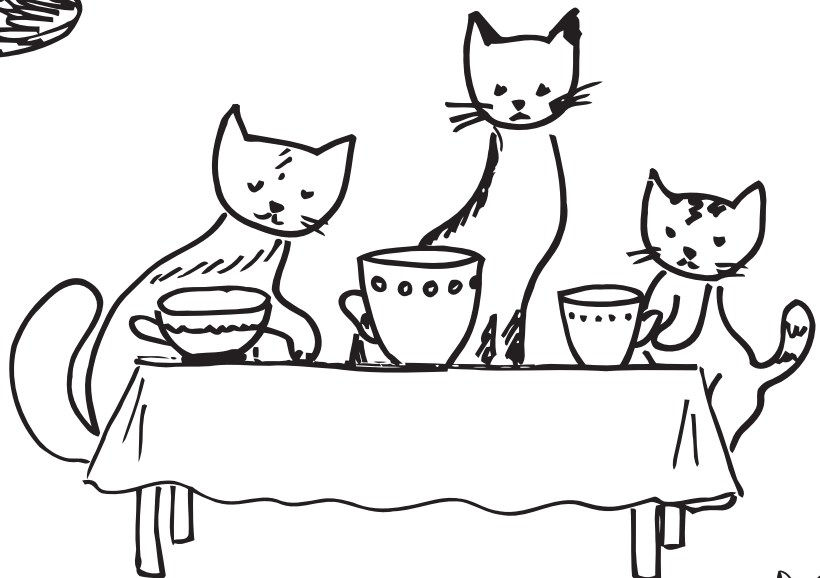
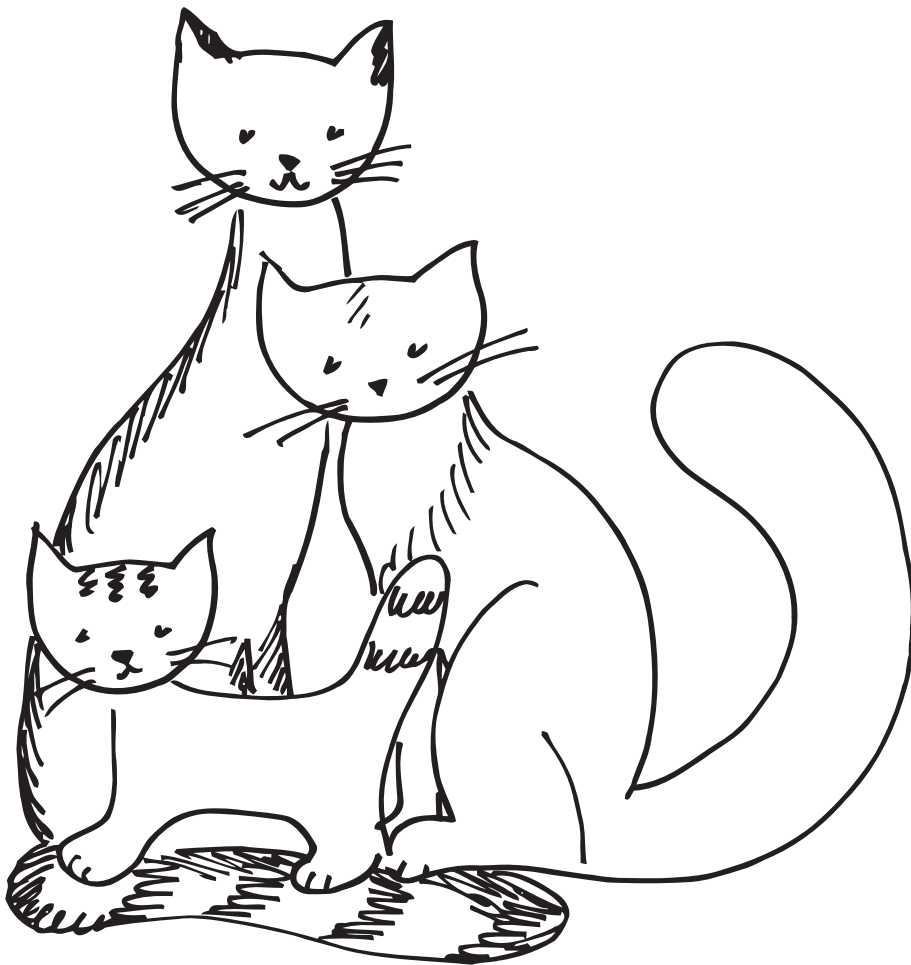


TIM THE KITTEN'S BIG TRIP

Part 1. Meet Tim the Kitten

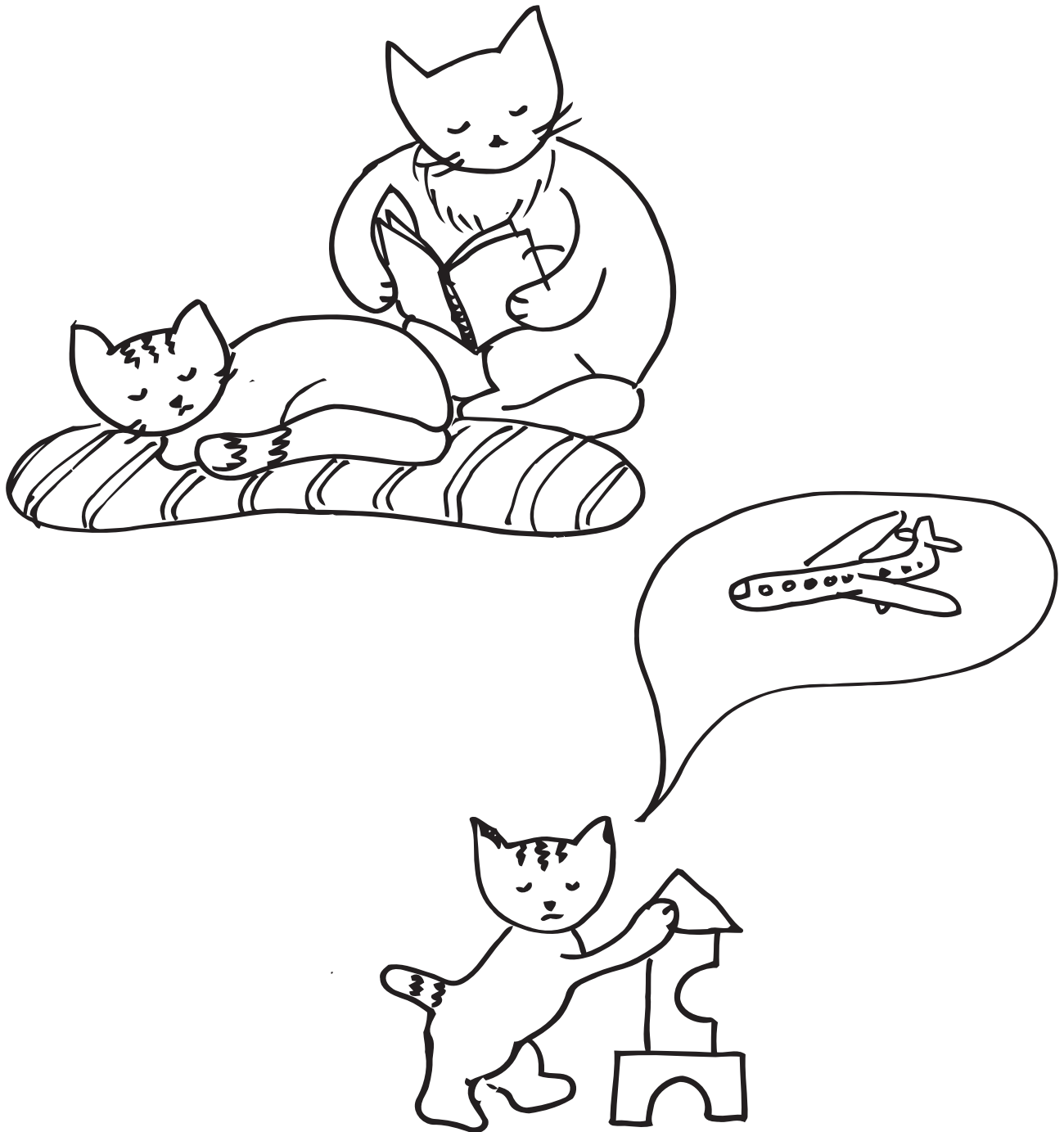
Tim the Kitten lived with his mom, dad and the other forest cats in the Pine Tree Forest.

When his mom and dad were home, they liked to play hide-and-seek and tag together, to drink tea with cookies and to watch the sunset.



Tim had his own cozy bed and he liked it when his mom and dad told him stories or sang lullabies and rubbed his back.

Tim always dreamed of growing up and going on a trip to a land far-far away.



And then one day his dream came true but nothing turned out the way he had imagined it!

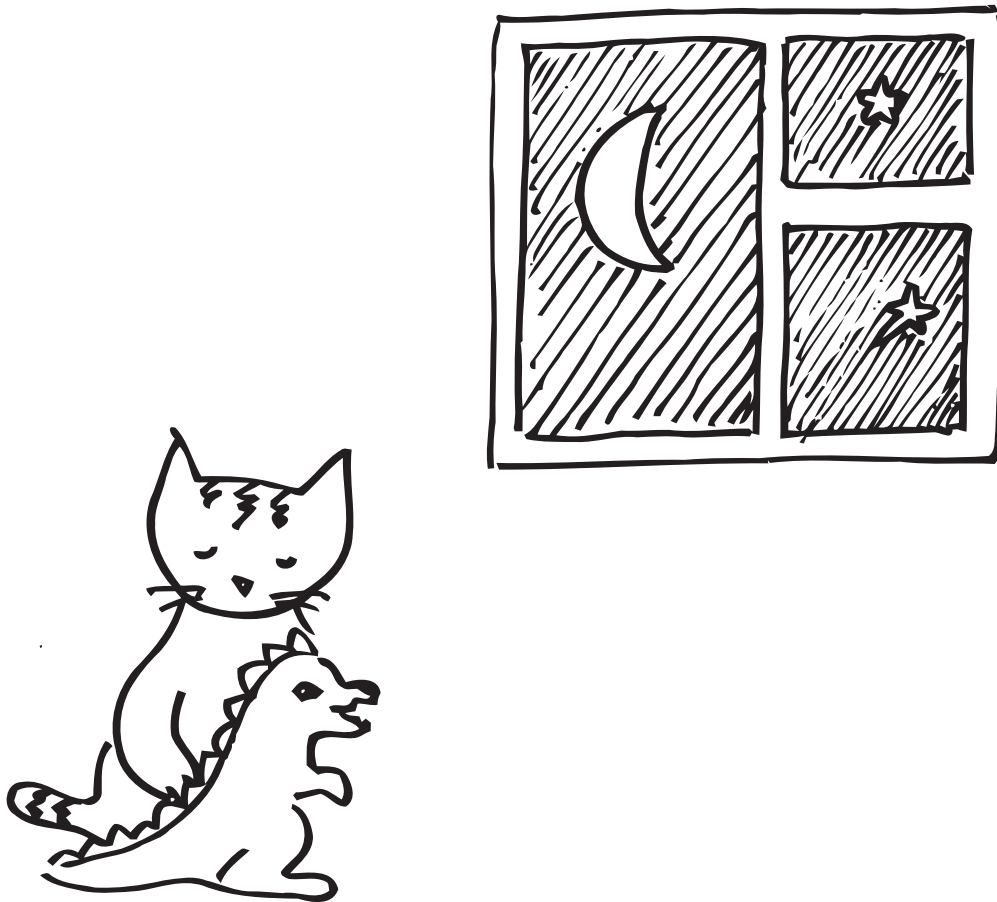
Let's find out what happened and help Tim on his journey!



Part 2. The Shelter

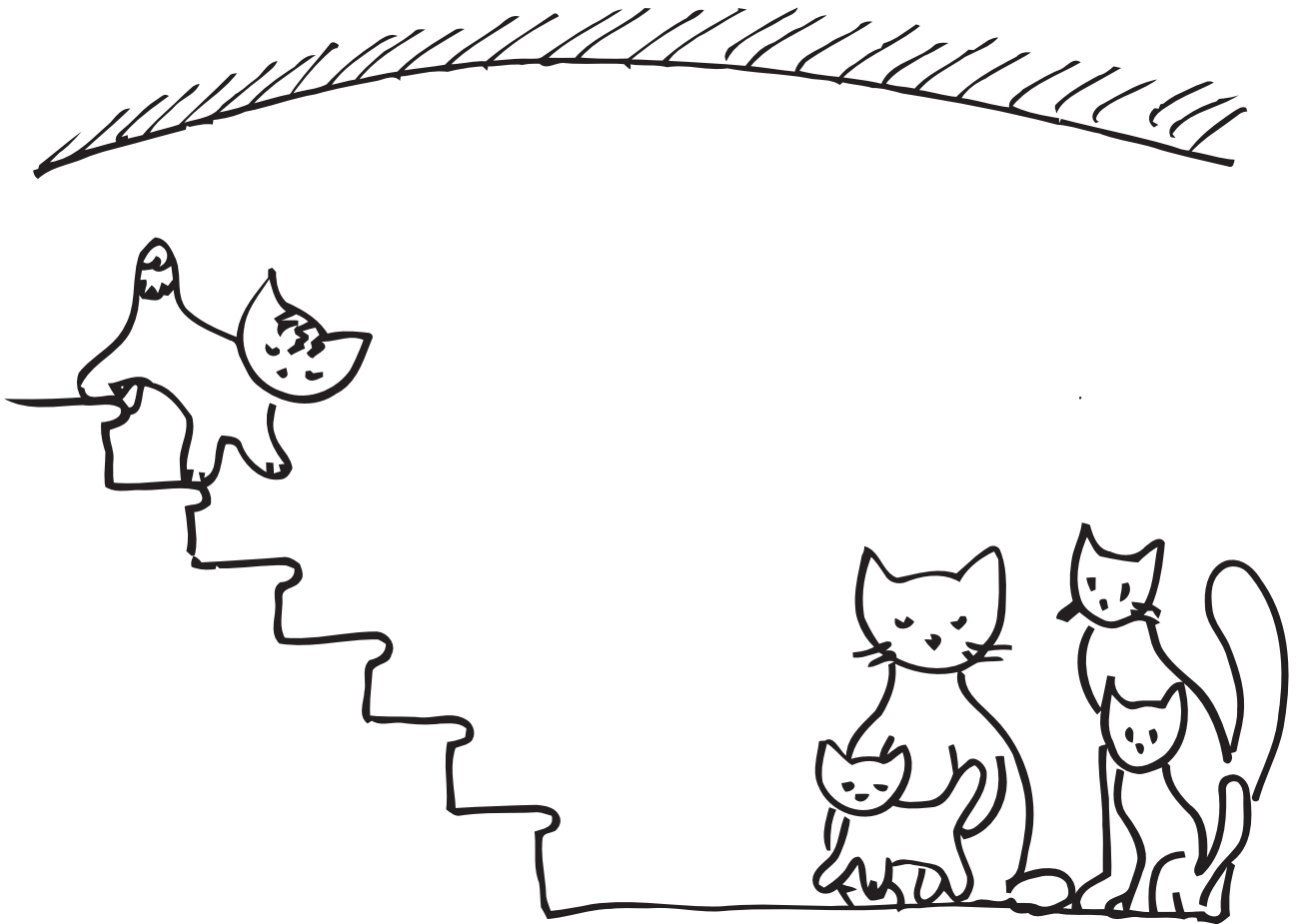
Dad and mom woke Tim up before sunrise. Tim was very surprised: Why so early? It's still dark! But his dad said: "Tim, we need to go to a secret place. Take your favorite toy and your warm jacket. I will explain everything later".

Tim decided to take his favorite toy – a blue Dinosaur called Yasha. This Dinosaur was a New Years present from his grandma and grandpa.



Dad carried Tim in his paws and they ran. Finally dad said: "Here we are!". And Tim, his mum and dad all went straight down, right under ground.

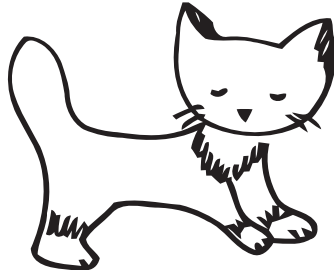
They came to a big cave. Many other cats and kittens were here too. Tim saw Max, his best friend from nursery, and his sister Leya. Max and Leya told Tim that their mom and dad woke them up and brought them here as well (but they didn't have time to bring their favorite toys).



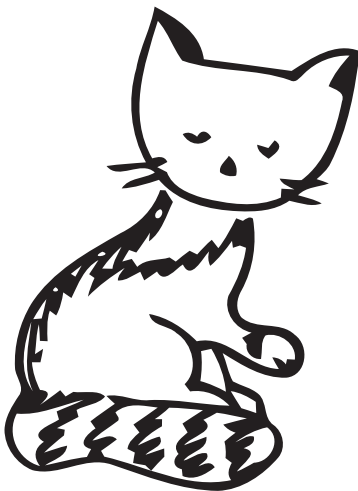
Let's help Max and Leya and draw their toys for them. Max really likes to play with cars and to blow soap bubbles, and Leya likes to play with blocks and her ball.

You can draw your favorite toys too, if you want:

MAX

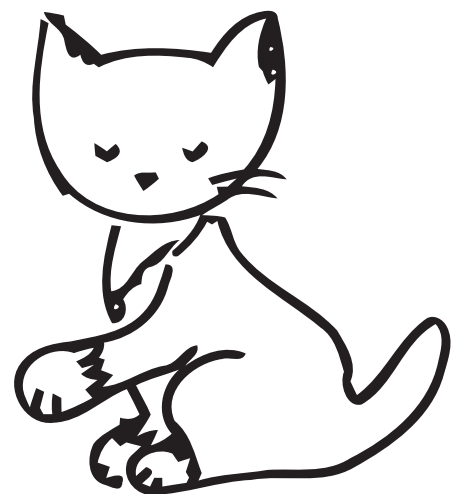


LEYA



Leya likes to play with blocks and her ball

Max really likes to play with cars and to blow soap bubbles



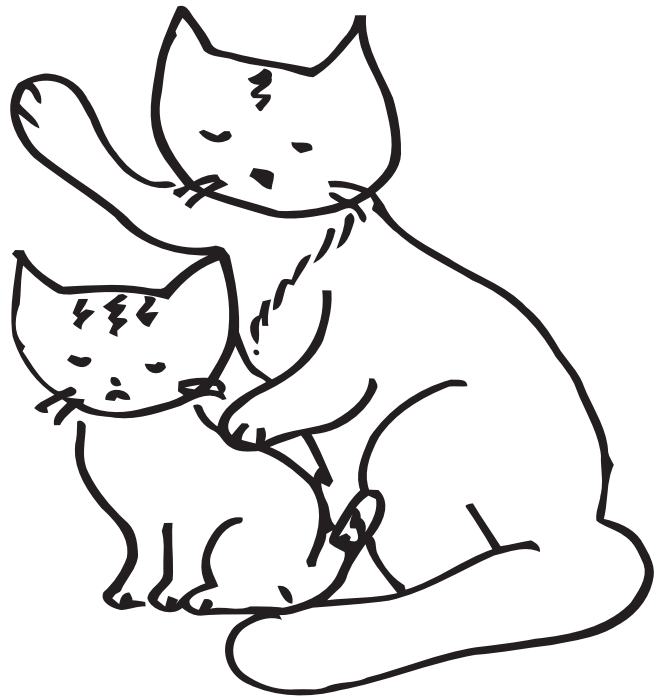
Tim wanted to find out as quick as he could, why did they come to this cave? And why were so many other different cats and kittens there, too? And when are they going to go back home? And why is his mom crying? And what is this noise coming from outside?



Part 3. What happened?

Soon, Tim's mom and dad told him that Trouble had come to their Pine Tree Forest and that's why their family had to hide themselves in the secret cave under ground. Dad said that he and the other tomcats will go and try to chase the Trouble away. He promised to come back soon, and told Tim to stay in the cave with his mom until then.

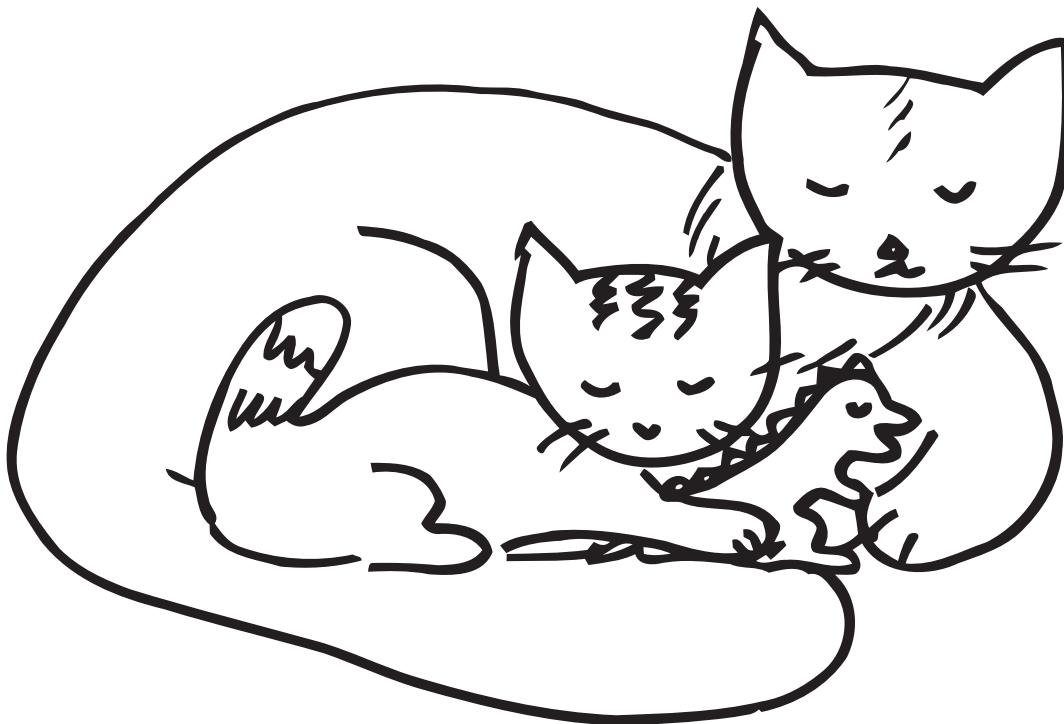
When his dad left, Tim started to cry.



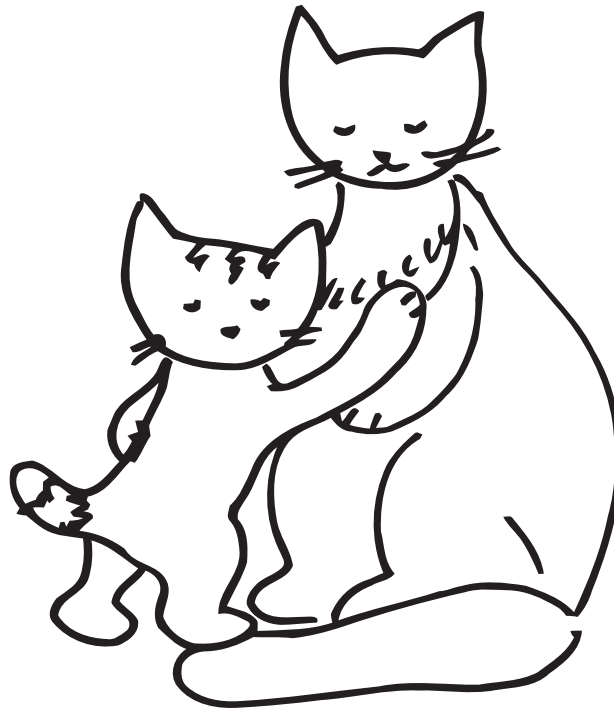
He was very-very scared so his mom curled up around him and covered him with her fluffy tail. Tim snuggled up to her and listened to her heart beat.

Mom stroked Tim's back and told him that she loved him very much, whispered other kind words, and then she sang his favorite songs for him.

How about you? Do you have a favorite song?
Would you like to sing it for Tim to make him feel better?



Tim hugged his mom, and she taught him magic breathing.
Can you also hug your mum now?



Would you like to try magic breathing like Tim?

Mom taught Tim how to draw an invisible square with his breathing. You start by taking a slow deep breath in, so your chest and stomach is full of air (that's a line upward).

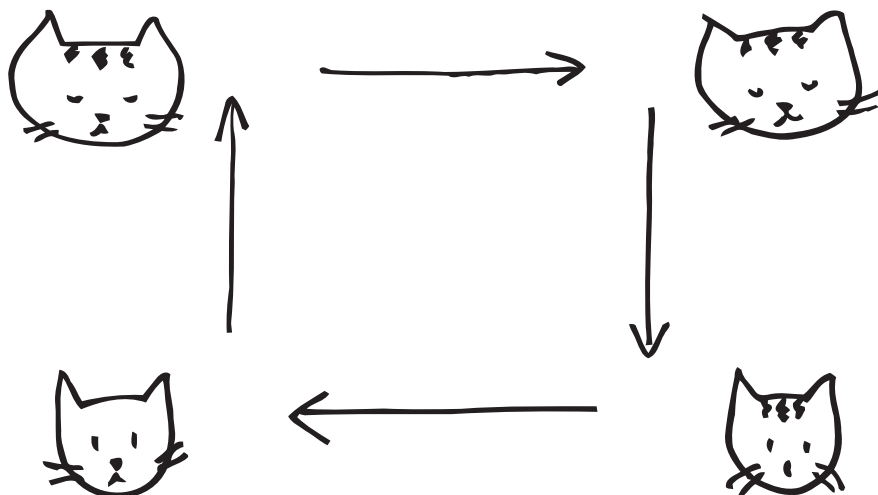
And then you freeze and keep this air inside of you (that's a line to the side).

And then you breathe out slowly. Like this: puuuff (that's a line back down).

And now you freeze again before your next breath in (complete the square)

Try to follow along: inhale – freeze – exhale – freeze!

That's how we draw an invisible square in the air.



Part 4. Let's go!

Tim fell asleep. It was hard and cold – not at all like in his bed at home. When he woke up, they were still in the cave, and next to him and his mom were many, many other cats.

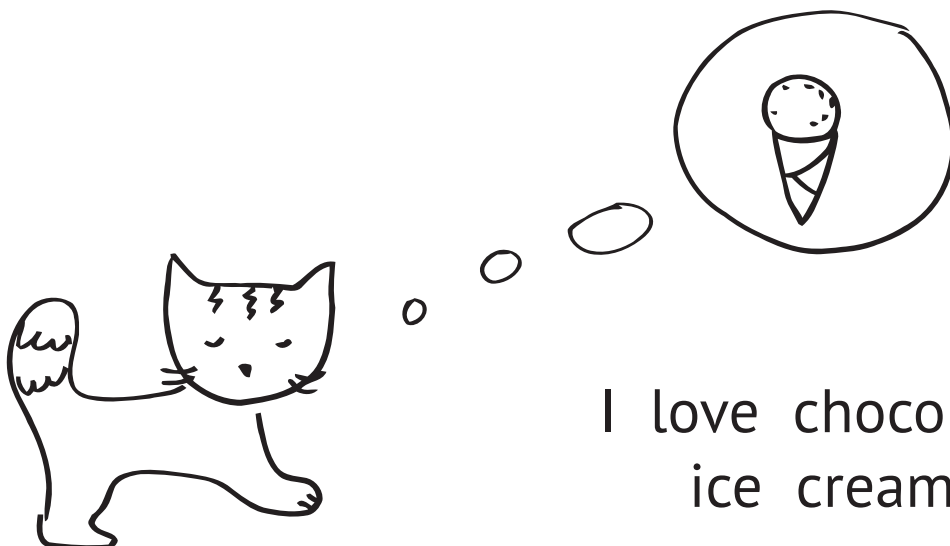
He could hear a noise or rumble from the outside. When the rumble sounded very close, Tim wanted to run away, to anywhere at all, or to become invisible.



But there was nowhere for him to run. Finally, his dad came back. He was sad and tired. Dad explained that the trouble was very bad, so they need to chase it away as far as possible, and that the cats would need all their strength to do it.

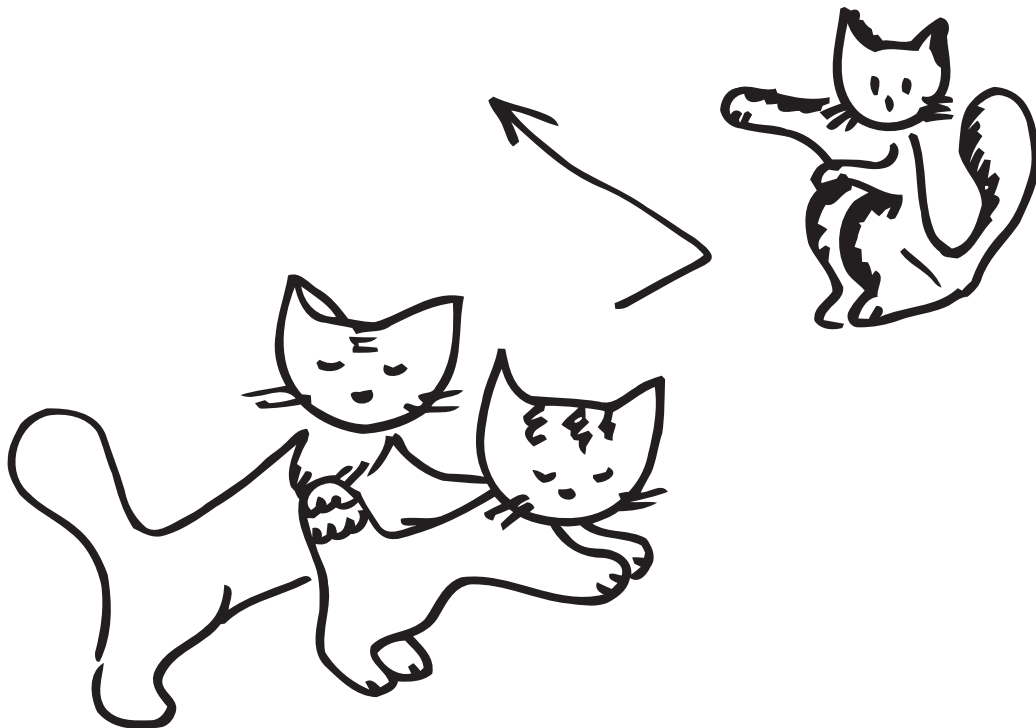
Dad said, too, that he worried it would be too cold and loud in the cave for Tim and his mom. It would be better if they went to another safe place and waited there.

Once he and the other cats chased away the Trouble, Tim and his mom would go home, go to the amusement park, and eat ice cream. Dad asked Tim what kind of ice cream he would want – chocolate, strawberry or green, mint flavor?



Dad said that Tim and his mom needed to get going on their trip right away.

Tim hugged his Dinosaur Yasha close and clutched his mom's paw.



They followed a narrow path out of the cave with the other cats and kittens.

Something was roaring, sparkling and rattling very near them.

Sometimes they walked fast and sometimes – very slow.

So that Tim would not feel sad, he and his mom came up with the game to play: they told each other what they were good at.



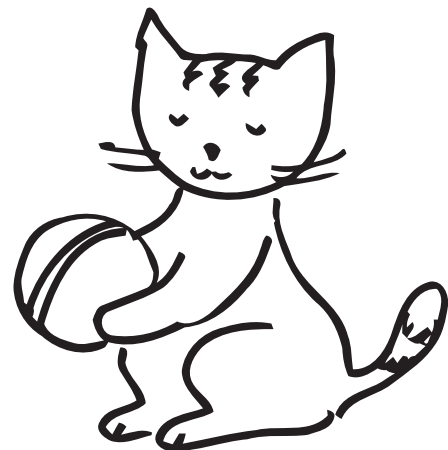
Mom said that she was good at:

- Cooking
- Sewing dresses
- Baking pies
- Singing
- Dance
- Making riddles

Tim said that he was good at:

- Jumping
- Whistling
- Tumbling
- Drawing
- Playing with a ball
- Climbing trees

I can bake pies



I can catch a ball



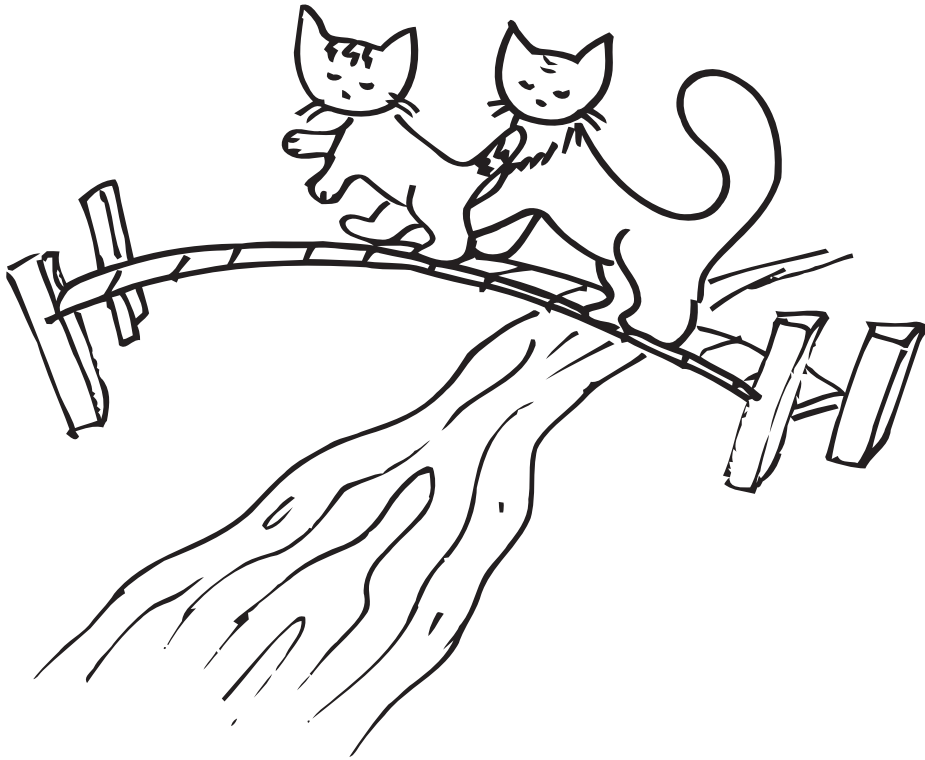
Now let's also play this game. Make a list of things that you are good at, and a list of things your mom is good at.



Part 5. Long Long Day

Tim and his mom walked for a very, very long time. They passed strange new places where Tim had never been before.

They crossed a stream by a narrow bridge and watched a wood chip float along the stream.



They passed a large anthill, then a fallen tree, and a patch of stinging nettles.



Tim was hungry and tired.

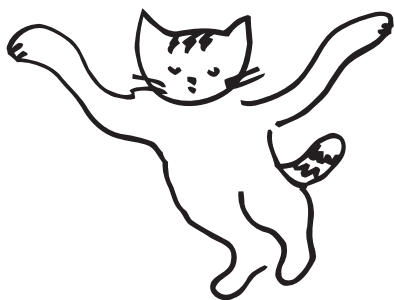
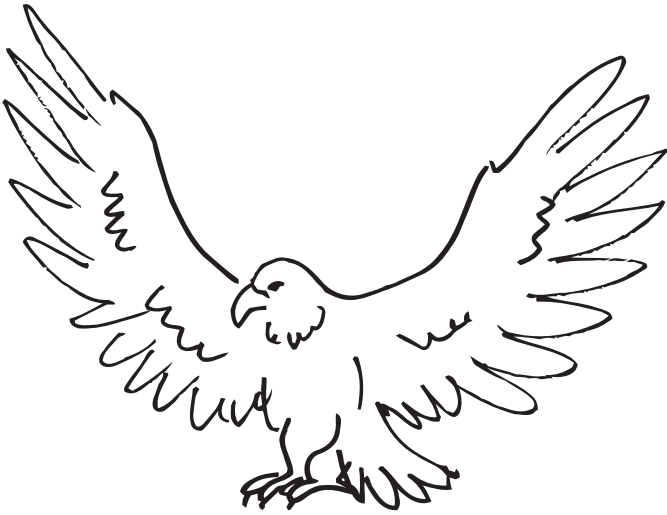
He started whining and asking – “are we there yet”?

To cheer Tim up, his mom suggested playing another game - it’s called “magic transformations”.

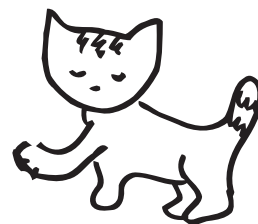
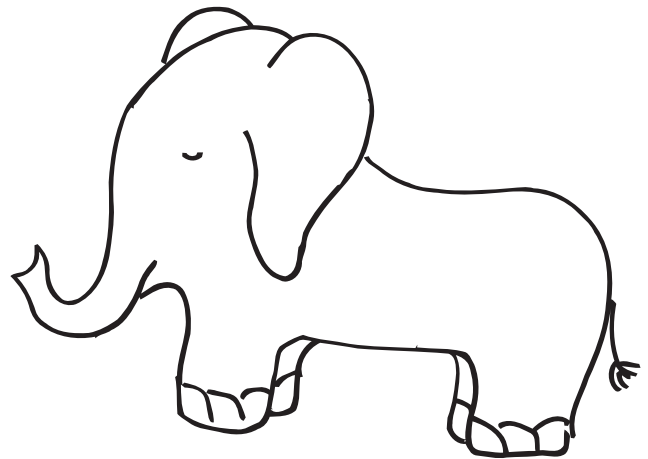
In this game, when mom names something – you need to transform into it very quickly and show her.

So Tim showed his mom how he turns into a:

- Strong eagle
- Funny frog
- Sleepy elephant
- Beautiful flower
- Nimble monkey
- Tall tree with big branches



I am a strong eagle



I am a sleepy elephant



Try to turn into these animals and plants like Tim!
And then we will keep going with Tim and his mom and find a place to stay for the night.



Part 6. A night outside

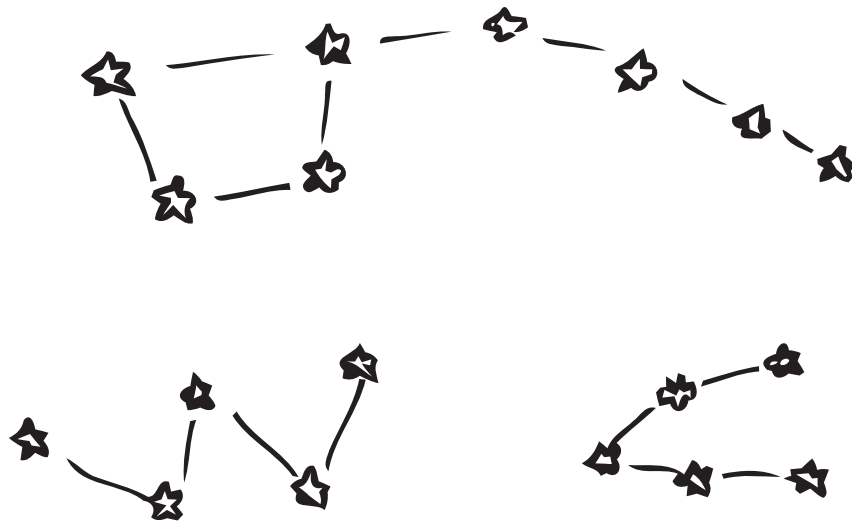
Tim's paws hurt a lot – after all, they had walked all day. Finally, mom and the other adult cats stopped under a tall, tall tree. They took out all different kinds of food from their bags and backpacks and shared it all.

Tim was very hungry! He finished what he got very quickly and even asked for seconds!

Mom then took out a blanket and began to arrange a small bed for them right under the tree.



Tim snuggled up to her and looked around him. Tree branches were swinging high above his head. Stars were shining bright above the tree. Mom told Tim about different constellations and planets. Tim had never slept under a tree before and he had never seen so many stars. He enjoyed looking at the constellations and coming up with funny names for them. He came up with one he called “hippo’s ear”, and another one he called “toucan’s beak”.



Would you like to think of new constellations and draw them for Tim?



Part 7. A trap for a Bad Dream

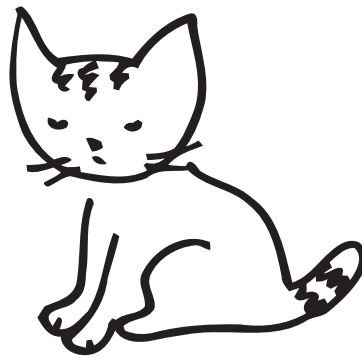
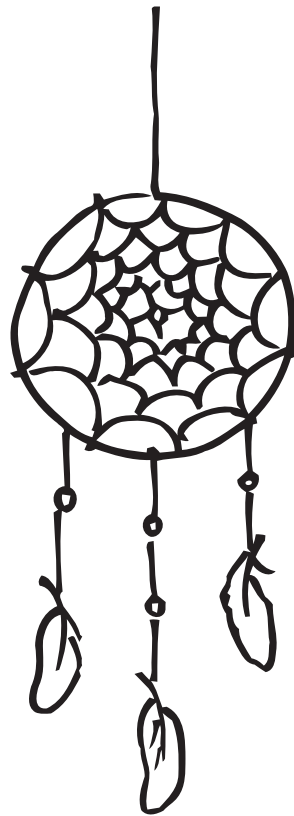
Tim fell asleep soon. He dreamed that he was back home, in his bed – and that scary forest coyotes snuck right into his room and stole his lovely Dinosaur Yasha! Tim cried and woke up.

There were no coyotes around. But his home wasn't there either. But his mom was there right next to him.

Mom hugged Tim and told him that it was just a bad dream.

Tim didn't want to fall asleep again. He was afraid, that the bad dream will come back. Then mom asked: "Do you want me to teach you how to make traps for bad dreams?"

Tim agreed right away.



DREAMCATCHER



Mom told him that bad dreams are afraid of sweet memories! So they took a sheet of paper and pens and wrote down some nice memories of their life together.

They remembered and wrote down:

- How grandma and grandpa gave Tim a blue dinosaur and Tim named him Yasha.
- How Tim and his friends Max and Leya swam in the river and splashed and how it was very funny.
- How mom and Tim baked strawberry cookies and treated their friends.
- How Tim found a very beautiful beetle.
- How dad and Tim played catch.





Now let's tell Tim your good memories to help him chase away bad dreams. We can write down some good or fun times that you've had.

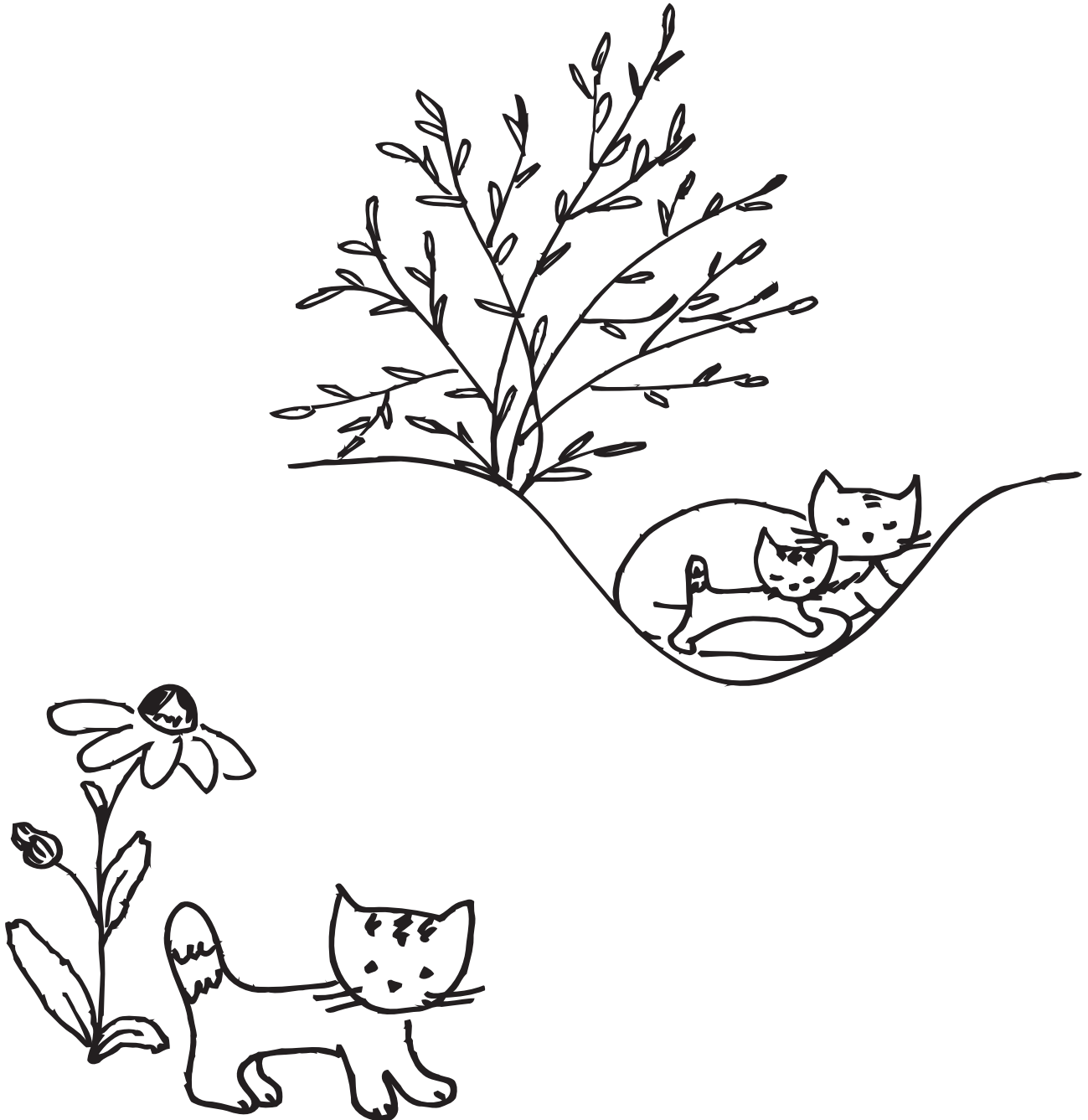
1. _____
2. _____
3. _____
4. _____
5. _____



Part 8. The Journey Goes on

Tim, mom and the other cats walked for many, many days. Sometimes they walked through the fields, where daisies, cornflowers and clover bloomed. Sometimes they hid in a ditch – if it seemed that some dangerous animals were snooping around nearby.

Once, they had to crawl into a damp dark cave and sit there for many, many hours – because they heard a terrible, terrible roar somewhere very close by.



In order not to be scared, mom taught Tim another spell. It is called 5-4-3-2-1, or the Tranquility Spell.

For the Spell to work, you need to find FIVE objects of the same color around you, then hear FOUR sounds, touch THREE different surfaces, touch TWO different parts of the body and imagine ONE taste of your favorite food or drink.

FIVE objects of the same color



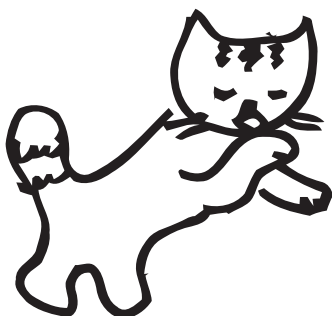
FOUR sounds



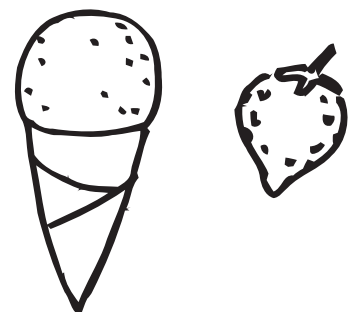
THREE different surfaces



TWO different parts of the body



ONE taste



The first time around Tim came up with the following:

I see FIVE blue things:

- dinosaur Yasha,
- my jacket,
- my mother’s handbag,
- blue cornflower flowers
- the blue sky.

I hear FOUR sounds:

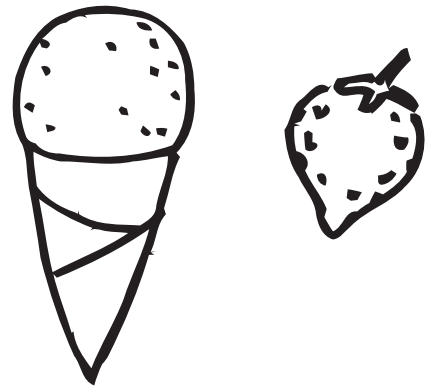
- the crunch my paws make on the rocks,
- the chirp a bird makes,
- my friend Max’s laughter,
- my heartbeat.

I can touch THREE surfaces:

- the cold rough sand,
- a smooth leaf
- a soft scarf.

I can touch

- my ear
- my tail.



I can imagine the taste of strawberry ice cream!

Let’s make another 5-4-3-2-1 Spell for Tim

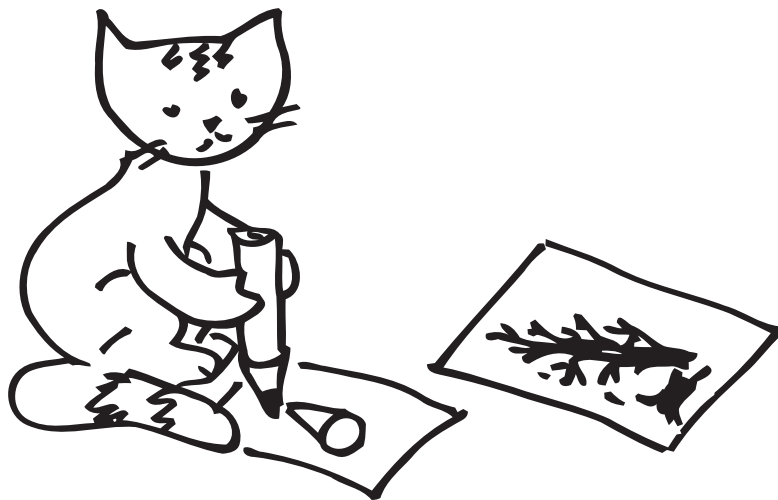
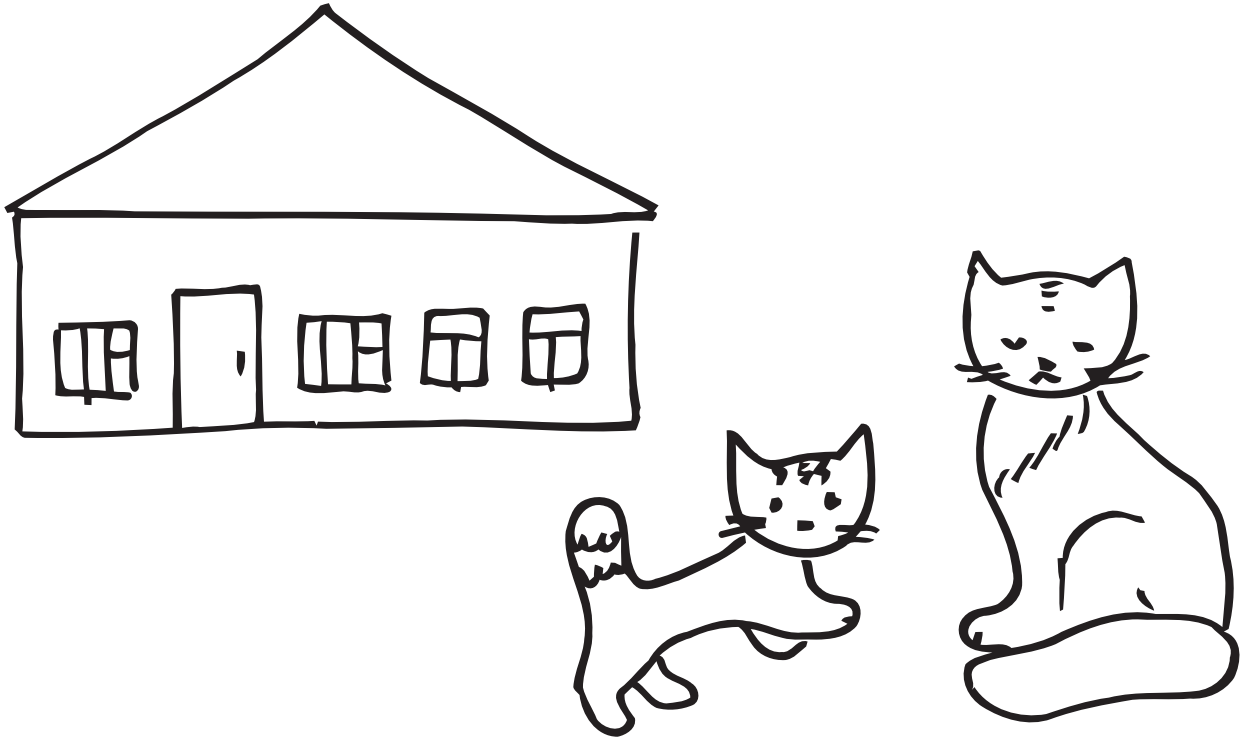
- I see FIVE...
- I hear FOUR ...
- I can touch THREE ...
- I can touch (TWO body parts)
- I can imagine the taste of ...



Part 9. The Land Far Far Away

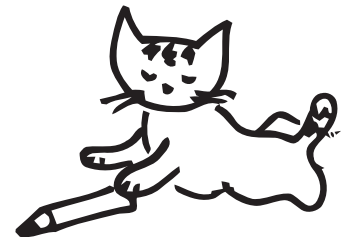
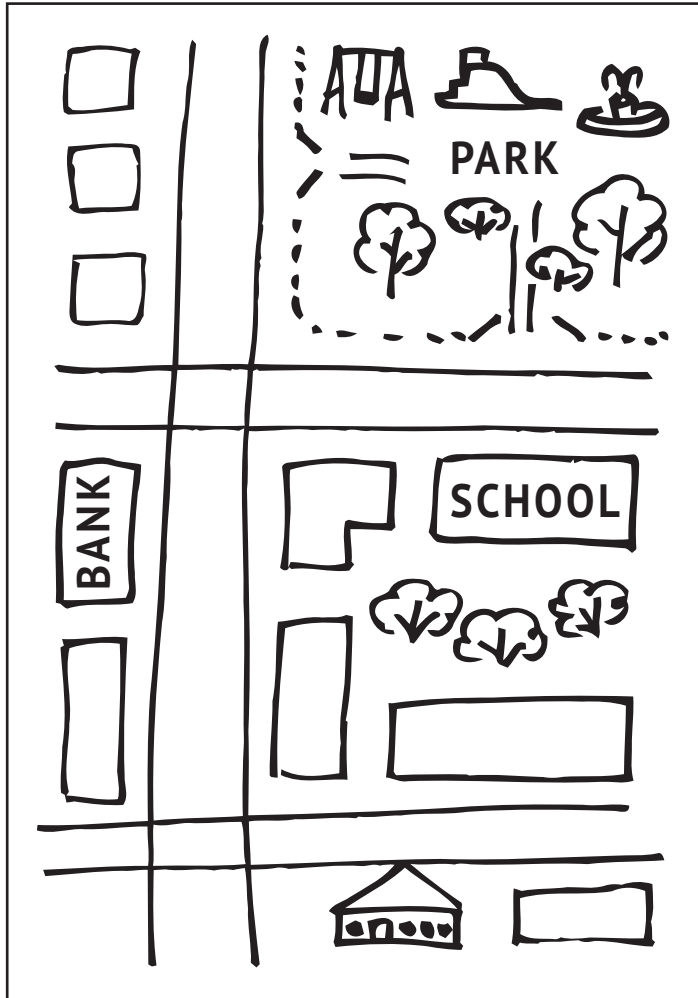
Finally mom and Tim stopped at a house. Mom said that they would live here for a while, and asked Tim to help her.

First, mom asked Tim to draw some pictures to decorate the walls of their new house.



Second, they had to go for a walk near their new home and make new friends. Tim and his mom drew a map – how to find a shop and a playground.

And third, they had to write a letter to dad and tell him about what they saw on the way.



Let's help Tim draw pictures to decorate the walls of his new house, and then let's find out what Tim will write to dad.



Part 10. The storm inside

Tim drew pictures and they decorated the new house with them. Mom was waiting for Tim to go for a walk together but, Tim said that he was not going anywhere and stamped his paw. He even pushed his mom away when she wanted to hug him!

Mom was very surprised – but not upset.

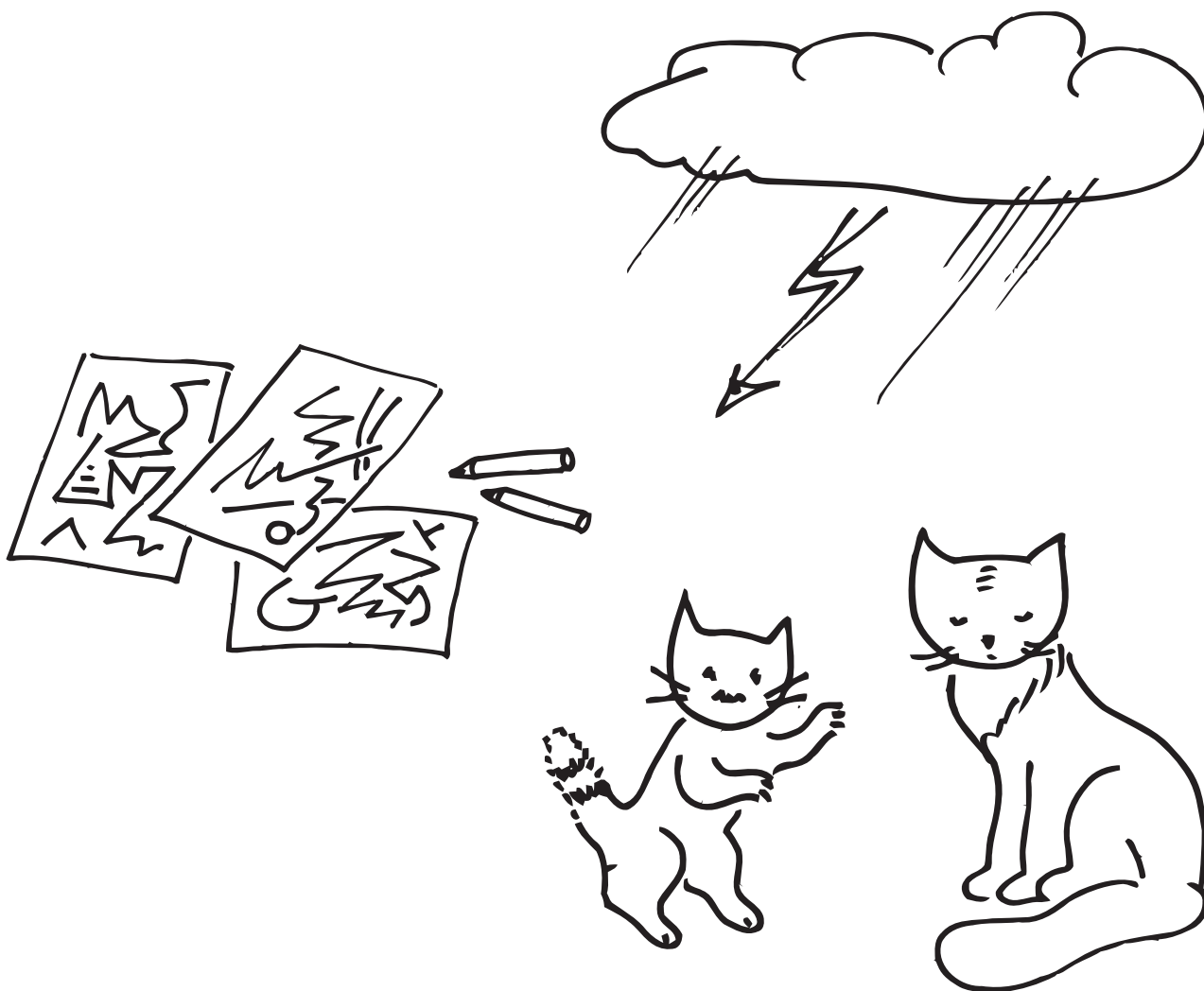
She sat down next to him and asked: “Did the weather turn bad inside you? Did a storm start?”

Tim didn’t know what to say.

For some reason, he was both sad and scared. He really wanted to shout out loud or even knock something over or throw it.

Tim couldn’t explain what was happening to him.

But his mom suggested that rather than telling her, he could draw how he feels. Tim took the colored pencils and started drawing again. The drawing had many lines, spots and zigzags and although it looked confusing, for some reason his mom really liked it.



Do you also want to draw how you feel now?

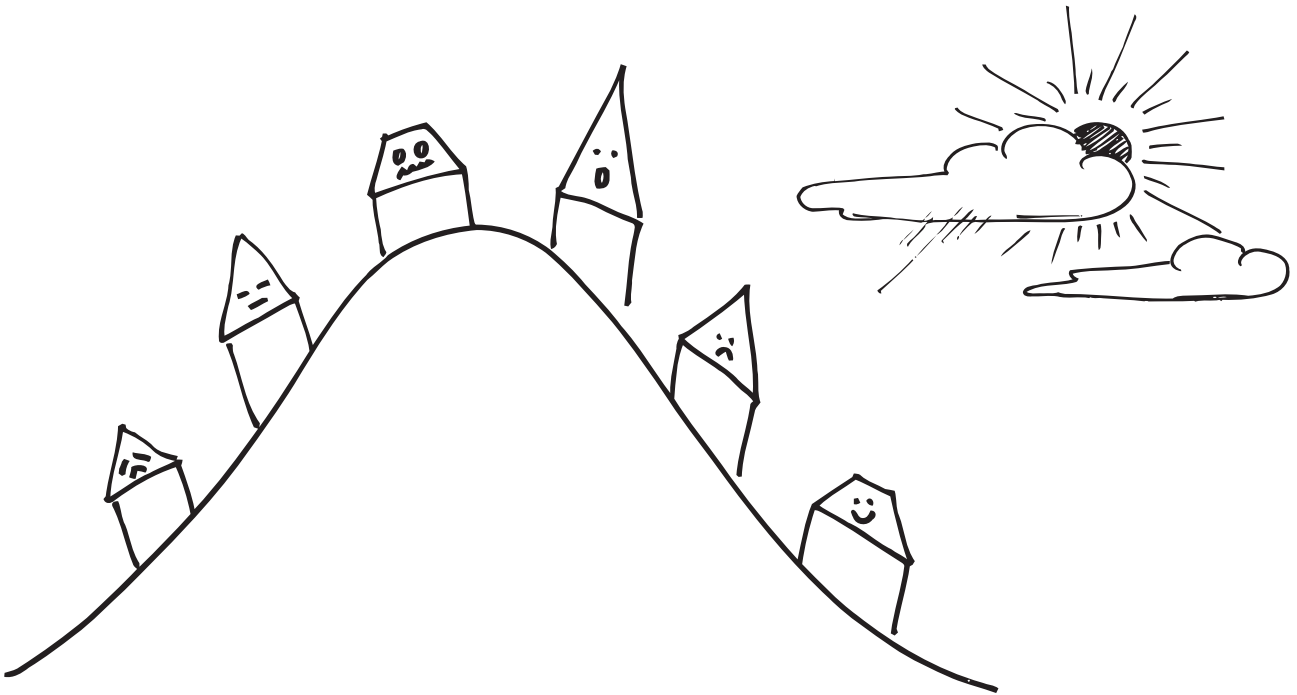


Part 11. Mood spirits

Mom carefully examined Tim's drawing, and then she said: "Do you want me to tell you how you can change the weather inside you?"

Tim became very interested.

Mom drew a mountain, and on it – colorful houses. She said that these were the houses where the mood spirits lived.



In one house she put a spirit that can get very angry.

In the second house she placed a spirit that knows how to be afraid.

In the third house his mom painted a spirit that was very sad.

In the fourth, a spirit that knows how to be happy and surprised.

Tim looked at the drawing and suggested that they kick the first three spirits out and only let the last one stay.

But his mom did not agree with this. She said that he just needed to learn more about each of the spirits and to make friends with them.

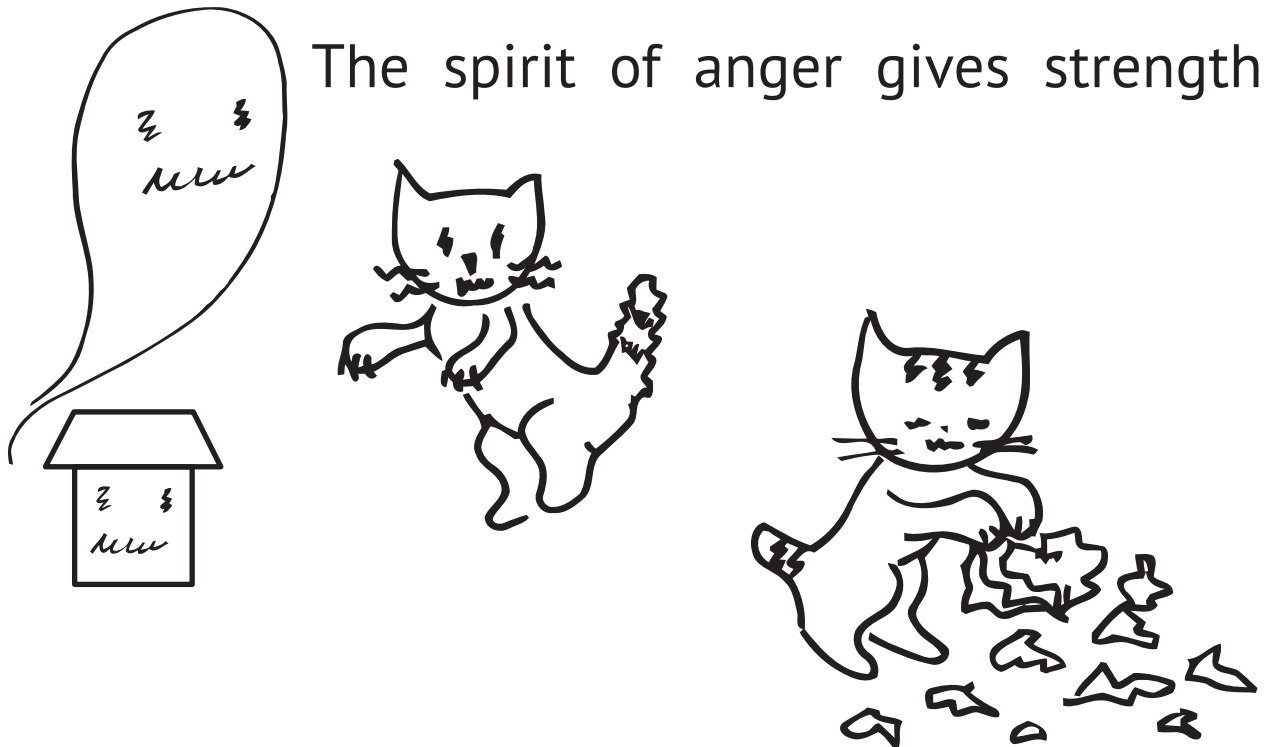


Part 12. Anger spirit

Tim and mom decided to start by getting to know the anger spirit. Mom said that this spirit can give a lot of strength.

You need the spirit so that you notice when someone upsets you.

But it is very bad for the spirit itself when it is locked up inside and cannot come out. If he just finds himself on the street, if he is not careful, he might destroy something good. So, this spirit needs our help.



Mom showed Tim how to help the anger spirit not destroy or spoil anything.

For this you can:

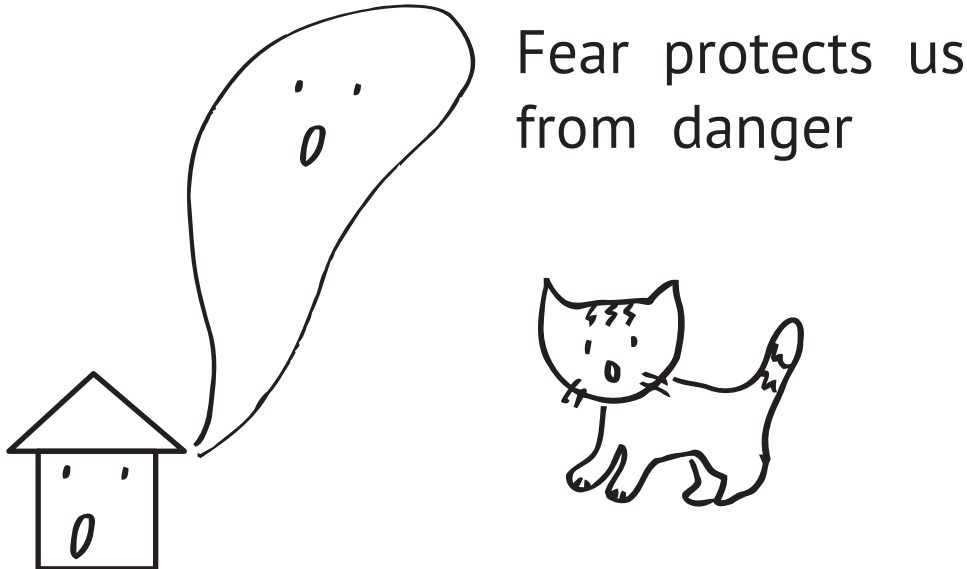
1. Actively stomp your feet as if you were an elephant.
2. Tear a sheet of paper into tiny-tiny pieces and make paper snow.
3. Crumple up paper and have a snowball fight or throw snowballs across the room into a bucket.
4. Jump high, like a frog, over and over, until you get tired.
5. Roar like a tiger, hiss like a snake or breathe like a steam engine (Choo, choo!)
6. Take a piece of plasticine or dough and use your paw to make pancakes out of it.

Do you want us to try some of the ways that mom and Tim came up with to help the anger spirit?



Part 13. Fear Reducer

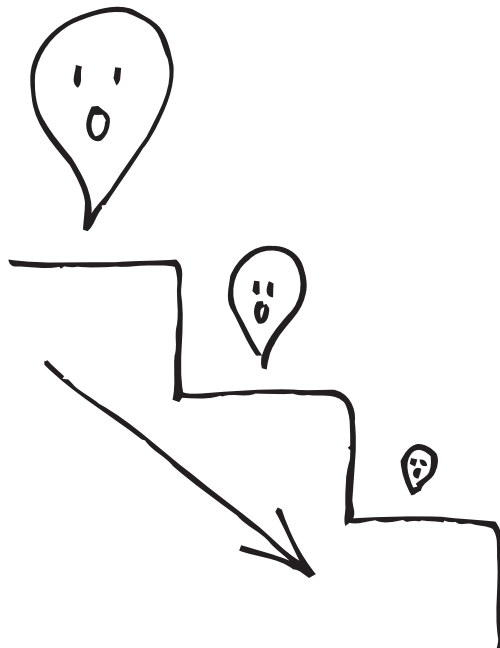
Tim could not believe his ears when his mom said that the spirit of fear is a friend and helper. She explained that fear always comes to protect from danger.



But sometimes the fear spirit makes a mistake and arrives for no reason, and then it gets in the way.

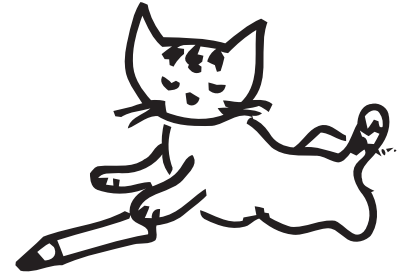
Mom suggested that Tim make a special Fear Reducer.

To do this she drew a ladder and placed a picture of fear on each step. On the bottom step the fear was very small, on the second step it was bigger and on the top step it was the biggest. Under the steps his mother suggested writing the things that could help him get down the stairs and lessen his fear.



Look what mum and Tim wrote:

- Hug mom
- Draw a picture
- Turn on the light
- Drink some water
- Play a game
- Go for a walk
- Read a book
- Look at some photos
- Sing a song
- Listen to music
- Come up with a joke
- Think of something funny
- Tell yourself: I can do it!



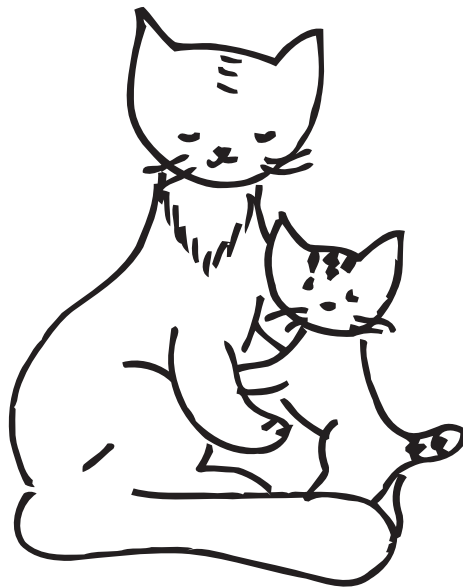
Let's write or draw what else can help
Tim reduce his fear!



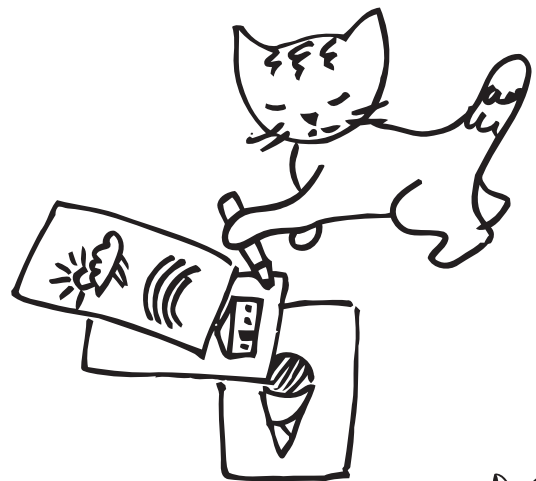
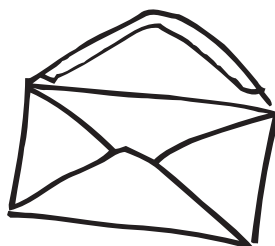
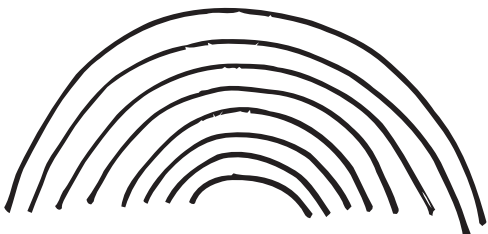
Part 14. The Rainbow

”Mom, what should I do about the sadness spirit? I really miss dad and our cozy house, and this makes me want to cry...” – Tim sighed.

”It makes me sad too,” mom said “but it is better to be sad together! Come on, let’s sit together and be sad a little. If you want, you can tell me about what you are most sad about, I will stroke your back, and then we’ll go for a walk and explore this new place.”



Tim thought about it for a bit. and then he said: “Mom, I think the happiness spirit woke up inside me because you are next to me and you always help me. Now I don’t have a storm inside any more, but a rainbow. I want to tell dad about our trip and all that I’ve learned. Let’s take a walk and then sit down to write him a letter! Let’s remind dad that after the Trouble is gone, we’ll go ride all the rides and eat ice cream with him!”



Дорогие друзья!

Я – Женя Кац, игровой педагог, руководитель проекта «Мышематика» и иллюстратор этой книги.

Я и мои коллеги учим детей из разных стран детей математическим и логическим играм. Мы надеемся, что это поможет детям отличать чёрное от белого, факты от фальши, правду – от пропаганды.

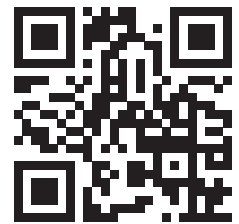
Мы категорически осуждаем военные действия в Украине со стороны РФ, и хотим пожелать вам и вашим близким, чтобы скорей наступил мир!

Dear friends!

I am Jane Kats, a game teacher, the head of the Mousemathics project and the illustrator of this book.

My colleagues and I teach children from different countries math and logic games. We hope that this will help children distinguish black from white, facts from falsehood, truth from propaganda.

We categorically condemn the military actions in Ukraine by the Russian Federation, and we would like to wish you and your loved ones peace as soon as possible!



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