

The Little Grey Feather

Calming Activity Pack

Gentle activities for quiet moments and big feelings



Calming Stories for Little People
by Penelope Willis

The Feather's Journey

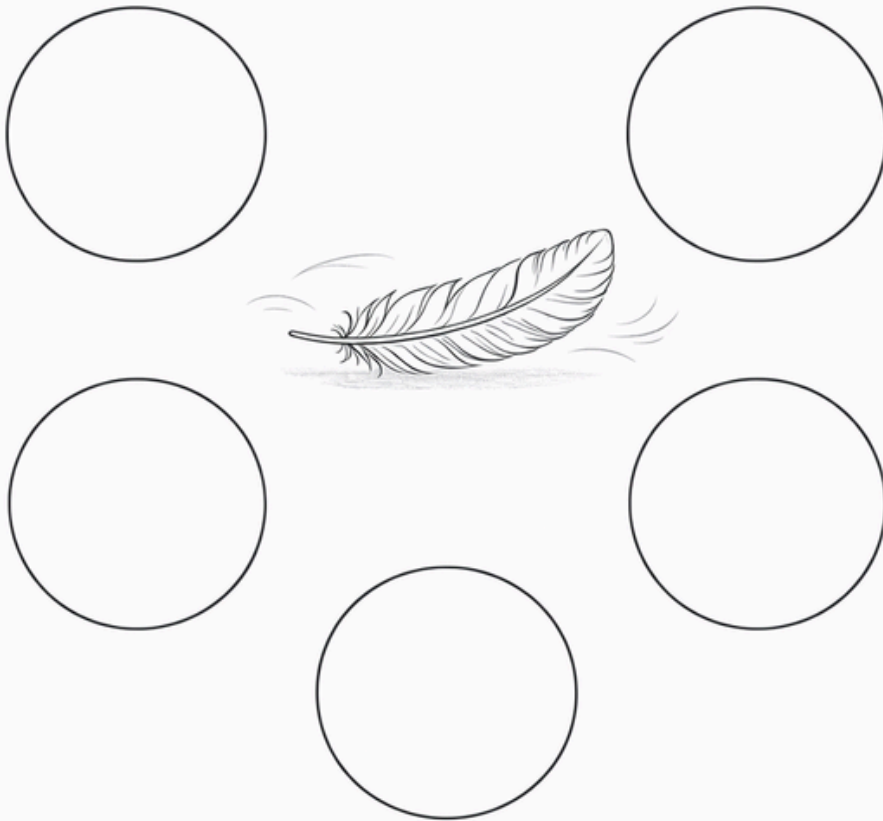
Draw a line to follow the little grey feather as it floats through the sky and the countryside, to a quiet and cozy spot.



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How Did the Feather Feel?

The little grey feather had lots of feelings. Sometimes it felt unsure. Sometimes it felt calm. Sometimes it felt safe again.



Let's Talk About Feelings

Draw a line matching each feeling to the little grey feather.

Calm

Safe

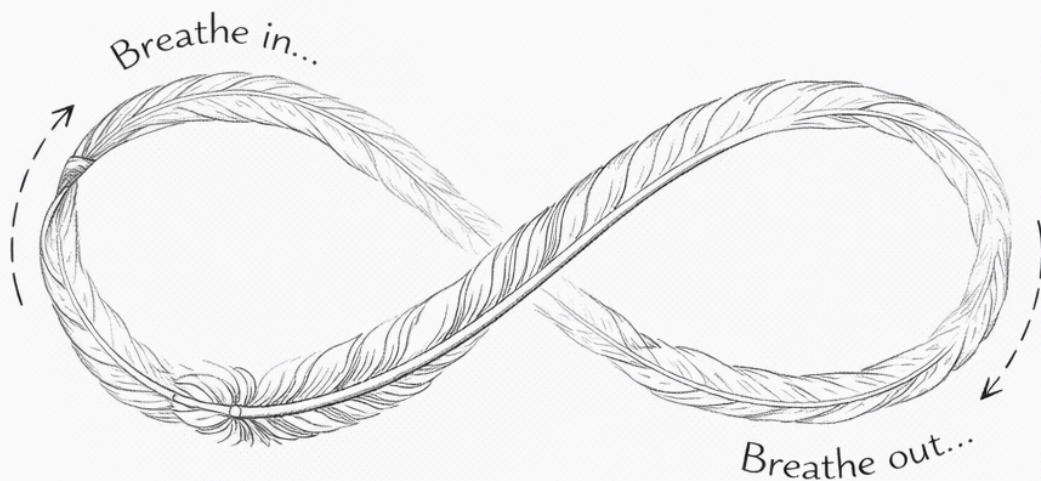
Unsure

Loved



The Feather's Breath

Use your finger to trace the feather as you breathe in and out slowly.



Draw Calm Feelings

Draw some things that make you feel calm, happy, or safe.

