

HI THERE! I'M RAY THE LIGHTHOUSE.



My job is to shine my light and help ships find their way safely through stormy seas.

But you know what? Kids have stormy seas too—stormy seas of **BIG** feelings!

When those feelings get loud or uncomfortable,

I'm here to help guide you back to calmer waters.

Just like real storms, big feelings always pass. And while you wait for the storm to move on, you can help your body feel safe and calm.

Let's practice together.

1. Find Your Calm Spot

Sit in a comfortable position. Let your hands rest gently in your lap. You can close your eyes, or just soften them by looking at one quiet spot.

2. Breathe Like a Lighthouse

Take a slow, deep breath in through your nose, and let it out gently through your mouth — almost like a long, low lighthouse horn echoing through the fog.

Let's try that again:

Breathe In... sloooow and steady.

Breathe Out... soft and smooth.



3. Shine Your Inner Light

Now picture a warm, glowing light inside your chest—
just like the bright light in a lighthouse tower.

Each time you breathe in, imagine that light growing brighter.
Each time you breathe out, imagine that light spreading calm through your
whole body— down your shoulders, your arms, your tummy, your legs,
all the way to your toes.

Keep breathing slowly, letting your lighthouse light shine strong and steady.
You are safe. You are calm.

And just like a lighthouse,
your light can guide you through any storm.



