

## Escape to the Realm of Calm...

Right team, can you keep a secret?

We have some new information about the creature. We have discovered how they escaped. We now know that the creature was feeling a bit scared when Bob Goodwimble came upstairs and disappeared through a special doorway that took them away to a place which made them feel really calm and safe.

We need your help imagining where the creature went and what this calm place might be like.

Inside this envelope you will find your own special doorway, that with the right words and pictures, will take you to your very calm place. To help you imagine this place, we invite you to come on a journey of discovery, by reading the next section- maybe someone in your team could read it aloud for everyone else. You can also use the QR code from the newspaper to go online and hear one of our very magical beings reading it out for you. Click on the button marked 'click here to listen to the journey into the Realm of Calm'.



### 'The Realm of Calm'

*Now then, if you're ready, and if you want to of course, I would like to invite you on a journey through this door to a very different place. Travelling to other realms is not always for everyone, but let's give it a go. It will last no more than five minutes.*



*To start, it's super important that you pop yourself in a comfortable position, that could be lying down on the floor or on your bed, sitting cross-legged or kneeling. But it's important that you can hold that position for some time without it hurting or becoming uncomfortable.*

*Right then, are you feeling comfy? Let's begin.*

*First of all, close your eyes. If closing your eyes makes you feel weird or strange, maybe look down at the floor, up at the ceiling or straight ahead of you, and take a deep breath in, sending the air right down into your stomach, then breathe out. Pay attention to your breath and try to forget everything else for a moment. Just think about the sound of your breath going in and out.*

*We're going to travel beyond the four walls that encompass you now and step through the door. You will have noticed that it's a very small door indeed, but as you approach it, somehow you fit through, just perfectly. Maybe that seems strange, but we are entering the realm of the imaginary, where anything is possible.*

*As you take your first steps into this special place, imagine your feet softly greeting the floor. They feel heavy and warm- it's almost as if the floor is welcoming them. When you look up, you see that you're in the safest, cosiest, loveliest place imaginable.*



*The door to the Realm of Calm takes everyone to a different place so what you can see now is unique and totally yours. As you breathe in and out, think about the air in this very special place. What does it smell like? You can smell some lovely things- what are they? What temperature is the air? It feels just right. Is there a soft breeze or a warm fire glowing or maybe snowflakes gently melting on your nose?*

*You start to move through the space and notice more of your surroundings. What can you see? Are there people here, or animals, familiar faces, fantastical ones or both? Everything here makes you feel very much at home, and very calm.*

*After wandering through this magical place for some time, you notice your breath is feeling more relaxed and more steady, breathing in and breathing out. Up ahead is the most comfortable looking chair you have ever seen, and you can't resist a lovely sit down. Think about what this chair is made of, and how lovely and pillowy soft it feels as you nestle in.*

*You feel very at ease here and as you sit in this wonderful chair; you listen to the sounds around you. There are some sounds of nature, what are they? Whatever they are, they make you feel very relaxed.*

*You look out at this lovely place, and you breathe.*

*I think the Realm of Calm has worked its magic, it's time to come back, but remember you can always return anytime you need to through the magic door- this is your special place.*

*Now, to bring yourself back into the room, rub your hands together to make them warm and rest your hands over your closed eyes. Remember, your hands are the door out of the Realm of Calm, and all you have to do is open your eyes and slowly open your hands like a door, letting the light in. Welcome back.*

Now you've journeyed through the door, can you decorate it to reflect what you saw in there? Could you also draw and write about it in your journal?

Remember- just like the creature who broke into Grimm & Co, you can use the door to escape to a calm place anytime you feel worried or overwhelmed.

