MEET TOM TOM

My Four Pillars Activity Pack

A free, printable adventure in thoughts, feelings, comfort and connection

Created by Counsellor Tomass J. Wood • Tom Tom Universe

For children, families, classrooms and libraries

Hello, special explorer!

Tom Tom is a curious boy who loves music, stories, family and his two cuddly Pound Puppies. Sometimes his thoughts are busy. Sometimes his feelings are as big as ocean waves. And sometimes a familiar toy or a kind person makes everything feel easier.

Tom Tom uses four special ideas to understand his world. You can explore them too. There are no wrong feelings and no perfect answers.

The Four Pillars

BRIAN'S — My inner voices
The different thoughts and feelings that pop up inside me.

WAVES — My feelings
How big or small my feelings feel right now.

CIRCLES — My comforts
The people, places and routines that help me feel safe.

BRIDGES — My connections
The ways I connect with people, interests and learning.

My name: _____ Date: _____

Tip: You can write, draw, point, tell someone, or just think about your answers.

1 BRIAN'S

Meet the thoughts inside

Tom Tom sometimes hears his Curious Brian saying "What happens if…?" and his Safety Brian saying "Check first!" Other Brians might feel excited, worried, kind or hopeful.

Circle or colour the Brians you know

CURIOUS WORRIED HAPPY SAFETY KIND HOPEFUL

Draw a Brian

What does your Curious Brian or Kind Brian look like? Give your Brian a name!

_____

_____

_____

_____

_____

Finish the thought

Today my _____ Brian might say:

_____

_____

Remember: thoughts are messages, not commands. If something might be dangerous, stop and ask a trusted grown-up.

2 WAVES

Feelings come in different sizes

Some feelings are tiny ripples. Some are medium waves. Some feel like enormous storms. Every feeling is allowed, and we can find safe ways to respond.

My wave meter

1 ~ Tiny ripple 2 ≈ Gentle wave 3 🌊 Growing wave 4 🌊 Big wave 5 □ Stormy wave

My wave right now is number: _____

Draw your wave

_____

_____

_____

_____

_____

Things that might help my wave settle

☐ A quiet space ☐ Music ☐ Movement ☐ My comfort object

☐ Talking ☐ Drawing ☐ A break ☐ Something else: _____

If my wave feels too big, I can ask this trusted adult for help: _____

3 CIRCLES

My little world of comfort

Tom Tom loves his familiar Pound Puppies. They are more than toys to him: they remind him of safety, love and home. Your Circle might include a person, a place, a routine, a song or an object.

My comfort circle

In the middle, draw yourself. Around you, draw or write four things that help you feel safe or settled.

_____

_____

_____

_____

_____

_____

One Circle I can take with me is: _____

One Circle I can ask a grown-up to help me make is: _____

Everybody's Circles are different. We can respect what matters to someone else.

4 BRIDGES

Different ways to connect

A Bridge helps two people understand each other. Tom Tom loves music. Sometimes a shared song is a better Bridge than lots of words.

Build a Bridge

Choose one way you like connecting:

☐ Talking ☐ Drawing ☐ Playing ☐ Music ☐ Reading ☐ Sitting together ☐ Other: _____

I feel connected when: _____

Kindness challenge

Imagine a friend has lost their favourite toy and feels very sad. What could you do to show that you understand?

_____

_____

_____

_____

My Bridge promise

This week I will try: _____

Remember: nobody has to hug, talk or share personal feelings to be kind.

5 MY FOUR PILLARS STORY

One little moment, four ways to understand it

Tom Tom is going somewhere new. The room is noisy, he misses his familiar things, and he wants to join in but does not know how.

What might be happening?

BRIAN'S — Which thoughts or feelings might Tom Tom notice?

WAVES — How big might his feelings be? What could help?

CIRCLES — What familiar thing or routine might comfort him?

BRIDGES — How could someone help him join in, without pressure?

Create your own ending

Draw or write one kind thing that happens next.

GROWN-UP GUIDE

Gentle, inclusive ways to use this pack

A flexible 20–30 minute activity

1. Introduce Tom Tom and read the first page together. 2. Invite children to choose one Pillar rather than completing everything. 3. Allow drawing, movement, gestures, communication aids, writing or quiet reflection. 4. Use the story prompt to practise perspective-taking. 5. Finish by asking what felt helpful, if the child wishes to share.

Questions that open doors

“What might Tom Tom be thinking?” “What could help that Wave?” “Why might Puppy matter so much to him?” “What would a kind Bridge look like?”

Important boundaries

Do not require children to disclose personal experiences, explain a diagnosis or discuss trauma. Respect sensory needs and opt-outs. If a child describes danger or harm, follow your setting’s safeguarding procedures. These activities are not therapy or a diagnostic assessment.

About the approach

Brian’s, Waves, Circles and Bridges are the author’s developing, child-friendly educational ideas, not an independently validated intervention. Use them as optional language for discussion alongside established practice.

Discover more

Tom Tom Universe has four completed illustrated introductory books: Tom Tom, the Fire, and the Special Pound Puppy; Tom Tom and the Music Box; Tom Tom and the Marching Bands; and Meet Tom Tom.

Created by Counsellor Tomass J. Wood | www.tomtomuniverse.co.uk

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