TOM TOM UNIVERSE

CIRCLES, WAVES & THE FOUR PILLARS

A CHILDREN'S DISCOVERY WORKBOOK

Feelings, patterns, curiosity, science and discovering what makes YOU unique.



Created by Counsellor Tomass J. Wood

Brian's • Waves • Circles • Bridges

START HERE

Hello, fellow explorer!

This is your workbook. It belongs to you, and there is no single right way to use it.

My name / nickname / symbol

Choose your own way: You can write, draw, colour, point, use stickers, sign, speak, type, use picture cards or ask an adult to help. You can skip pages and come back later.

Today I would like to...

- [ ] Learn something new
- [ ] Explore my feelings
- [ ] Make something
- [ ] Investigate a mystery
- [ ] Take my time
- [ ] Share with a grown-up

Draw your explorer badge

What might your own special star or symbol look like?

Remember: You do not need to explain your feelings to deserve kindness.

What will we discover?

Pick a path, explore a page, return whenever you like.

01 BRIAN'S

Notice and name feelings, needs and thoughts.

02 WAVES

Explore how strong feelings change over time.

03 CIRCLES

Find helpful patterns, rituals and routines.

04 BRIDGES

Discover ways to communicate, connect and ask for help.

THEN WE BECOME SCIENCE EXPLORERS

WATER + SOUND

Make and notice waves using everyday objects.

LIGHT + PARTICLES

Notice light, learn about models, ask careful questions.

PATTERNS

Look for repeating shapes and cycles around you.

YOUR OWN PROJECT

Ask a question, predict, test, observe and share.

Important: The Four Pillars are Tom Tom Universe's educational tools for exploring experience. Science pages explain physical phenomena. Comparing the two can help us think, but feelings and water waves are not the same scientific thing.

Four ways to understand me

Imagine four helpers who work as a team - none has to be perfect.

BRIAN'S • The voice

"Something feels exciting / scary / confusing." A character to help name feelings or needs.

WAVES • The feeling

"My feelings can rise, soften and change." A way to notice intensity.

CIRCLES • The pattern

"A familiar plan helps me know what happens next." A way to explore routines.

BRIDGES • The connection

"I can move from here to my next step." A way to ask, show, connect or change activity.

My favourite pillar today

Draw a Brian, a wave, a circle or a bridge - or invent a new sign.

A day with Tom Tom

Read this little story. Then become the detective.

Tom Tom hears a loud noise as he gets ready to leave. His Worried Brian says: "That startled me!" He notices a big Wave in his tummy. He remembers his Circle: shoes, coat, bag, then go. His trusted adult offers a Bridge: quieter headphones and a little extra time before leaving.

Which parts of the story can you spot?

- ☐ A Brian gives a feeling a name
- ☐ A wave tells us how big it feels
- ☐ A circle makes a plan clearer
- ☐ A bridge helps the next step

Which part of Tom Tom's day do you understand best?

Draw or tell your own mini story

You can use a real day, a make-believe adventure or pictures.

BRIAN'S

Meet the Brians

Every feeling can bring a message. Feelings are not "good" or "bad" people.



Happy Brian

I like this!



Sad Brian

I miss something.



Worried Brian

Is it safe?



Curious Brian

What happens if...?

Which Brians visit you sometimes?

- ☐ Excited Brian
- ☐ Confused Brian
- ☐ Hopeful Brian
- ☐ Quiet Brian
- ☐ Calm Brian
- ☐ Angry Brian
- ☐ Tired Brian
- ☐ Brave Brian

Invent a Brian of your own

What is their name? What do their eyes or face look like?

What might your new Brian say?

Giving Brian a voice

You can imagine a Brian saying something to help you explain what you need.

A Brian is a friendly storytelling tool, not a separate person living inside your mind. You are always you. Try one, many or none of these names.

"Happy Brian says..."

"Worried Brian says..."

"Curious Brian says..."

"Tired Brian says..."

The Brian I want someone to hear today is...

BRIAN'S

The feelings detective

Our bodies sometimes give clues about what we need. Everyone has different clues.

What might you notice when a feeling grows?

- [ ] Fast heartbeat
- [ ] Hot cheeks
- [ ] Butterflies in tummy
- [ ] Busy feet / moving legs
- [ ] Wanting quiet
- [ ] Wanting company
- [ ] Tense shoulders
- [ ] Something completely different

Draw a person, shape or map and show where you notice feelings

You can also put a star where you feel safe or calm.

One clue my body sometimes gives me is...

My feelings wave meter

A feelings wave is a metaphor: a way to picture how strong a feeling seems.

Circle or colour how big your wave feels now

1 Tiny	2 Small	3 Medium	4 Big	5 Huge

Draw a wave for your day

Was it smooth, tall, bumpy, jagged or tiny? All answers belong.

What helps when my wave is small?

What support do I want when my wave is big?

A wave has a beginning, middle and after

Feelings may change slowly or quickly. Some return again. There is no time limit.

BEFORE

What was happening? What did I notice?

DURING

What did I need or wish for?

AFTER

What helped, or what might help next time?

BEFORE - draw or make notes

DURING - draw or make notes

AFTER - draw or make notes

Important: A big feeling does not mean you are being naughty. You can ask for support at any point - even before you know which feeling it is.

Build a gentle calm plan

Make a menu of things to try. You can change it at any time.

Things I might choose

- [ ] A quiet corner
- [ ] Moving or rocking
- [ ] Drawing / building
- [ ] A clear explanation
- [ ] Time with my soft toy
- [ ] A drink of water
- [ ] Headphones
- [ ] A trusted person nearby

Design a little calm corner

Use pictures of colours, objects, textures or sounds that you like.

When I need support, someone can...

Permission slip: I can say "not now", "too loud", "I need a break" or show a symbol instead of speaking.

The patterns around me

Circles can mean routines or things that repeat: morning, lunch, home, bedtime.

DAILY CIRCLE

Something you often do in a similar order.

WEEKLY CIRCLE

Something that happens on certain days.

COMFORT CIRCLE

Something familiar that helps you feel settled.

FUN CIRCLE

A pattern you enjoy creating yourself.

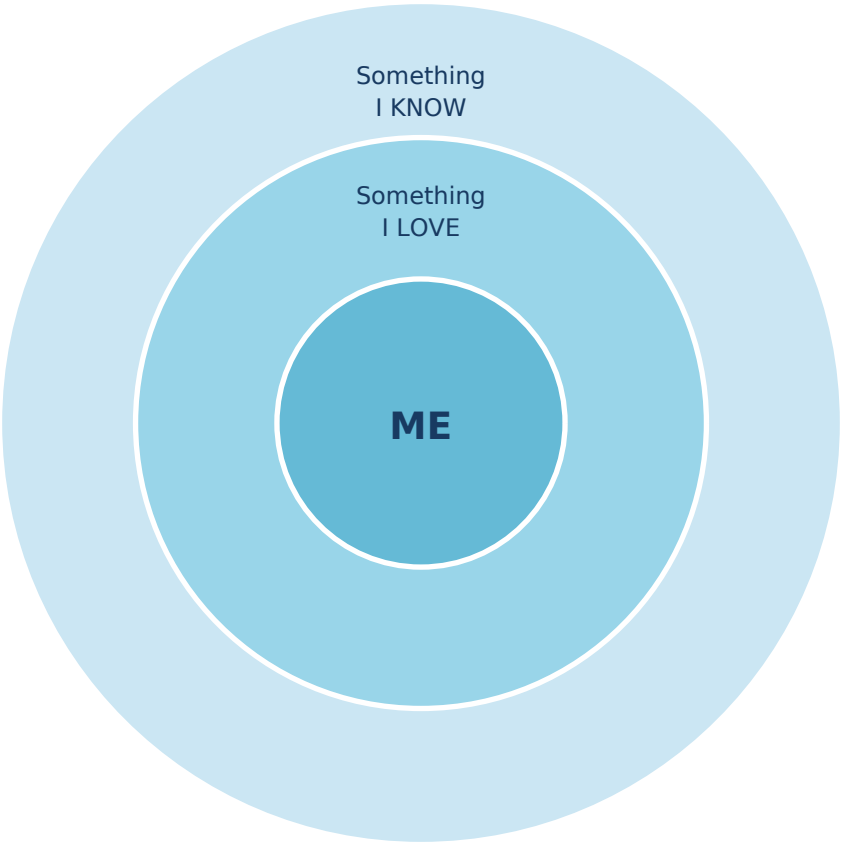
Draw three circles that happen in your day

They do not need to be perfect circles - spirals or boxes count too.

My favourite familiar part of the day is...

My circle of comfort

What helps your world feel predictable, familiar or safe?



One thing I like to keep the same is...

Something that helps if plans must change is...

A helpful circle is a choice, not a rule you must follow forever. People need flexibility, rest and support too.

My day, my way

Design a routine that helps you. You can draw the steps in any order.

1. A way to START

2. Something I DO

3. A time to REST

4. A way to FINISH

What could make a routine easier?

- [ ] Pictures
- [ ] A timer I choose
- [ ] Knowing what comes next
- [ ] Fewer steps
- [ ] A movement break
- [ ] Doing it with someone

My routine can change if I need...

When plans change

Sometimes a circle needs a new route. A bridge can help us cross to a different plan.

Example: You planned the park, but it rains. A new plan might be a den indoors, watching the rain together, or going to the park another day. It is OK to be disappointed first.

MY ORIGINAL PLAN

A POSSIBLE NEW PLAN

A grown-up can help by telling me...

When something changes, I might need...

- [ ] A warning first
- [ ] Two clear choices
- [ ] Extra support
- [ ] Time to feel disappointed
- [ ] A visual timetable
- [ ] A quiet break

What is a bridge?

A bridge can be anything that helps you reach a next step or connect with someone.

A WORD BRIDGE

"I need help" or "Can you show me?"

A PICTURE BRIDGE

Pointing to a card, drawing or symbol.

A PEOPLE BRIDGE

A trusted person stays with you.

AN ACTIVITY BRIDGE

Moving from one task to another with a warning or shared plan.

Draw a bridge between two places

On one side: where you are. On the other: where you want to be.

A bridge I would like more of is...

Ways to say what I need

Communication can be spoken, signed, typed, pictured, gestured or shown in other ways.

PLEASE HELP

I would like help.

PAUSE

I need time or a break.

SHOW ME

Please use pictures or demonstrate.

NOT YET

I am not ready to do this.

TOO MUCH

Please make it quieter or simpler.

YES / NO / MAYBE

A choice can be enough of an answer.

My most useful words, symbols or gestures are...

For adults: Honour a child's communication without insisting on spoken words, eye contact or touching. Do not treat silence as agreement.

My bridge-building adventure

Tiny steps can be enough. Design a bridge to something you choose.

One thing I want to try, learn or understand

STEP ONE - a tiny beginning

STEP TWO - what would help?

STEP THREE - my own next step

Who or what could help build this bridge?

- [ ] A person I trust
- [ ] More time
- [ ] A calm place
- [ ] A picture / written plan
- [ ] A favourite interest
- [ ] Another idea

Bridge rule: You get to choose the destination. The best bridge supports you, rather than forcing you.

Create a Four Pillars comic

Invent a little character and take them through a moment of their day.

Your story could be about a first day, a loud party, a new game, a birthday, a science discovery or a quiet afternoon.

1 BRIAN'S - What is the character feeling?

2 WAVES - How strong is the feeling?

3 CIRCLES - What familiar thing helps?

4 BRIDGES - What happens next?

Give your comic a name

Little scientists ask BIG questions

Science starts with curiosity, careful observation, tests and new questions.

ASK

What do I want to find out?

PREDICT

What do I think might happen?

TRY

What can I safely change or test?

NOTICE

What really happened?

Scientists can change their minds after new evidence. A guess that turns out wrong is still part of learning. Drawings, counts, pictures and descriptions are all ways to record.

One question I have about our world is...

Draw yourself as a scientist

What tools might your science station need?

SCIENCE LAB 01

Make a water wave

Notice the shape that spreads when water is disturbed.

SAFETY STAR: Ask a trusted adult before experimenting. Use simple household objects, keep liquids away from electrical items, and stop if anything feels uncomfortable.

WHAT YOU NEED

A shallow tray or bowl of water, a small pebble-sized object or a finger, a towel and an adult nearby.

TRY IT

1. Place the tray on a steady surface.
2. Gently tap the water once with a fingertip. Watch from the side or above.
3. Wait until the water is still. Then make two small taps in different places.
4. Draw the ripples you noticed. Where did the ripples travel?

I noticed these shapes or movements...

Try another way: Try a tiny tap and a bigger tap. Did anything look different?

SCIENCE CLUE: A disturbance in water can spread outward as a wave. Water at a spot mostly moves back and forth rather than travelling all the way across with the ripple.

SCIENCE LAB 02

Feel the sound

Sound is made by vibrations that travel through materials, including air.

SAFETY STAR: Ask a trusted adult before experimenting. Use simple household objects, keep liquids away from electrical items, and stop if anything feels uncomfortable.

WHAT YOU NEED

Your own voice or humming, your fingertips, a ruler and a tabletop. No loud noises needed.

TRY IT

1. Gently hum at a comfortable volume while resting a hand on your throat.
2. Notice whether you feel a vibration. You may also just listen.
3. Ask an adult to hold a plastic ruler partly over a table edge and gently pluck the free end.
4. Watch it move. How does the sound change when the movement stops?

What moved? What did you hear or feel?

Try another way: Compare a quiet hum with a little louder hum only if comfortable; stop if sounds are unpleasant.

SCIENCE CLUE: Vibrating objects can make sound waves. A sound wave is a changing pressure pattern that spreads through a material.

SCIENCE LAB 03

A light and shadow hunt

Light can travel, reflect and be blocked. Shadows show us patterns.

SAFETY STAR: Ask a trusted adult before experimenting. Use simple household objects, keep liquids away from electrical items, and stop if anything feels uncomfortable.

WHAT YOU NEED

A torch, an opaque toy, a sheet of paper and a safe indoor space.

TRY IT

1. Ask an adult to make the room a little dimmer, if you are comfortable.
2. Shine the torch toward the toy and look for its shadow on the paper or wall.
3. Move the torch closer, then farther away. Observe any change in shadow size.
4. Sketch two different shadows.

What changed as the torch moved?

Try another way: Try different toy shapes, but never point the light into anyone's eyes.

SCIENCE CLUE: In everyday situations, light travels in straight lines through uniform materials. Blocking light produces a shadow. Light can also behave as a wave and is made of quantum objects called photons.

Particles: the tiny building blocks

Many ordinary things are made of atoms and molecules - far too small to see directly with your eyes.

Imagine zooming in on a spoon, a puddle or a flower. Scientists use evidence and instruments to learn about atoms and molecules. They are not just tiny painted balls: any picture is a model to help us think.

SOLID

Its particles are held in arrangements that keep a shape.

LIQUID

Its particles stay close but can move around one another.

GAS

Its particles are more spread out and can move freely.

Invent a particle picture of ice, water or steam

Dots are useful models, but they cannot show everything about real atoms.

What would I like to ask a scientist?

A wave, a particle ... or both?

Light and tiny quantum objects have properties that do not fit one simple everyday picture.

WAVE IDEA

A wave can spread and form patterns such as interference.

PARTICLE IDEA

Light is detected in individual events; its energy comes in packets called photons.

THE SCIENCE SURPRISE

Quantum physics needs mathematical rules that include features we associate with waves and particles.

STAY CURIOUS

There are still deep questions about how to interpret quantum physics.

Big idea: A picture of a ball and a picture of a ripple are models. Neither picture on its own tells the full story of how quantum objects behave. Our feelings-wave pages are a separate metaphor, not a quantum physics experiment.

Draw two science models: a ripple and a dot

Add a question mark between them to show curiosity.

Go on a pattern safari

Patterns are all around us: shapes, sounds, seasons and everyday routines.

What patterns can you find?

- [ ] Stripes on clothing
- [ ] Leaves on a branch
- [ ] A weekly routine
- [ ] Shadows
- [ ] Tiles on a floor
- [ ] Repeating music beats
- [ ] Spirals or circles
- [ ] Another pattern

PATTERN 1 - draw or describe

PATTERN 2 - draw or describe

PATTERN 3 - draw or describe

PATTERN 4 - draw or describe

Which pattern was your favourite, and why?

Guess or evidence?

Scientists try to tell apart what they think from what they actually notice.

Try this: Ask an adult to put a few dry, safe objects in an opaque container, close it, then gently shake it. Before opening, guess what might be inside. Do not use anything sharp, breakable or small enough to be a choking risk.

MY GUESS (before looking)

MY EVIDENCE (what I heard / felt)

What was really inside?

Did the new evidence change my mind?

Science clue: Observing and testing are important in science. This simple game illustrates evidence and prediction; it does not reproduce the special meaning of "measurement" in quantum physics.

Two different kinds of waves

One is something we can study in physics. The other is a picture to talk about feelings.

PHYSICAL WAVE

Water ripples, vibrations and light have measurable physical properties.

FEELINGS WAVE

A metaphor: "My worry rose and then became smaller."

THE SIMILARITY

Both pictures can help us notice a pattern of change.

THE DIFFERENCE

Emotions are experiences in a living person, not a water or quantum wave.

Draw a WATER or SOUND wave

Draw a FEELING wave

Why might we use the same word for two different things?

Become a Star Investigator

Choose one safe question to explore like a real researcher.

What would I like to investigate?

- [ ] How shadows change
- [ ] Different ripple shapes
- [ ] What vibrates to make sound
- [ ] Patterns in my garden
- [ ] My own new idea
- [ ] A familiar routine I enjoy

MY QUESTION: I want to find out...

MY PREDICTION: I think...

Draw or list the materials I need

Ask an adult to check that your plan is safe.

Investigation record: take one

Observe carefully. Results are more interesting than guessing the "right" answer.

Date / place / question

Draw what you saw, heard or noticed

You can also paste a photo or make marks, symbols and tallies.

What did I actually notice?

One thing I wonder now...

Investigation record: try again

Scientists often repeat a test or change just one thing at a time.

What I am testing again...

FIRST TRY - what happened?

SECOND TRY - what happened?

What was the same?

What changed?

Research habit: If a result is different, ask why. You may need to check again, use a better description or change your first explanation.

DESIGN STUDIO

Invent something helpful

Create a safe object, picture or activity inspired by the Four Pillars.

Some ideas: a feelings choice board for Brian's, a wave-colouring strip, a circles routine spinner, or a bridge card for asking for help. Or invent something completely new!

DRAW YOUR INVENTION

What does it look like? Could it be made from paper, card or recycled boxes?

My invention is called...

Who could it help and how?

What would I change after trying it?

CREATIVE CHALLENGE

Curious Brian's big discovery

Create a four-part adventure. Make it funny, mysterious or wonderfully strange.

1 Brian asks a big QUESTION

2 Brian makes a PREDICTION

3 Brian TRIES something safe

4 Brian notices a DISCOVERY

Give your adventure a headline

Tom Tom's message: Curious questions are welcome. Good researchers and good storytellers are willing to learn something unexpected.

My very own Four Pillars map

There are no correct answers here. Use this page to help others understand you.

BRIAN'S - Feelings I want help naming

WAVES - Clues that tell me how I feel

CIRCLES - Routines or patterns I enjoy

BRIDGES - Support or communication that helps

One thing I would like a grown-up to know about me is...

My seven-day discovery diary

Notice one small thing per day. It could be a feeling, pattern, question or success.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Not every day needs a big discovery. "I rested", "I asked for help" and "I tried again" can be important discoveries too.

Cut-out science and feelings challenges

Cut along the lines with adult help, shuffle the cards, and choose one together.

CURIOUS BRIAN

Find three things you wonder about.

WAVES

Draw a feeling wave using any colours.

CIRCLES

Draw a comforting after-school plan.

BRIDGES

Invent a picture that means "help".

RIPPLE LAB

Look for circle-shaped ripples in water.

SOUND LAB

Find something that vibrates to make a sound.

PATTERN HUNT

Spot a repeated shape around you.

STAR QUESTION

Ask "What would happen if...?" safely.

Show it your way

Point to a card, hold it up or copy it. The cards are optional and can be personalised.

HELP

Please help me.

PAUSE

I need a break.

QUIET

Less noise, please.

YES

That works for me.

NO

That does not work for me.

CHOOSE

Please give me options.

AGAIN

Can we try that again?

EXPLAIN

Please show or tell me.

Our little discovery dictionary

These words are tools for understanding, not a spelling test.

BRIAN'S

A Tom Tom character idea for naming feelings, needs and thoughts.

WAVE (feelings)

A metaphor for how a feeling can seem stronger or gentler.

CIRCLE

A familiar routine, cycle or repeating pattern.

BRIDGE

A step, tool or connection that helps you move forward or communicate.

PHYSICAL WAVE

A travelling disturbance or oscillation in a physical system.

PARTICLE

A word used in physics for objects like electrons or photons; tiny-scale behaviour can be surprising.

MODEL

A useful picture, explanation or set of rules that helps us predict something.

PREDICTION

What you think might happen before you test.

EVIDENCE

What you observe, measure or record that helps answer a question.

NEURODIVERGENT

A word for minds that develop or work in ways that differ from common expectations.

GROWN-UP GUIDE

Helping every Star explore

A few tips for parents, carers, educators and trusted adults.

FOLLOW THE CHILD

Offer invitations rather than tests. Let the child pick the page, pace, topic and mode of response.

MAKE IT ACCESSIBLE

Speaking, signing, pointing, picture cards, AAC, typing, movement and drawing are all valid.

SUPPORT WITHOUT FORCING

Do not require eye contact, physical contact or disclosure of private feelings. Offer sensory breaks.

NOTICE STRENGTHS

Curiosity, keen observation, deep interests and a need for predictability can be real strengths.

DO SCIENCE SAFELY

Supervise water, small items, scissors and household materials. Avoid strong light and uncomfortable noise.

USE THE RIGHT LANGUAGE

The Four Pillars are a developing educational framework, not a diagnosis or a proven treatment.

Supporting distress: If a child becomes upset, stop the activity and prioritise safety, connection and their preferred form of support. These pages are not a substitute for individual clinical, educational or safeguarding advice.

Guide to observing and learning

Use curiosity, not judgement. The aim is to understand the child's experiences and preferences.

One activity my child chose themselves

What communication style or support worked well?

What seemed uncomfortable or unhelpful?

One change we could offer next time

Science note: Simple home activities illustrate everyday physics; they do not test theories of autism, validate the Four Pillars, or demonstrate quantum effects. Keep observations and interpretations separate.

TOM TOM UNIVERSE

STAR EXPLORER
CERTIFICATE

This certificate celebrates

for being curious, asking questions, exploring feelings
and discovering their own Four Pillars.

Every Star discovers in their own way.

By Counsellor Tomass J. Wood | www.tomtomuniverse.co.uk