ENKI

TOM TOM'S FIRST BOOK OF LEARNING

Little steps. Big discoveries.



Self-care • Manners • Maths • Shapes

The Four Pillars • Wonder • Love

For little learners, ages 4–7

By Tom Tom James Wood

LESSON 01

Circles

My body belongs to me

Hello, little star! Looking after yourself is the first lesson. Your body deserves care, comfort and respect.

1. Notice what your body needs: food, water, rest or the toilet.
2. Tell a trusted adult if you feel unwell, hurt or uncomfortable.
3. Ask for help whenever you need it.
4. Your private parts are private. You can say no to unwanted touch.

TRY IT WITH TOM TOM

Point to your head, hands, feet and tummy. What helps each part feel comfortable?

MY LITTLE STAR PROMISE

I deserve care. I can ask for help.

LESSON 02

Circles

How to wash my hands

Clean hands help keep you and other people healthy. Let Tom Tom show you the steps.

1. Wet your hands with water.
2. Add soap and rub your palms together.
3. Clean the backs of your hands, between fingers, thumbs and fingertips.
4. Keep rubbing for about 20 seconds.
5. Rinse away the soap, then dry your hands.

TRY IT WITH TOM TOM

Sing Happy Birthday twice while rubbing. Wash before eating and after using the toilet, playing outside or touching animals.

MY LITTLE STAR PROMISE

A little routine helps me stay healthy.

LESSON 03

Circles

How to wash my body

A bath, shower or wash with a soft cloth can help us feel fresh. Ask a grown-up to help and check the water is warm, not hot.

1. Get a towel, clean clothes and gentle soap ready.
2. Wash your face gently with water and a clean cloth.
3. Wash your neck, arms, tummy, back, underarms and legs.
4. Gently wash your bottom and outside private parts with water; do not put soap inside your body.
5. Rinse, dry carefully (including between toes) and put on clean clothes.

TRY IT WITH TOM TOM

Put a towel, clothes and a washcloth in the order you will use them. A grown-up stays nearby at bath time.

MY LITTLE STAR PROMISE

I can choose a soft cloth or ask for a sensory-friendly wash.

LESSON 04

Brian's

My hair, nails and ears

Our bodies need different kinds of care. You do not have to do everything on your own.

1. Ask a grown-up to help wash and rinse your hair when needed.
2. Brush or comb gently, starting at the ends if it is tangled.
3. Use a clean cloth to wash the outside of your ears. Never put cotton buds inside.
4. Ask a grown-up to help trim your nails safely.
5. Change socks and underwear each day.

TRY IT WITH TOM TOM

Collect a comb, towel and clean socks. Name what each one is for.

MY LITTLE STAR PROMISE

It is okay if a brush, noise or water feels too much.

LESSON 05

Circles

My bright little teeth

Puppy has teeth and so do you! A grown-up can help keep your teeth strong.

1. Use a small, soft toothbrush and a pea-sized amount of fluoride toothpaste (ages 3–6).
2. Brush the outside, inside and chewing surfaces of every tooth.
3. Gently brush near the gums, using small circles.
4. Brush for about two minutes in the morning and before bed.
5. Spit the toothpaste out; do not rinse straight afterwards.

TRY IT WITH TOM TOM

Use a two-minute timer. Practise the brushing movements on a drawing of teeth first.

MY LITTLE STAR PROMISE

I can ask for help brushing, especially until I am at least seven.

LESSON 06

Circles

My toilet routine

Everybody needs the toilet. Accidents happen, and nobody should be shamed for them.

1. Tell a grown-up or use your toilet card when you need to go.
2. Use the toilet, taking your time.
3. Wipe carefully from front to back; ask for help if needed.
4. Flush when finished and put your clothes back in place.
5. Wash and dry your hands.

TRY IT WITH TOM TOM

Draw five little pictures to remind you of the steps. Keep them somewhere useful.

MY LITTLE STAR PROMISE

My body gives me clues. I can listen to them.

LESSON 07

Waves

Food, water and rest

Your body is a little home that needs fuel, water, movement and sleep.

1. Drink water regularly, and when you feel thirsty.
2. Try a variety of foods at your own pace; familiar foods are okay.
3. Move in a way you enjoy, such as dancing, walking or stretching.
4. Have quiet time when your body feels tired.
5. Follow a calm bedtime routine with help.

TRY IT WITH TOM TOM

Make a pretend picnic with a toy plate, cup and three different foods.

MY LITTLE STAR PROMISE

I can say when I am hungry, full, thirsty or tired.

LESSON 08

Bridges

Lovely table manners

Eating together is a chance to enjoy food and spend time with others. Manners help everyone feel comfortable.

1. Wash your hands and sit somewhere comfortable and safe.
2. Say or sign please when asking for something.
3. Take manageable bites and finish chewing before speaking.
4. Use a spoon, fork or fingers when appropriate; ask for help.
5. Say or sign thank you and help clear your things if you can.

TRY IT WITH TOM TOM

Set a place for Tom Tom: one plate, one cup and one spoon. Count each object.

MY LITTLE STAR PROMISE

I do not have to finish my plate or eat food that makes me uncomfortable.

LESSON 09

Bridges

Kind manners with adults

Being polite means being thoughtful. Adults should be kind and respectful to you, too.

1. Say hello, wave, sign or use your communication device.
2. Listen when someone is speaking, or ask for a quieter place.
3. Ask before borrowing someone's things.
4. Use excuse me when you need someone's attention.
5. You may say no, ask questions, and tell a safe adult if something feels wrong.

TRY IT WITH TOM TOM

Practise three phrases: "Please help me", "Thank you", and "No, I need some space".

MY LITTLE STAR PROMISE

Respect goes both ways. I never have to keep a secret about being hurt.

LESSON 10

Brian's

Meet my Four Pillars

Tom Tom uses four helpful ideas to make learning a little easier.

1. Brian's: notice thoughts, questions and ideas.
2. Waves: notice feelings and what your senses tell you.
3. Circles: make routines and find safe places.
4. Bridges: communicate, ask for help and connect with others.

TRY IT WITH TOM TOM

Draw a thought bubble, a wave, a circle and a bridge. Point to the one you need today.

MY LITTLE STAR PROMISE

I can learn by looking, touching, moving, listening or taking a break.

LESSON 11

Brian's

Counting from 0 to 10

Numbers tell us how many things there are. Zero means there are none.

1. Collect ten large blocks or toys.
2. Put one down and say one. Add another and say two.
3. Touch each object once as you count.
4. Stop at ten. The last number tells you how many you have.
5. Take them all away. How many are left? Zero!

TRY IT WITH TOM TOM

Count your socks, cups or toys. Make groups of 2, 5 and 10.

MY LITTLE STAR PROMISE

I can count slowly. Getting it wrong is part of learning.

LESSON 12

Brian's

More, fewer and the same

Tom Tom and Lucky want to compare two groups of toys.

1. Make a group of two blocks.
2. Make another group of four blocks.
3. Match one block from each group.
4. The group with blocks left over has more.
5. Make both groups have the same number.

TRY IT WITH TOM TOM

Put 3 spoons beside 5 spoons. Which group has fewer? How many more are in the larger group?

MY LITTLE STAR PROMISE

I can compare by matching objects.

LESSON 13

Brian's

Adding things together

Adding means putting groups together. The plus sign (+) tells us to add.

1. Put two toy blocks on the table.
2. Place three more blocks next to them.
3. Push the two groups together.
4. Count all the blocks: 1, 2, 3, 4, 5.
5. Write or say: 2 + 3 = 5.

TRY IT WITH TOM TOM

Try 1 + 2, 3 + 1 and 4 + 2 with real objects.

MY LITTLE STAR PROMISE

Adding brings groups together.

LESSON 14

Brian's

Taking things away

Subtracting means taking some away. The minus sign (−) tells us to subtract.

1. Put five blocks on the table.
2. Move two blocks away.
3. Count the blocks that remain: 1, 2, 3.
4. Write or say: 5 − 2 = 3.
5. Check your answer by adding the two blocks back.

TRY IT WITH TOM TOM

Try 4 − 1, 6 − 2 and 3 − 3. Use your toys to check.

MY LITTLE STAR PROMISE

I can see what is left.

LESSON 15

Bridges

Sharing fairly

Puppy and Lucky each want the same number of pretend biscuits.

1. Collect six large toy blocks as pretend biscuits.
2. Give Puppy one and Lucky one.
3. Repeat until there are no blocks left.
4. Count each group. Each pup has three.
5. Sometimes things cannot be shared equally without a piece left over.

TRY IT WITH TOM TOM

Share 4 objects between two toys, then 8. Try 5 and see what happens.

MY LITTLE STAR PROMISE

Fair sharing helps us care about others.

LESSON 16

Brian's

Meet the flat shapes

Shapes are everywhere. A flat shape has length and width.

1. A circle is round, with no corners.
2. A triangle has three straight sides and three corners.
3. A square has four equal sides and four square corners.
4. A rectangle has four square corners; a square is a special rectangle.

TRY IT WITH TOM TOM

Find a clock face, a book cover and a triangular picture. Draw or trace around them.

MY LITTLE STAR PROMISE

Shapes can be big, small, turned or different colours.

LESSON 17

Brian's

Meet the solid shapes

Solid shapes take up space. You can hold many of them in your hands.

1. A sphere is ball-shaped and can roll.
2. A cube has six square faces.
3. A cuboid has six rectangular faces, including possible square faces.
4. A cylinder has two flat circular faces and a curved surface.
5. A cone has a circular base and a point.

TRY IT WITH TOM TOM

Explore a ball, a box and a safe cardboard tube. Which roll? Which stack?

MY LITTLE STAR PROMISE

I can explore shapes through touch and movement.

LESSON 18

Brian's

Patterns and sorting

A pattern repeats. Sorting means putting things into groups.

1. Make a pattern: blue, gold, blue, gold.
2. Say or point to what comes next.
3. Try clap, tap, clap, tap.
4. Sort toys by shape, size or colour.
5. Explain your rule by showing, drawing or speaking.

TRY IT WITH TOM TOM

Build a pattern with socks or blocks. Ask an adult to guess the next item.

MY LITTLE STAR PROMISE

I can find patterns in music, clothes and nature.

LESSON 19

Brian's

Measuring my world

Measuring helps us compare length, height, weight and how much a container holds.

1. Place two toys side by side. Which is taller?
2. Use equal blocks end to end to measure a book.
3. Count the blocks without leaving gaps.
4. Compare the weight of two safe objects in your hands.
5. With help, pour water between two plastic cups. Which holds more?

TRY IT WITH TOM TOM

Measure a book using blocks, then measure a shoe. Draw the results.

MY LITTLE STAR PROMISE

Use the same unit when comparing lengths.

LESSON 20

Circles

Time and my day

A routine helps us know what comes now, next and later.

1. Morning: wake up, wash and eat breakfast.
2. Daytime: learn, play, eat and drink.
3. Evening: eat, wind down and brush teeth.
4. Night: rest and sleep.
5. Use a picture timetable when plans change.

TRY IT WITH TOM TOM

Put pictures of breakfast, playtime and bedtime in order. Ask a grown-up to show you a clock.

MY LITTLE STAR PROMISE

I can ask what is happening next.

LESSON 21

Brian's

The world around us

We live on Earth, a planet in space. Earth is almost spherical, and it turns as it travels around the Sun.

1. The Sun gives Earth light and warmth. Never look straight at it.
2. Earth's turning makes day and night.
3. The Moon travels around Earth and reflects sunlight.
4. Land, oceans, air and living things make up our home.

TRY IT WITH TOM TOM

With a grown-up, shine a torch at a ball in a dim room. Slowly turn the ball. Watch its lit and dark sides.

MY LITTLE STAR PROMISE

We learn about the world by observing, testing and asking questions.

LESSON 22

Bridges

Faith, creation and the soul

ENKI invites us to think about creation, love and what it means to be alive. People have different spiritual beliefs.

1. Some people believe God created the universe. Others explain its history differently.
2. Some believe a soul continues after death.
3. Reincarnation is the belief that a soul or life may return in another life. It has not been established as a scientific fact.
4. Other people hold different beliefs, or are unsure. All deserve respect.

TRY IT WITH TOM TOM

Draw something that makes you feel wonder: a star, a tree, a family or a favourite animal.

MY LITTLE STAR PROMISE

I can ask big questions. I do not have to choose a belief today.

LESSON 23

Waves

My imagination and inner world

Sometimes dreams, thoughts and feelings seem very real. Imagination helps us tell stories and explore possibilities.

1. A thought is something happening in your mind.
2. A belief is something you think may be true.
3. Evidence is information that helps us check an idea.
4. If you hear or see something that others do not, or feel frightened, tell a trusted grown-up.
5. You never have to follow a frightening thought or voice.

TRY IT WITH TOM TOM

Draw a real thing you can see, then draw an imaginary creature. Tell or show the difference.

MY LITTLE STAR PROMISE

I am safe to ask questions and get help.

LESSON 24

Bridges

The Five Commandments of Love

Tom Tom's teachings invite us to practise kindness in ordinary life.

1. Love creation: care for animals, plants and our planet.
2. Love yourself: take care of your body and feelings.
3. Love one another: share kindness and respect differences.
4. Love the truth: be honest and keep asking questions.
5. Protect through love: get safe help when someone is hurt.

TRY IT WITH TOM TOM

Choose one small kindness today: water a plant, help tidy, or thank someone.

MY LITTLE STAR PROMISE

Love is something we do, not just something we say.

My morning and evening

Tick each box, point to a picture or ask a grown-up to mark it with you.

MORNING

- [ ] Use the toilet
- [ ] Wash my hands and face
- [ ] Brush my teeth
- [ ] Put on clean clothes
- [ ] Eat breakfast and drink water

EVENING

- [ ] Wash my body if needed
- [ ] Put on night clothes
- [ ] Brush my teeth
- [ ] Use the toilet
- [ ] Settle down for sleep

My helpful support

Draw or write one thing that makes my routine easier.

Count the little stars

Count each group. Say, point to or write the number in the box.

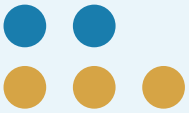


Number helpers: 0 1 2 3 4 5 6 7 8 9 10

Add and take away

Use blocks to work out the answers. Write or say each answer.

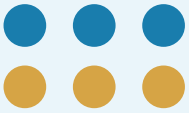
2 + 3 =



1 + 4 =



3 + 3 =



5 – 2 =



4 – 1 =

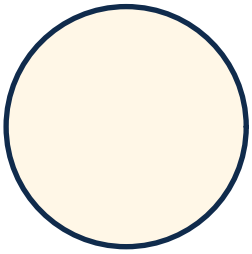


3 – 3 =



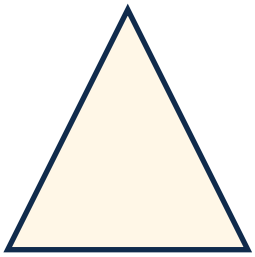
My shape hunt

Name, trace or colour the shapes. Find something like each one at home.



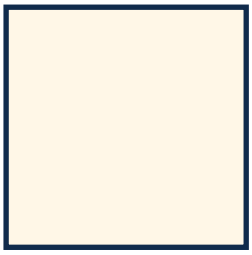
Circle

I found: _____



Triangle

I found: _____



Square

I found: _____



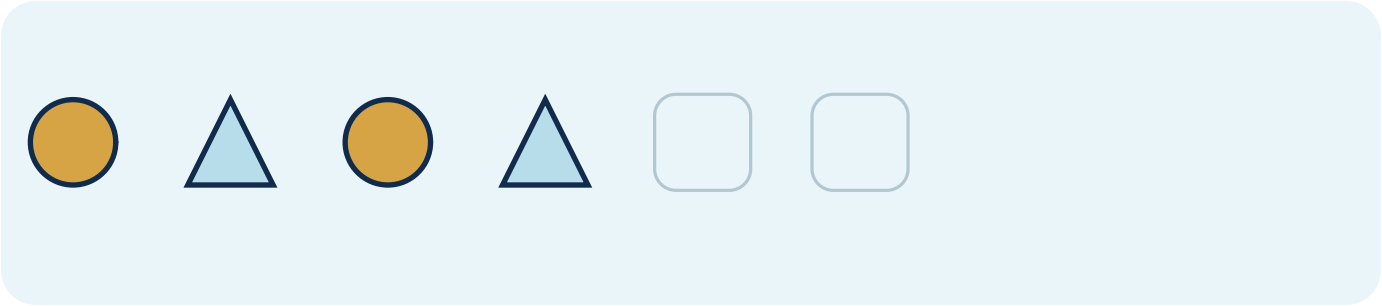
Rectangle

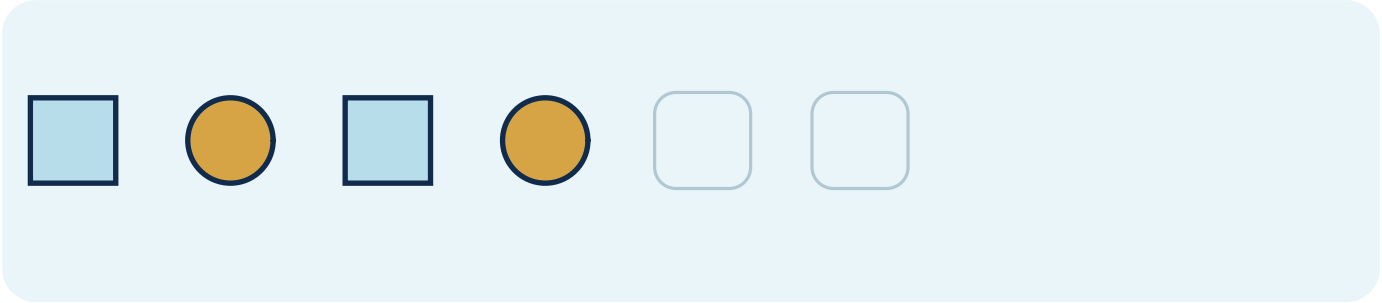
I found: _____

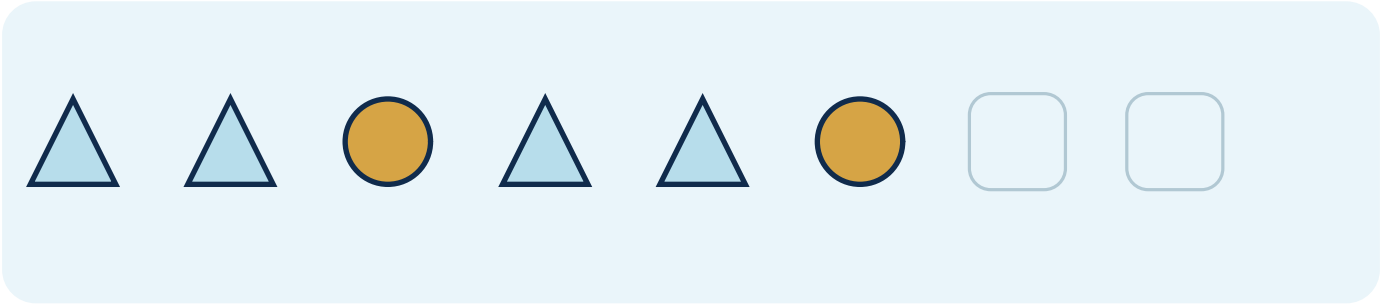
Challenge: turn this page sideways. Are the shapes still the same?

Finish the pattern

Look at the repeating shapes. Draw the next two shapes in the empty boxes.







Make up a pattern of your own using claps, taps, blocks or colours.

My Four Pillars check-in

Point, draw, sign, speak or use your communication device. All answers are welcome.

BRIAN'S

What am I thinking about?

Draw or write here.

WAVES

How does my body feel?

Draw or write here.

CIRCLES

What helps me feel safe?

Draw or write here.

BRIDGES

Who can help me today?

Draw or write here.

My little star certificate

Celebrate learning, trying and asking for help. There is no race to finish.



THIS CERTIFICATE BELONGS TO

_____

A wonderful little learner

who practises kindness, curiosity and care.

Every little step counts.

Date: _____ **Signed:** _____

A note for grown-ups

A practical, inclusive early-learning companion for home or supported learning.

Learning at their pace

Use short sessions, large safe objects and real-life examples. Let children communicate through pictures, signs, gestures or devices. Offer movement breaks and sensory adjustments. Model each task, and help without shame.

Supporting self-care

Supervise washing and bathing, check the water temperature, and adapt the routine to the child's needs. Support toothbrushing until at least age seven. Seek advice from a dentist or healthcare professional when needed.

Spiritual learning and evidence

The ENKI spiritual themes are presented as beliefs and questions, not as proven claims about the shape of Earth, reincarnation or supernatural experiences. Children should feel free to question and hold different beliefs. The science activities reflect established observations.

Activity answers

Counting: 1, 3, 5, 7, 10, 0. Arithmetic: 5, 5, 6, 3, 3, 0. Patterns: circle/triangle; square/circle; triangle/triangle.

Health guidance: NHS – How to wash your hands
nhs.uk/live-well/best-way-to-wash-your-hands/
NHS – Children's teeth
nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/