# Tom Tom Universe

# Meet Tom Tom and the Four Pillars

## Activity Pack




Fun activities to help you explore your thoughts, feelings, routines and connections – just like Tom Tom!

# Meet Tom Tom!

## Hello! I'm Tom Tom!

I love music, exploring, asking questions and spending time with my pups.

Sometimes my thoughts are super busy, my feelings can feel really big, and I like familiar things that make me feel safe.

I'm a bit different, and that's okay!
I see the world in my own special way.




## My Favourite Things!

Music | My Pups | Stories | Nature | Kindness | New Ideas

# The Four Pillars

Four special ideas to help us understand ourselves and the world around us.

## Brian's
### Our Inner Worlds

We all have different thoughts, feelings and inner voices.



## Waves
### Our Emotions

Our feelings can rise, become big and then gradually settle.



## Circles
### Our Comforts

Familiar things, routines and special people can help us feel safe.



## Bridges
### Our Connections

We connect with others through kindness, shared interests and communication.



**Let's explore each pillar with some fun activities!**

# Brian's Our Inner Worlds

We all have different thoughts, feelings and inner voices. It's helpful to notice what's happening inside our minds.

## Draw Your Thoughts and Feelings

In the thought bubbles, draw or write some of the things that might be in Tom Tom's mind.



**Some ideas to get you started:**

- Happy thoughts
- Worries
- Ideas
- Questions
- Excitement
- Kind memories

### My Inner World

Draw or write something that's in your mind today.

# Waves
## Our Emotions

Our feelings can rise, become big and then gradually settle.
All feelings are okay. They come and go, just like waves.

## My Wave Meter

Colour in the wave to show how big your feeling feels right now.

**5** **Super Big!**
I feel overwhelmed.

**4** **Big**
I feel really strong emotions.

**3** **Getting Bigger**
I can feel it building.

**2** **A Little Bit**
I can feel a change.

**1** **Calm**
I feel settled.

**Feelings are like waves... They rise, they fall, and they move through us.**



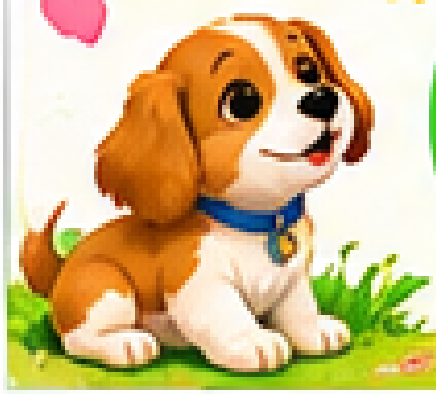
# Circles
## Our Comforts

Familiar things, routines and special people can help us feel safe.
Everyone's circle of comfort looks a little different.

## My Circle of Comfort

Draw or write the people, places, things and activities that help you feel calm, happy and safe.





**Some ideas:**

- Family
- Friends
- My Pups
- A favourite toy
- Music
- A favourite place
- Routines
- Anything that helps you

# Bridges
## Our Connections

We connect with others through kindness, shared interests and communication. Bridges help us build friendships and feel like we belong.

## Ways to Build Bridges

Tick the ideas you already do, and add your own.

- ☐ Be kind to others
- ☐ Share your interests
- ☐ Listen when someone is talking
- ☐ Find something you both enjoy
- ☐ Use drawing, writing or music to share
- ☐ Ask questions
- ☐ Include others
- ☐ Be a good friend



### My Bridge Idea

Write or draw your own idea for how to connect with others.

# My Four Pillars Story

Use the four pillars to think about a situation.
This can help you understand what happened and what might help.

## Brian's
What was I thinking?

## Waves
How was I feeling?



## Circles
What made me feel safe?

## Bridges
Who helped me?
How did I connect?

## Remember...

It's okay to think, feel, need comfort and connect in your own way.
You are unique, and that makes the world a brighter place!

# TOM TOM UNIVERSE

## Grown-up guide

### WELCOME!

Tom Tom is a curious boy who loves music, family and his two cuddly Pound Puppies. Use the activity pages in any order. Children can draw, write, point, talk or simply think.

### BRIAN'S

Invite children to name a thought or feeling, such as Curious Brian, Worried Brian or Kind Brian. Thoughts are messages, not commands.

### WAVES

Ask: How big does the feeling seem? What might help the wave settle? Offer breaks, movement or quiet without pressure.

### CIRCLES

Talk about favourite people, routines, songs and comfort objects. Every child has different Circles.

### BRIDGES

Ask how children like to connect: music, play, drawing, talking or being together quietly. Respect different communication preferences.

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Free for home, school and library activities. Not for resale.

# TOM TOM UNIVERSE

## More fun with the Four Pillars

### A FIVE-MINUTE STORY GAME

Imagine Tom Tom arrives somewhere new. The room is loud. He misses his pups. Which Brian might be speaking? How big is his Wave? What Circle could help? What Bridge could someone offer?

### PUPPY KINDNESS CHALLENGE

Imagine a friend has lost a favourite toy. Draw three kind things you could do. You do not have to fix their feelings to show that you care.

### YOUR OWN FOUR PILLARS

Choose a favourite story. Draw four symbols beside the character: a thought bubble, a wave, a circle and a bridge. Fill each with one idea.

### IMPORTANT FOR GROWN-UPS

These activities are optional and not therapy or assessment. Never require personal disclosure. Follow safeguarding procedures if a child tells you about harm or danger.

### ABOUT TOM TOM UNIVERSE

Created by Counsellor Tomass J. Wood. Brian's, Waves, Circles and Bridges are developing child-friendly ideas, not an independently validated educational intervention.

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