



# LILA and THE DRAGON

by Calmsie  
and Brandon W. Wallace



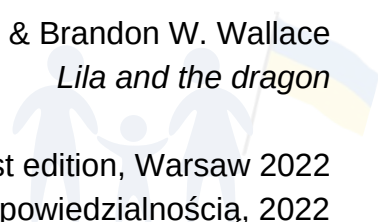




# Lila and the dragon



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# Message to parents

- We all need help sometimes, especially when you go through a big change in your life.
- This book will guide your child through fun activities as they learn about their feelings.
- They may be mad, sad, scared, or even angry. Perhaps they feel all of these emotions at the same time. That can be hard to deal with on your own.
- Lila and the Dragon tells the story of a young girl who has been displaced from her home.
- After reading Lila and the Dragon, your child will be able share their journey through pictures and games designed to help them understand their feelings.
- They will feel better and can even use what they learn to help their family and friends to feel better too.

# Lila and the dragon

Lila was very surprised the day her father came home and told her, "We must leave". She didn't know what to think.



Her dad explained, "Lila, it is no longer safe here... a dragon approaches, and we must stay together and protect ourselves.".






Lila had a lot of questions.

- "Do dragons really exist?" - She asked her father.

- "Unfortunately, they do." Her father calmly replied.

- "And they can be quite dangerous. We must go far away."

- "But what about our house and all of my toys?" Lila asked her dad.

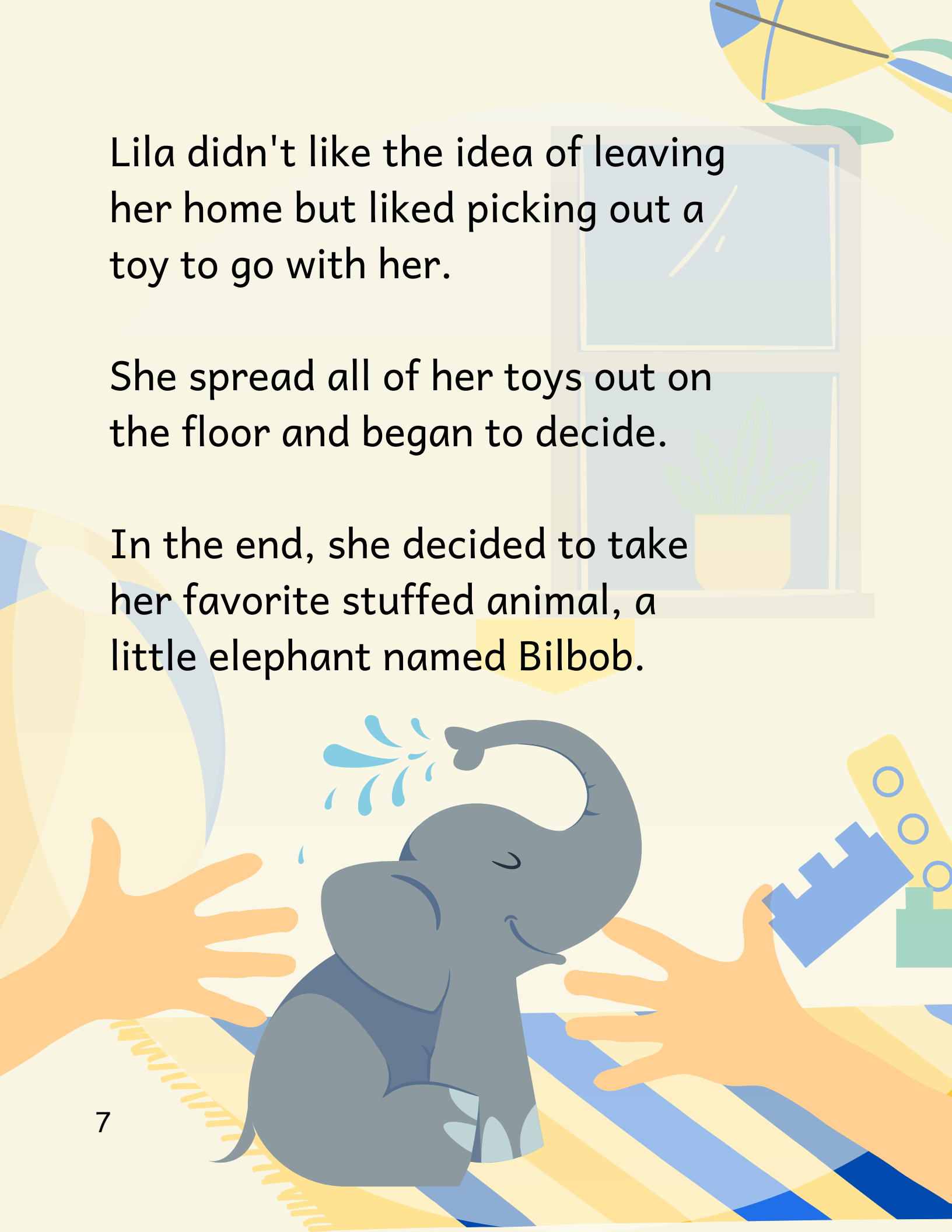


- "We have to leave our house behind, but you can bring one toy with you." - he said.

Lila didn't like the idea of leaving her home but liked picking out a toy to go with her.

She spread all of her toys out on the floor and began to decide.

In the end, she decided to take her favorite stuffed animal, a little elephant named Bilbob.







So with Bilbob in hand, she left her home behind. Her mom and dad, all her brothers and sisters, and even some of her cousins went with her.

They sat on many buses and stood in lots of lines just like the many other families who were fleeing the dragon.






She heard many terrible stories about the dragon and how it liked to destroy anything in its path. Lila became frightened.

- "If the dragon flies over our house." - Lila thought to herself - "our family's wonderful home will be destroyed! We will have nothing left!" - Thinking about this made Lila sad and she began to cry.

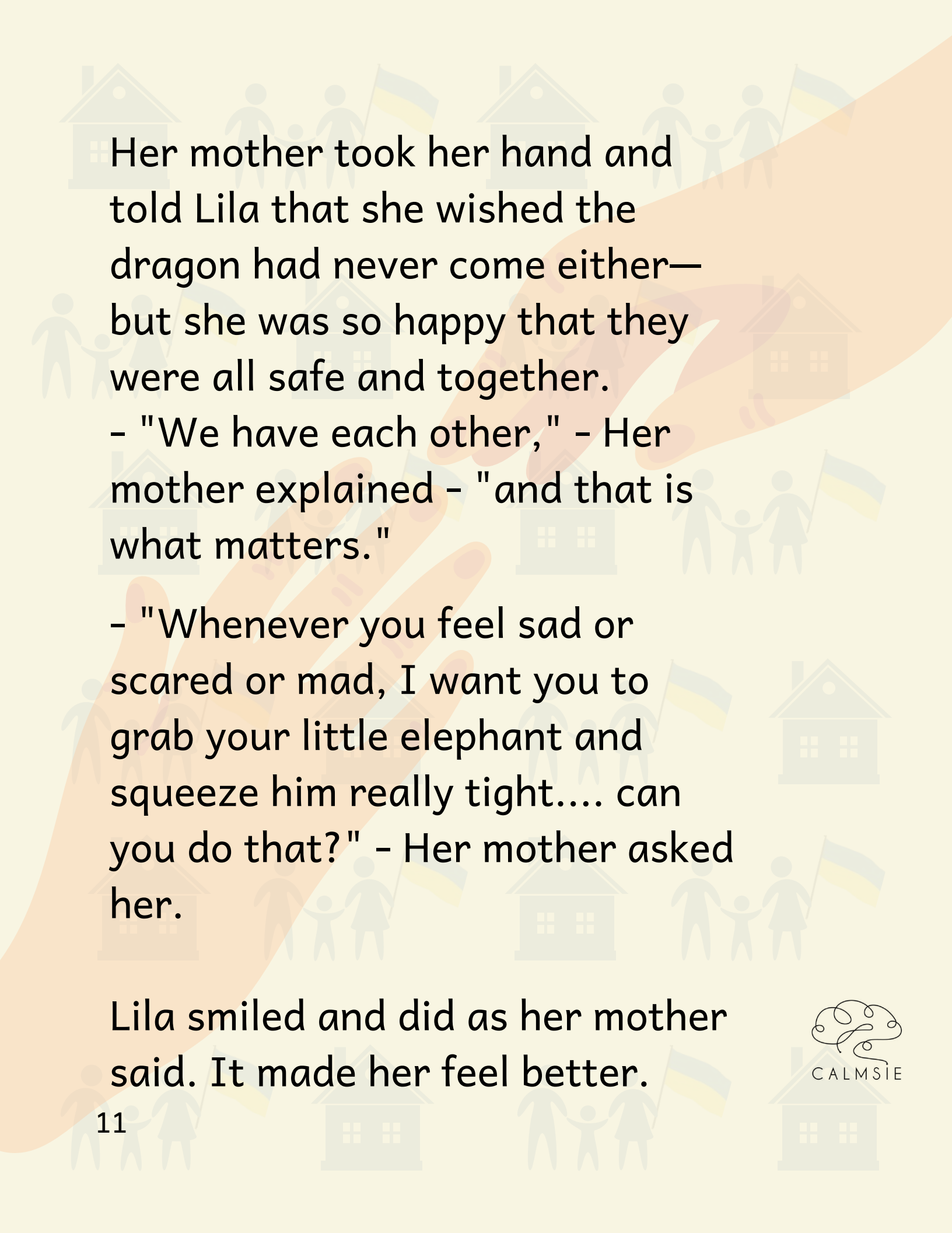




Lila's mother was very busy taking care of all the children. But when she saw Lila was very sad, her mother leaned down and kindly asked, - "Why are you crying, my dear girl?"

- "I am sad that we had to leave home. I wish we were back there and that the dragon had never come." - Lila said, feeling sad, scared, and mad, all at the same time.



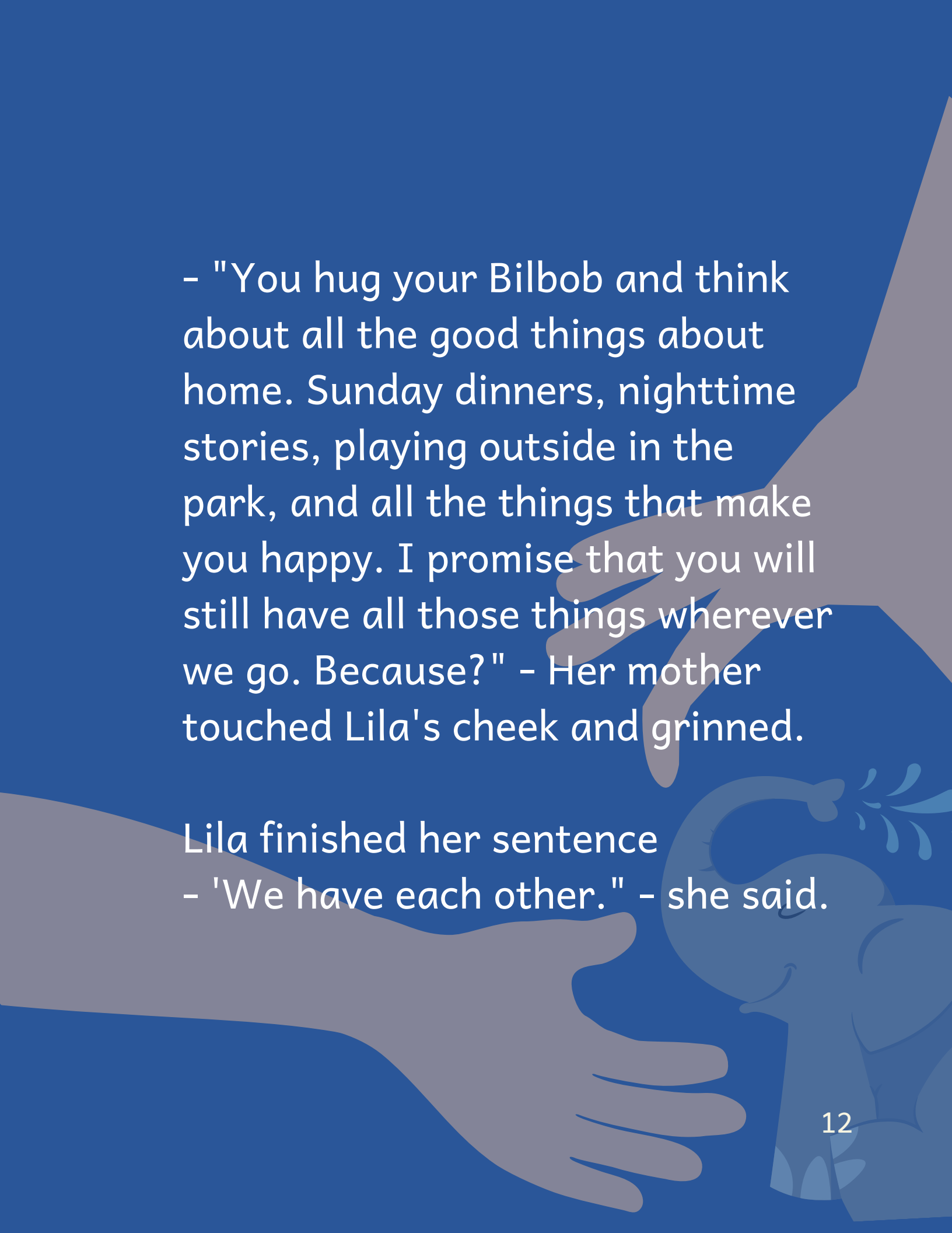


Her mother took her hand and told Lila that she wished the dragon had never come either—but she was so happy that they were all safe and together.

- "We have each other," - Her mother explained - "and that is what matters."

- "Whenever you feel sad or scared or mad, I want you to grab your little elephant and squeeze him really tight.... can you do that?" - Her mother asked her.

Lila smiled and did as her mother said. It made her feel better.

The background of the page is a solid dark blue. On the right side, there is a stylized illustration of a hand reaching out from the top right towards the center. Below the hand, there is a profile of a child's head, looking upwards and to the right. The child has a small tuft of hair and a gentle smile. The hand and head are rendered in a lighter blue-grey color, creating a soft contrast with the dark blue background.

- "You hug your Bilbob and think about all the good things about home. Sunday dinners, nighttime stories, playing outside in the park, and all the things that make you happy. I promise that you will still have all those things wherever we go. Because?" - Her mother touched Lila's cheek and grinned.

Lila finished her sentence  
- 'We have each other.' - she said.

It was very difficult in the weeks that passed, and Lila often felt many of her strong feelings, but she remembered to do what her mother said to make her feel better.



Lila squeezed her Bilbob tight in her arms and thought about home. She thought about ice cream parties, birthdays, singing with her brothers and sisters, and playing with her toys. And it made her feel a little bit better.





By the end of their journey, Lila and her family were very far away from home. They stayed with people who they did not know, but who knew how terrible and dangerous the dragon could be.


Lila thought that the people were nice and their house was cozy, but it wasn't home. Lila knew what was most important though — that she and her family had each other.






Finally, when much time had passed, news arrived that the dragon was gone and had fled their land. There was much to celebrate, and Lila and her family thanked the kind family who had taken them in. But the journey back was difficult, and Lila had to hug her Bilbob many times along the way. Finally, they reached their homeland.






Many things had changed, and of course, their house was not what it once was because the dragon had destroyed many things and left behind only a little bit of what Lila remembered.



However, with time, she and her family built back everything the dragon had taken from them... and Lila never forgot what being home meant to her.







It was a place where she and her family had each other. And when things got hard, as they sometimes did, she always had Bilbob by her side to give him a tight hug!

This is the story of how Lila and her family overcame the terrible dragon.



# Lila and the dragon

## WORKBOOK



I'll guide you  
through the  
workbook.



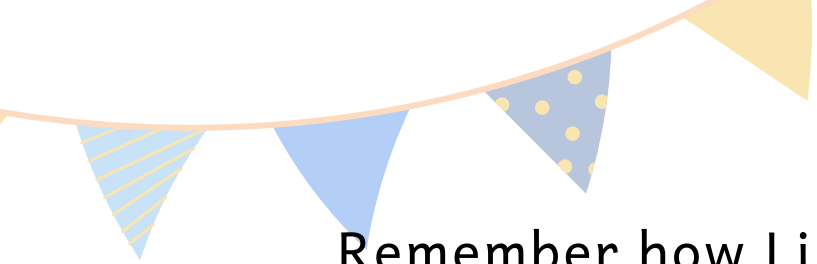
# Lila and the dragon

**This workbook  
belongs to:**

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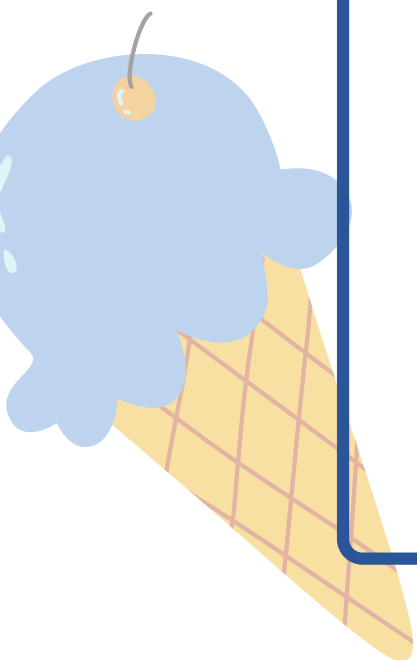


Remember how Lila thought of things that made her happy like ice-cream and birthday parties?

That helped her to remember that even when times are confusing or upsetting, we still have things that we like and make us happy.



Draw what makes you happy:



Lila had to leave her home. That was an upsetting event. Upsetting events like that do not happen very often.

If an upsetting event does happen, it can make you feel different emotions. You might feel confused, angry, sad, or afraid. Lila felt all of those emotions.

Mark how the upsetting event made you feel:



Sad



Angry



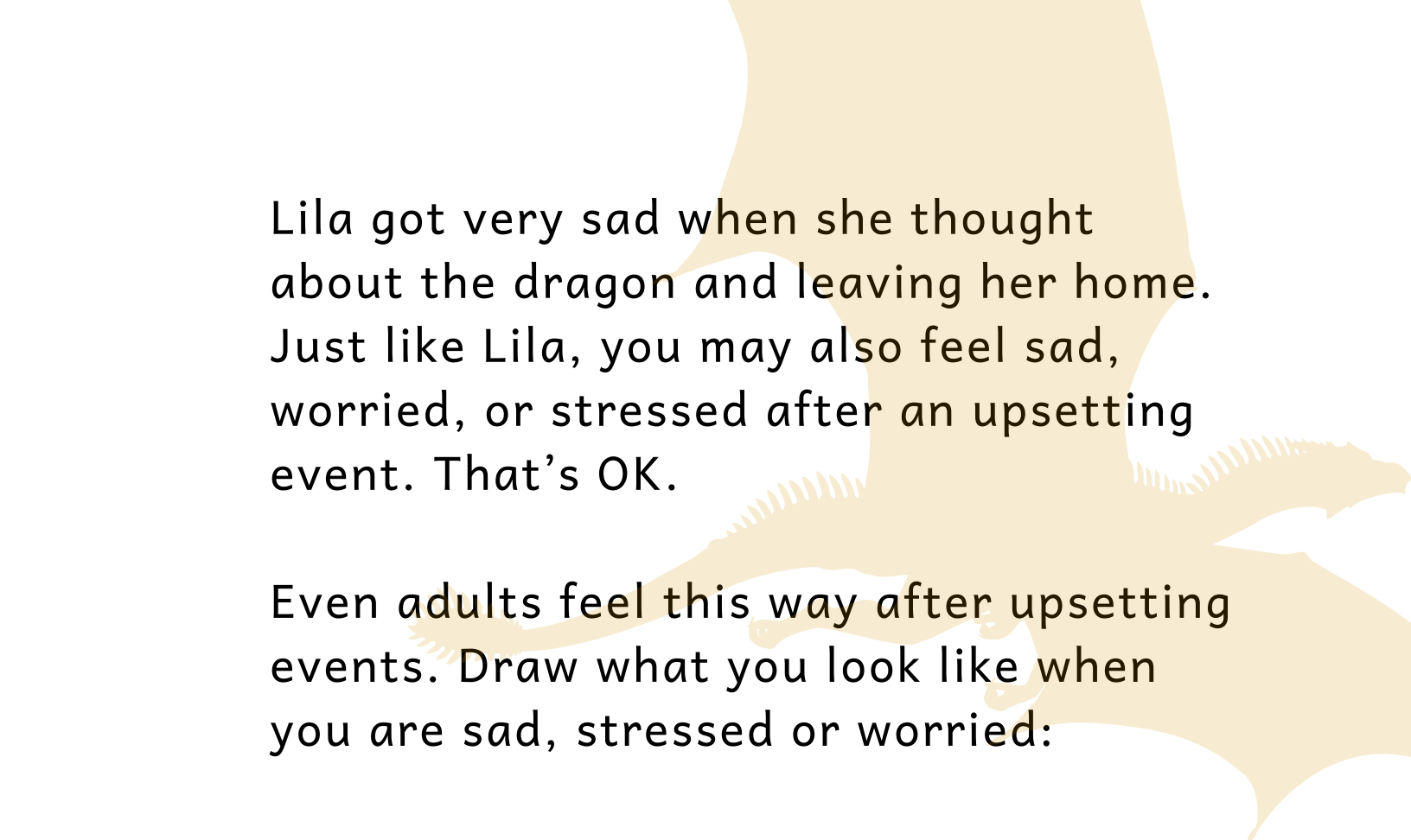
Scared



Worried



Unhappy



Lila got very sad when she thought about the dragon and leaving her home. Just like Lila, you may also feel sad, worried, or stressed after an upsetting event. That's OK.

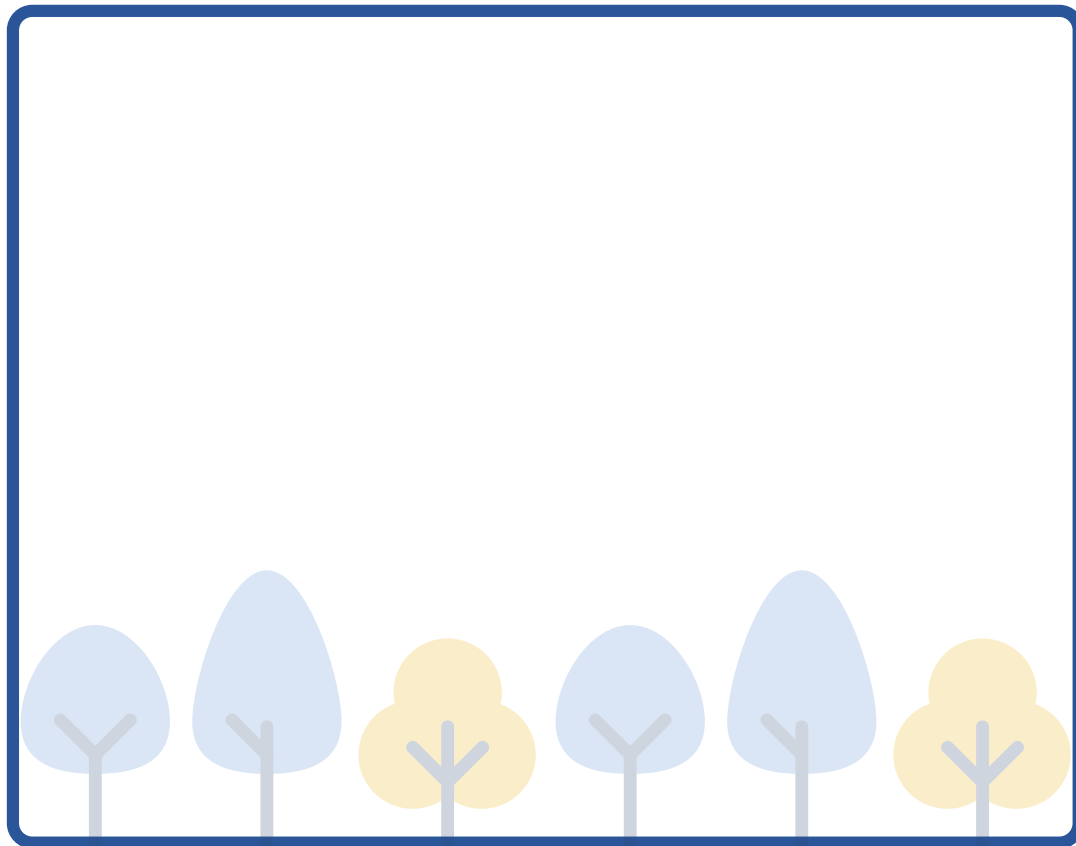
Even adults feel this way after upsetting events. Draw what you look like when you are sad, stressed or worried:



After an upsetting event  
it often helps to relax  
and to think about  
something that makes  
you feel better.



Draw what you look like  
when you feel relaxed,  
safe, and happy:

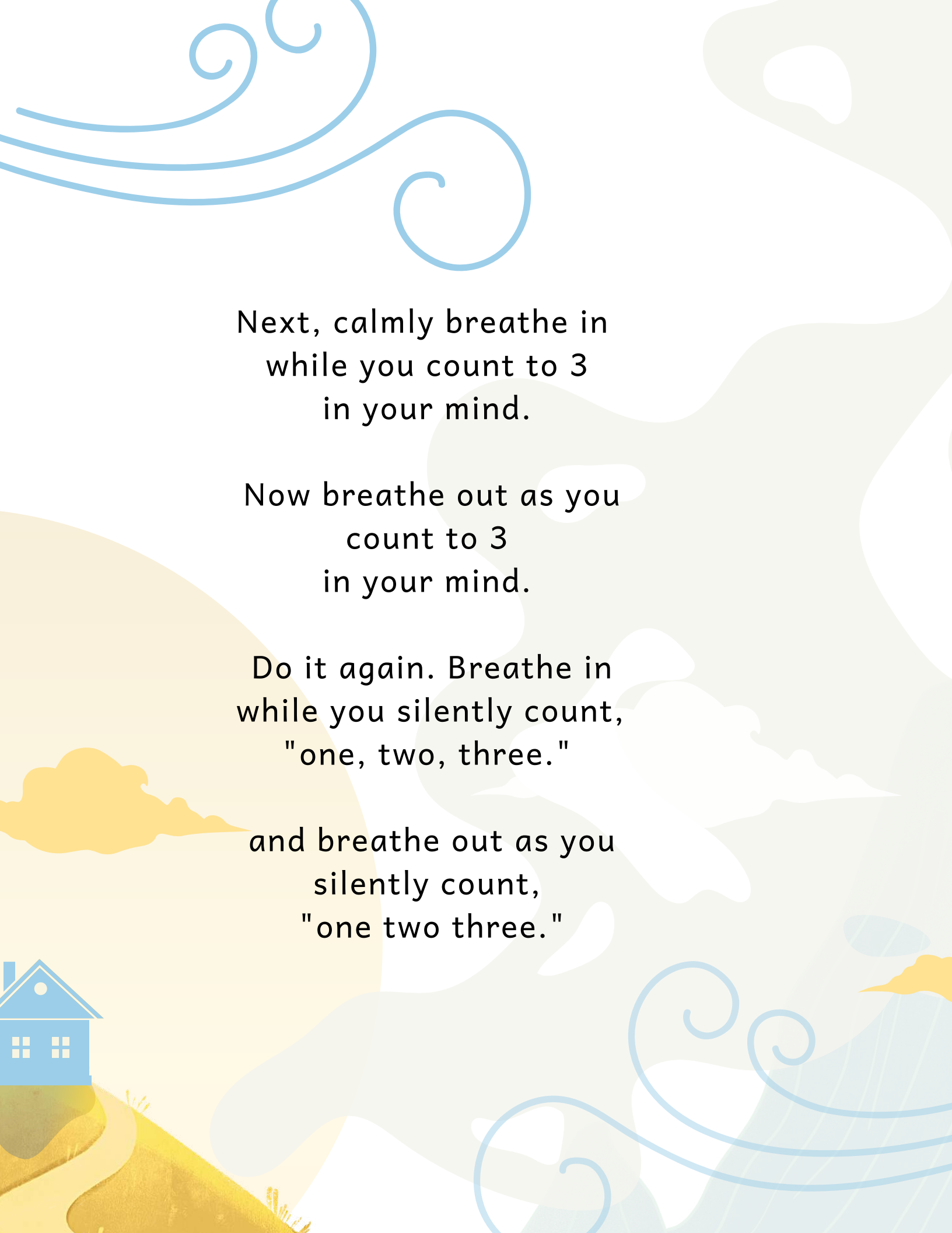


When some people feel sad, stressed, or worried their breathing changes. For example, they may breathe quickly, like after running very fast.

To relax, it often helps to take a few deep breaths and think about the things that make you feel happy. This will calm your mind and body when you feel sad, stressed or worried. I'll teach you how to do it.

First, sit comfortably and close your eyes.






Next, calmly breathe in  
while you count to 3  
in your mind.

Now breathe out as you  
count to 3  
in your mind.

Do it again. Breathe in  
while you silently count,  
"one, two, three."

and breathe out as you  
silently count,  
"one two three."







Do this until you start to feel calm.  
When you are ready, stop counting  
and think about one thing that makes  
you happy as you calmly breath in and  
out.

You can also think of things that make  
you feel safe like spending time with  
your family or playing with friends.

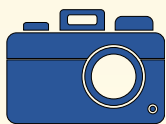
Continue thinking of things that you  
enjoy and make you feel happy and  
safe until you are relaxed and calm.  
You can do this any time you feel  
stressed or worried.

Some people describe their worried thoughts or bad feelings after an upsetting event as having an “inner monster” that changes their mood.

If your bad feeling was an inner monster, how would you imagine that?

Write the name of your inner monster

Draw what your inner monster would look like



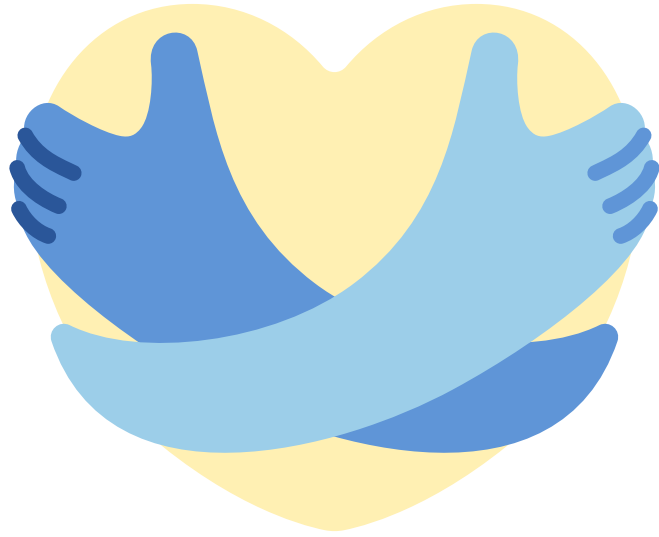
Take a picture and upload:



When you change your thoughts and actions, it helps to tame your inner monster and change your mood to feel better. Here are some ways to tame your inner monster. Circle how would you tame your inner monster.

- Deep breathing to calm your mind
- Think about things that make you happy
- Think about things that make you feel safe
- Think about someone you love
- Think about a pet that you love
- Talk to someone about your feelings
- Play a game
- Watch a video
- Listen to a song
- Play a sport
- Play with friends
- Call a friend
- Spend time with family
- Play with a pet
- Draw a picture
- Sing a song





Lila felt sad, worried, and angry when she thought about having to leave her home. Those thoughts and feelings made her cry. But she learned that hugging BilBob and focusing on happy or safe thoughts made her feel a little bit better.



Lila was lucky to have her family around her so she could spend time with them in person. She could have also used a smartphone to call or video chat. What can you do to feel close to the special people in your life? (choose as many as you need)

Spend time in person

Call them on the phone

Video chat

Write a letter

Remember a happy time with them

Look at photographs of them

Other \_\_\_\_\_



Remember how Lila returned home and worked towards rebuilding things that the dragon destroyed.

Tell me or draw ways that you will build your future so that you feel happy and safe. You can even show me what you want to be when you grow up or where you want to live.

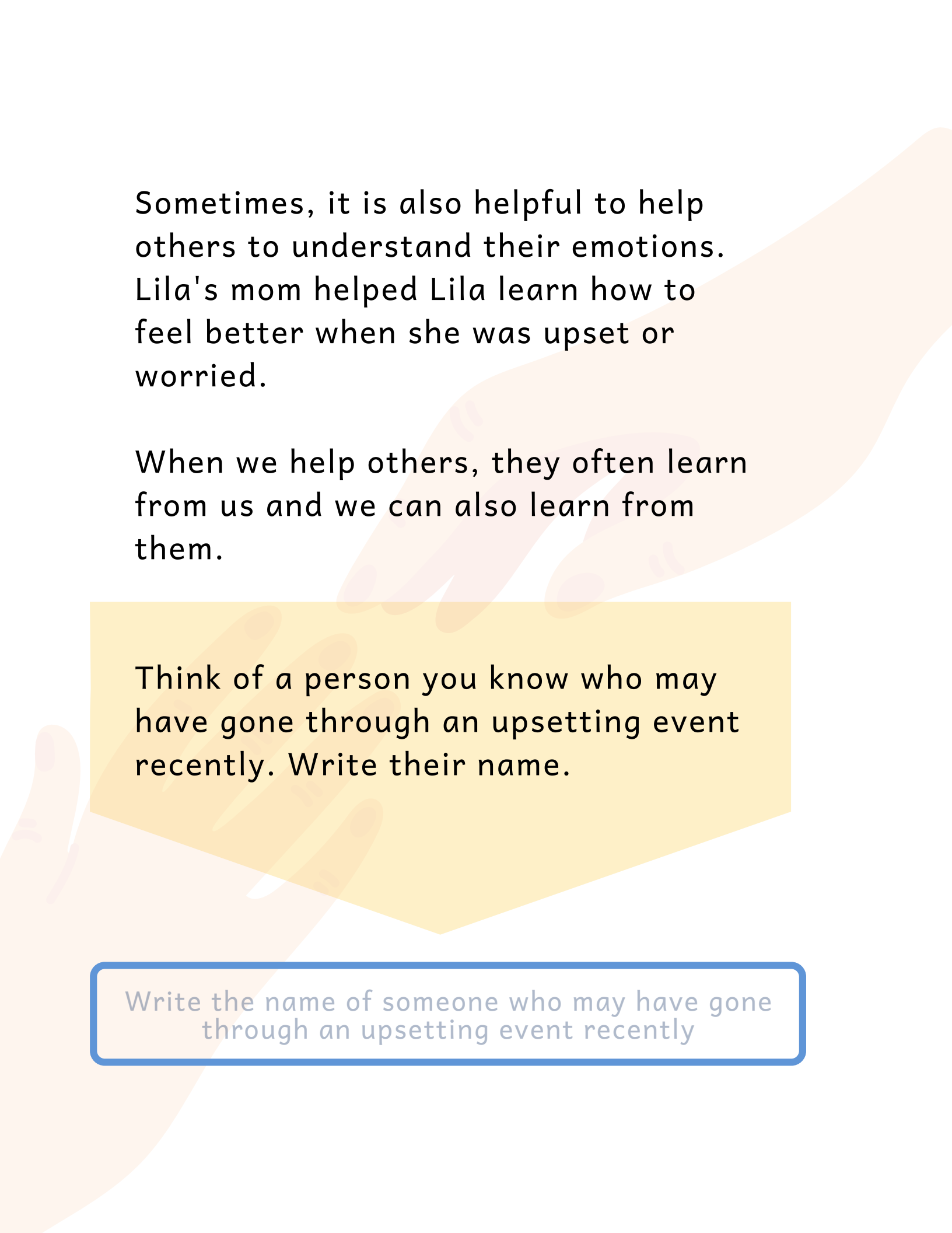
A large, empty rectangular box with a thick blue border, intended for a child to draw or write their response to the prompt.





I am so proud of you for being so brave and sharing your story with me. You've worked so hard and learned so much about how to understand your feelings and how to help yourself to feel better.





Sometimes, it is also helpful to help others to understand their emotions. Lila's mom helped Lila learn how to feel better when she was upset or worried.

When we help others, they often learn from us and we can also learn from them.

Think of a person you know who may have gone through an upsetting event recently. Write their name.

Write the name of someone who may have gone through an upsetting event recently

Let's review how you can help them:

- Would you share with them your story about your upsetting event?  
YES / NO

- Could you teach them how to take deep calm breaths, count to three, and think of things that make them happy and safe.  
YES / NO

- Can you teach them how to tame their inner monster by changing the things that they think about?  
YES / NO

- Will you ask them who they can keep close to help them to feel safe and cared for?  
YES / NO



# Good Bye for now

Thank you so much for sharing your journey with me. I've learned a lot from you and i hope you have learned a lot from me.

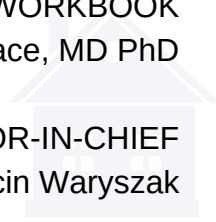
You can use what you learned from Lila and from this book whenever you feel upset or whenever you need to tame your "inner monster".

## Well done!



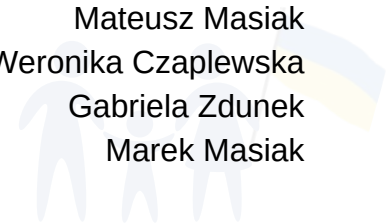


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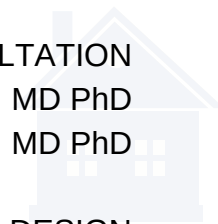
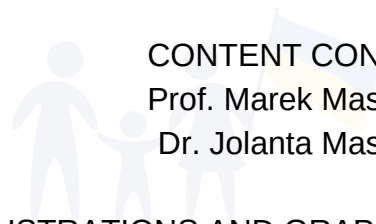
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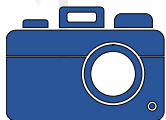
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