



"The Night Angel"

Once upon a time, in a world of soft moonlight and sparkling stars, there was a gentle angel named Nox. With her glowing wings and serene smile, she gracefully flew through the night sky, bringing comfort to all who needed it. Each night, she visited children all around the world, standing by their bedsides to ensure they slept peacefully and without fear.

Tonight, a little boy named Elias was troubled. His mind was full of worries and fears that kept him from sleeping. He worried about school, his family, and even the little things that felt much bigger in his head. His fears seemed to be like shadows that were so large they kept him awake, even at night. Sleep seemed impossible.

But then Nox appeared by his window, filling the room with warm, peaceful light. "You are safe, dear one," Nox whispered gently. "The night is your friend. Do not be afraid, I will gather all your fears and put them in a jar. I will lock the jar, and they will no longer disturb you."

Elias watched in awe as Nox gently raised her hand and began to gather his fears, like little dark clouds, and place them into a glowing jar. Each fear turned into a little star that flew into the jar, and Nox closed it with a soft click. "Now your fears are safe, Elias," she said. "They cannot bother you anymore. You can sleep peacefully, knowing that you are safe."

Elias smiled, feeling the angel's presence surrounding him like a soft blanket of light. Slowly, his worries faded, and he felt that he was not alone. He knew that, no matter what challenges he faced, Nox would always be there to collect his fears and lock them away, leaving him with peace and calm.

With a quiet smile, Elias drifted into a peaceful sleep, knowing that his angel would always be by his side. He no longer feared, for he knew that the light of Nox would always protect him, and no fears could ever disturb his sleep again.

Activity 1 – "What Helps You Calm Down?"

Activity:

What helps you calm down when you are worried? Please draw or write about what brings you peace and security. Is there something that helps you feel safe, like the angel's glowing light?

- Maybe it helps you to imagine a beautiful place? Like a forest, a beach, or the mountains.
- Or perhaps you have a special item or toy that makes you feel calm? Think about what makes you feel safe.



"The angel collects all the bad feelings in a box

and takes them away."

Description:

This activity helps children reflect on what brings them calm and comfort, just as the angel brings peace and comfort to the story's protagonist. It helps children understand that they can control their emotions and learn to manage worry or anxiety. Even in moments of fear, they can find a source of strength and peace.

Activity 2 – "Draw Your Angel"

Activity:

Draw your own angel like Nox, flying through the night sky. Does your angel have glowing wings? What does the night sky look like when your angel is flying by?

- What does your angel do? Maybe they bring light, help with your thoughts, or simply stay by your side when you're worried.
- Also, think about the night sky they protect. What will it look like when your angel is near?

Description:

This activity encourages children to visualize support and protection they might feel when they face challenging situations. It gives them the opportunity to express their feelings and create symbols of hope and calm that they can use in real life.

Illustration Instructions:

1. Draw the angel Nox:

- **Nox** should be depicted as a gentle angel with glowing wings, flying through a starry night sky. Her wings should radiate warm, calming light, creating a peaceful atmosphere. The light from her wings is soft and comforting.
- **Background:** The night sky should be filled with stars and possibly the moon, creating a serene, magical environment. This helps convey the peaceful and protective nature of the angel.

2. Activity 1 – "What Helps You Calm Down?"

- **Image:** Draw soothing elements of nature, such as a peaceful lake, flowers, a sunset, or a calm forest. This will help children think about things that bring them peace and security.
- Simple and calming images can be included to inspire children to reflect on what makes them feel safe and relaxed.

3. Activity 2 – "Draw Your Angel":

- **Image:** Leave the page open for the child to draw their angel. Include a simple night sky with a few stars and clouds to help them start their drawing. The rest is up to their imagination, and they can create their own version of an angel, how it looks, and how it protects them.
