



VOLUME ONE • BIG FEELINGS

THE LITTLE HEROES EMOTIONAL TOOLKIT

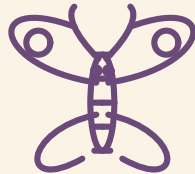
Rhythmic Lessons for Growing Minds

a Riddim Rhymes Kids resource

a **RHYTHMIC PARENTING** resource



Blue Note Bear



Flutterbird



Captain Steady



Sunny Strong

Meet the Riddim Crew • Deep Breath Riddim • True Strength Circle

Riddim Rhymes Kids

A free resource for mothers, fathers, and caregivers

For Parents

how to be your child's emotional architect



OUR MISSION

At Riddim Rhymes Kids, we believe every child deserves the language, rhythm, and confidence to understand their feelings while growing in love, wisdom, and faith.

Your child contains multitudes. This toolkit gives their big feelings a face, a name, and a rhythm — something little hands and hearts can tap, breathe, and hold onto together.

This is Rhythmic Parenting — pairing every big feeling with a rhythm, a breath, a motion, a Scripture, and a song your child can carry with them.

How to use this toolkit

- Meet the Riddim Crew together — let your child pick their favorite character.
- When a big feeling shows up, ask which character it feels like today.
- Say the character's line, then invite your child to repeat their own affirmation.
- For worry, turn to Flutterbird's Deep Breath Riddim.
- For sadness or feeling left out, turn to Blue Note Bear's True Strength Circle.

“Let everything that has breath praise the Lord.”

Psalm 150:6



Meet the Riddim Crew

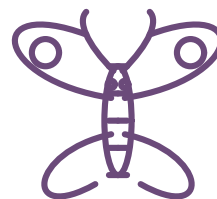
a character for every big feeling



Blue Note Bear — sadness

Blue Bear walks slowly because his heart feels heavy.

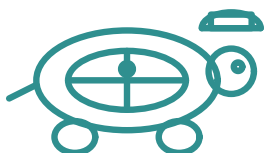
It's okay to feel sad. My song isn't finished.



Flutterbird — anxious

Flutterbird's wings move so fast when she's worried.

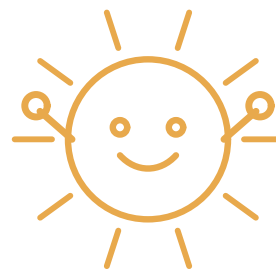
My breath is stronger than my worries.



Captain Steady — patience

Captain Steady helps every heartbeat find its rhythm.

I can wait with a calm and steady heart.

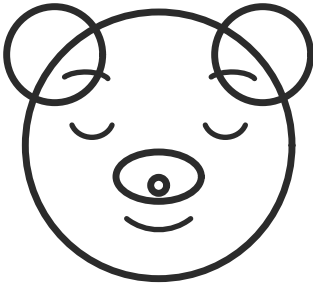


Sunny Strong — healthy energy

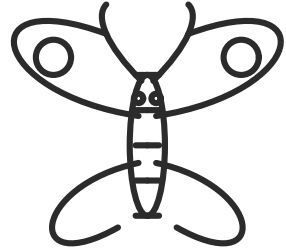
Sunny Strong grows brighter with every good bite.

Real food gives my rhythm power.

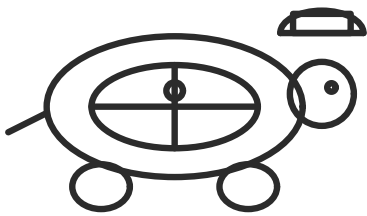
Color the Riddim Crew



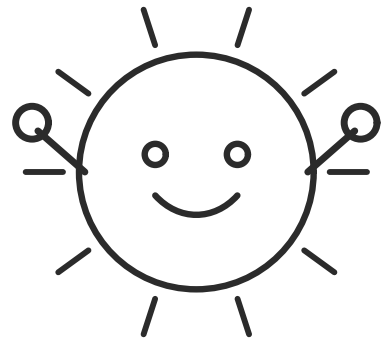
Blue Note Bear



Flutterbird



Captain Steady



Sunny Strong

Deep Breath Riddim

Flutterbird's activity, for worry

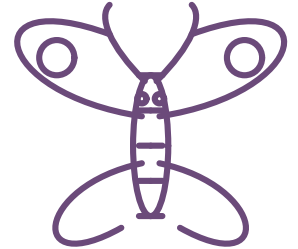


If your child is feeling like Flutterbird, sit wid dem. Put your hand on their shoulder. Pace them with a slow, deep rhythmic beat:

Beat 1: Breathe IN. (gentle tap on the shoulder)

Beat 2: Hold.

Beat 3: Breathe OUT. (tap again)



"Keep yuh breath steady like di heart, darlin'. Every slow breath helps di flutter settle."

My breath is stronger than my worries.

"Cast all your anxiety on Him because He cares for you."

1 Peter 5:7

True Strength Circle

Blue Note Bear's activity, for sadness & belonging

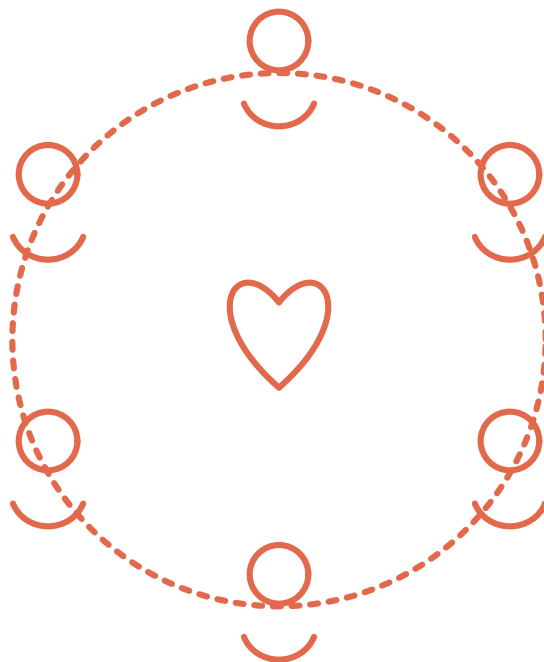


If your child feels left out or carries the Blue Note, create a Support Circle with their favorite toys or family members.

"A circle need every voice fi sound sweet. You have a important part, an' wi love fi hear yuh riddim."



Teach dem true strength is making room for others — but it also means understanding that your own feeling, even sadness, has a place in the song.



It's okay to feel sad. My song isn't finished.

Now It's Your Turn!

keep the lesson going after the video ends



Every Riddim Rhymes Kids episode ends with a challenge for your family. Pick the one that matches what you watched today:

Sadness episode — Blue Note Bear

“Try the True Strength Circle together tonight.”

Anxious episode — Flutterbird

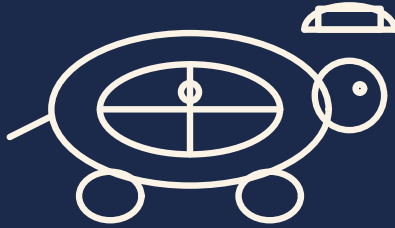
“Try the Deep Breath Riddim together before bedtime.”

Patience episode — Captain Steady

“Practice the Waiting Riddim during your next car ride.”

“Start children off on the way they should go, and even when they are old they will not turn from it.”

Proverbs 22:6



EVERY HEART HAS A RIDDIM

*May your home hold space for every character your child carries within —
Blue Note Bear's tears, Flutterbird's flutter, Captain Steady's calm, and Sunny
Strong's joy. May they learn their rhythm is always welcome, and that yours
matters too.*

“Let everything that has breath praise the Lord.” — Psalm 150:6



Riddim Rhymes Kids

more songs & stories for little hearts

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