

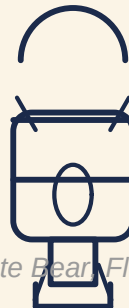


VOLUME TWO • BRAVE FEELINGS

THE LITTLE HEROES EMOTIONAL TOOLKIT

Be Brave, Little Hero — Shine Your Light

a RHYTHMIC PARENTING resource



featuring Tiger Cub — also home to Blue Note Bear, Flutterbird & Captain Steady

Meet Tiger Cub • Shine Your Light • Do It Afraid

Riddim Rhymes Kids

A free resource for mothers, fathers, and caregivers

For Parents

how to walk your child through fear, together



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.

Courage was never the absence of fear — it's showing up anyway. This toolkit walks alongside your child through the dark cave moments, using Tiger Cub's own journey to teach the truth every brave heart eventually learns: we do it afraid.

This is Rhythmic Parenting — pairing this 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

- Watch the Tiger Cub episode together, then meet him again on the next page.
- When your child feels afraid, ask: “Is this a Tiger Cub moment?”
- Do the Shine Your Light hand motion and brave breath together.
- Say the affirmation out loud, then let your child say it back in their own words.
- Remind them: feeling scared and being brave can happen at the very same time.

“The Lord is my light and my salvation — whom shall I fear?”

Psalm 27:1



Meet Tiger Cub

a friend for fear — and for courage



Tiger Cub is the little tiger from Miss Reta's Anansi stories — the one Anansi once tricked into thinking he was a horse. Now Miss Reta tells the rest of his story: how a small, fearful cub found courage the moment his love for a friend in trouble grew bigger than his fear for himself.



Rhythm:

Roar Riddim — starts as a whisper, grows braver when others beat the drum with you.

Breath & Motion:

cup your hands like you're holding a little lantern, breathe in, then take one brave step forward.

Say:

"I can feel scared and still be brave. I do it afraid — and I'm braver together."

Scripture:

"Be strong and courageous. Do not be afraid... for the Lord your God will be with you." — Joshua 1:9

Be Brave, Little Hero

the story Miss Reta tells in the garden



In the garden, Miss Reta sat with her friend and talked about something every heart knows: fear is real, and it visits everyone, young and old. Nearby, a little boy stood frozen, afraid of what he couldn't see. But when he lifted his lantern up high, the fear didn't disappear — it just got small enough for him to take a step.

That's when Miss Reta told the rest of the tiger's story. "That big tiger wasn't always brave," she said. "He was once a small, frightened cub, just like you. He stayed hidden and afraid — until the day his best friend got into trouble. Right then, his love for his friend grew bigger than his fear for himself. He didn't run away. He ran toward — straight to where his friend needed him."

One brave step became another, and another, until the frightened cub grew into a tiger no longer afraid. And that night, the whole village gathered and beat the drums together — because the truest cure for fear was never facing it alone. It was being surrounded by people who beat the rhythm with you.

Fear doesn't stop courage. Love for a friend can make us brave.

Shine Your Light

Tiger Cub's activity, for fear



When your child feels afraid — a dark room, a new place, a big first-time thing — sit with them and do this together:

- Step 1:** Cup both hands together like you're holding a small lantern.
- Step 2:** Take one slow breath in — imagine the light growing warmer.
- Step 3:** Breathe out, and take one small step forward — brave, even while shaking.



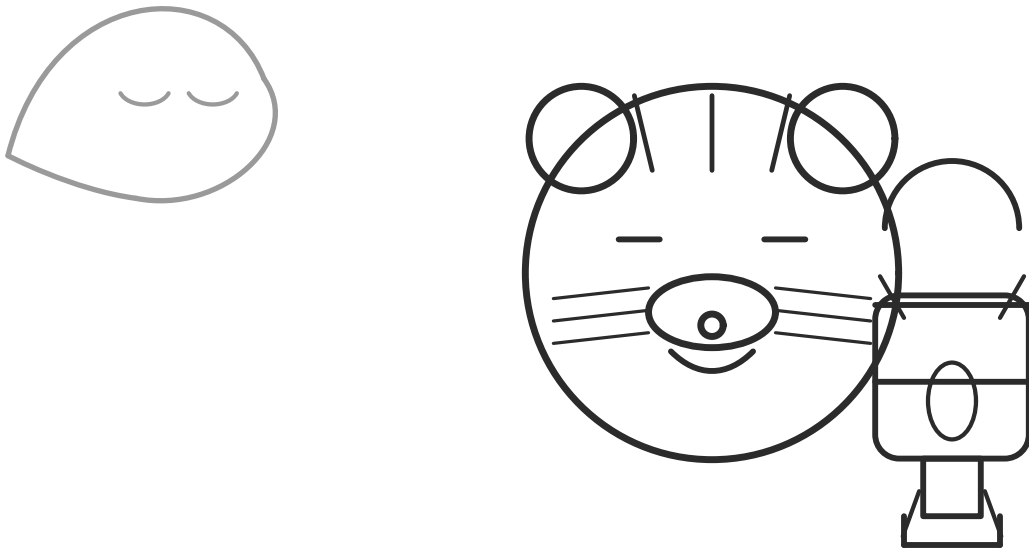
"You don't have to stop being scared to be brave, darlin'. You just have to shine your light anyway."

I can feel scared and still be brave. I do it afraid.

"Be strong and courageous. Do not be afraid."

Joshua 1:9

Color Me: Shine Your Light



the dark gets smaller every time you shine your light

How Brave Did I Feel Today?

it's okay to be a little bit scared AND a little bit brave



Courage isn't all or nothing. Circle where you were today — every step counts.



Still Scared



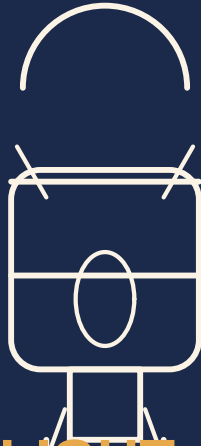
A Little Brave



Roaring Brave

For the grown-up:

One brave thing my child did today:



SHINE YOUR LIGHT, LITTLE HERO

May your home be a safe place to be afraid — and a safe place to be brave anyway. May your child learn, through Tiger Cub, that courage was never about the dark disappearing, but about carrying their own light through it, one small step at a time. And when fear visits, may you remember: the truest courage is rarely walked alone.

“The Lord is my light and my salvation — whom shall I fear?” — Psalm 27:1

“A cord of three strands is not quickly broken.” — Ecclesiastes 4:12

WATCH TIGER CUB'S EPISODE



Riddim Rhymes Kids

Volume Three is on its way — stay tuned for what's next

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