



Short Practical Guide for Using *Timbi Talks* and *Timbi Colors*

The Timbi books were created to be read *with* children. They're designed to spark connection, calm, and conversation — whether at home, in therapy, or in a classroom.

A Few Core Tips

- **Read together slowly.** Give children time to react and ask questions; even brief pauses build safety.
- **Name and normalize feelings.** When Timbi feels sad, worried, or hopeful, invite the child to share when they've felt something similar.
- **Model the tools.** Breathe, stretch, and ground yourself alongside the child — skills “stick” best when adults use them too.
- **Build small routines.** One breath at transitions, one gratitude at dinner, one affirmation at bedtime.
- **Repeat and celebrate.** Revisit favorite pages, color together, and notice even tiny moments of courage or calm.

Using the Books Together

Each book blends story and activity. Choose pages that fit the moment — movement for restlessness, breathing for worry, gratitude for low mood. Pair one story page with one activity page to help ideas “stick.” Short, repeated sessions are more effective than long readings.

More for Professionals

The full *Practical Guide* offers page-by-page guidance, caregiver prompts, and science notes for educators, therapists, and prevention specialists. We can make it available to partners and professionals working directly with children and families. Contact us at: contact@timbitalks.org for access.