

Too Fast, Too Much, Just Right

A discussion and self-kindness guide for families and educators

Use this guide

The story gives children room to notice big feelings, fast-moving moments, and the small choices that can help. Invite a child to answer in words, pictures, movement, or silence.

NOTE: This guide supports conversation. It is not medical advice and does not label or diagnose a child.

Before reading

- What helps your body slow down when everything feels like too much?
- Where do you notice energy in your body: hands, feet, chest, voice, or somewhere else?
- What does “just right” feel like for you today?

Talk about Taylinn and Finn

- What is happening before Taylinn’s feelings get too big?
- What do you notice when Taylinn meets Finn?
- Which words or moments create a little more room to pause?
- How can someone help without making a hard moment feel bigger?
- What strengths does Taylinn bring to the story?

Try a self-kindness reset

- Name one body signal that tells you a pause might help.
- Choose one small pause: take a drink of water, press your feet into the floor, look for five quiet things, or ask for space.
- Complete this sentence together: “I can pause. I can try again. I am still me.”
- Draw a “just right” place, person, animal, or activity you can picture when you need a reset.

A closing question

What would kind support look like the next time a moment feels too fast or too much?