



Anna Klimentova

Yan's

Adventure

Starter Pack



Stories. Activities.
Friendship. Big Feelings.
Brave Adventures.



Let's grow together!



Wise Turtle
· STORIES ·

Hi, friend! ♥

My name is Yan.

I love exploring, asking questions,
and learning something new every day.

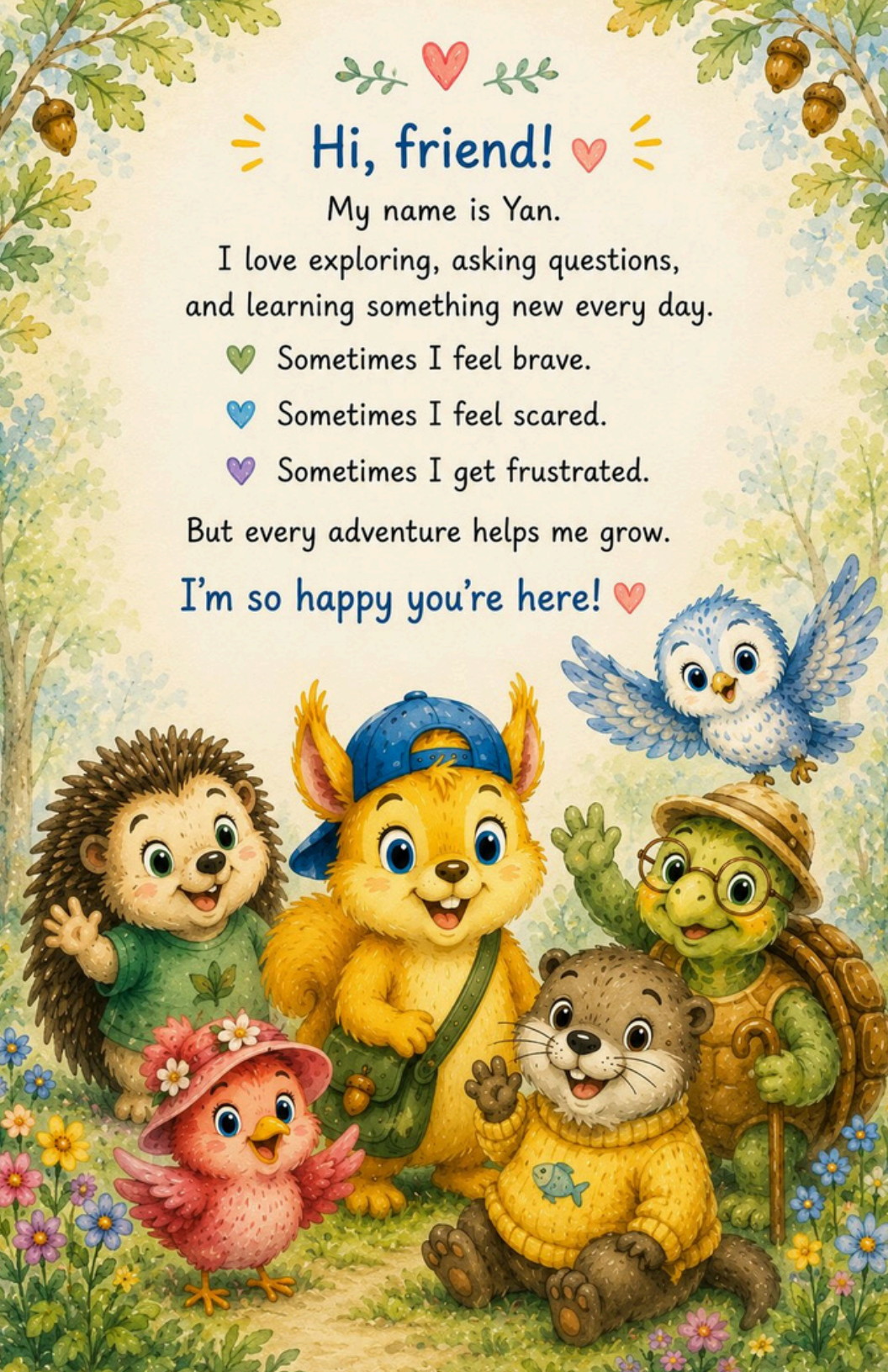
♥ Sometimes I feel brave.

♥ Sometimes I feel scared.

♥ Sometimes I get frustrated.

But every adventure helps me grow.

I'm so happy you're here! ♥





Meet My Friends!

I'm lucky to have such wonderful friends
who help me on every adventure! ♥



Hedgeie ♥

Hedgeie is kind and thoughtful.
He loves to help his friends.



Red Birdie ♥

Red Birdie is cheerful and brave.
She always sees the bright side!



Wise Turtle ♥

Wise Turtle is patient and wise.
He teaches us important things.



Noah the Little Otter ♥

Noah is gentle and brave.
He shows us that we're never alone.



Owly ♥

Owly sees the big picture.
She helps us look at things
in a new way.



♥ I love to
play all day!

Help me find the way
to an acorn and
Red Birdie!

One day I was so excited
and could not fall asleep.

Do you want to hear what
happened to me that day?

Yan the Little Squirrel

Who Did Not Want to Sleep
(Lullaby)





Yan the little squirrel
Didn't want to close his eyes,
What if something special
Happened by surprise?



Eyes stayed open, ears stood tall,
Listening for anything at all.
The house was still, the night was deep,
But Yan said, "No... I won't sleep."



Sleepy now, sleepy slow,
Close your eyes, let dreaming grow.
Nothing fun will pass you by,
Sleep will bring the morning sky.



Morning came with gentle light,
Yan was up through the long, long night.



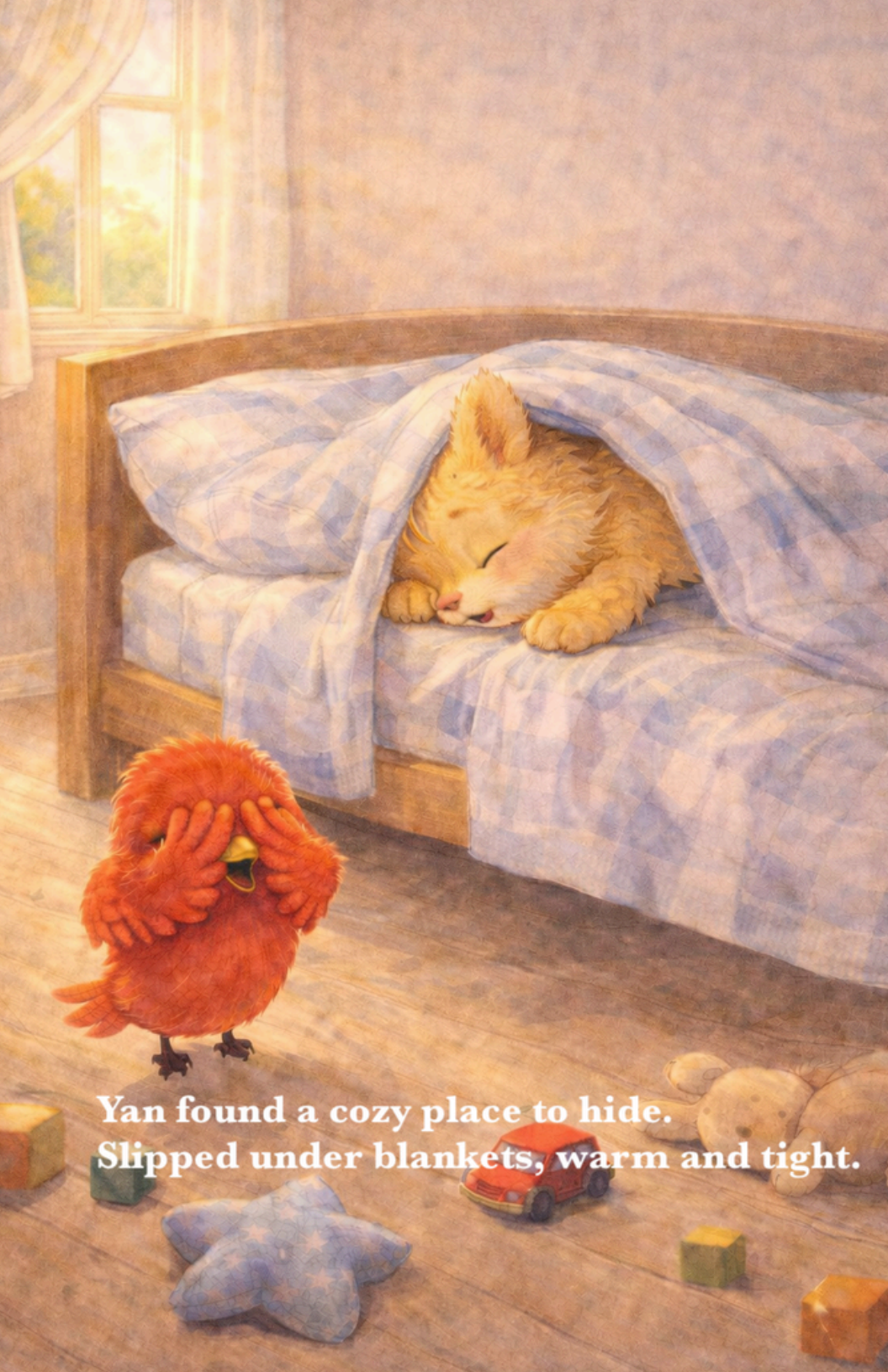
**Knock-knock! “Yan, come out and play!”
Birdy laughed, “It’s a brand-new day!”**



**“Plaaay,” said Yan and yawned so hard,
His strength was almost gone.
His legs felt slow, his arms felt tight,
The sun was shining way too bright.**



**"Hide and seek!" said Birdy bright,
"Plaaay!" said Yan with yawning wide.
Birdy counted "one, two... five!"
Yan tried hard to stay alive...**



**Yan found a cozy place to hide.
Slipped under blankets, warm and tight.**



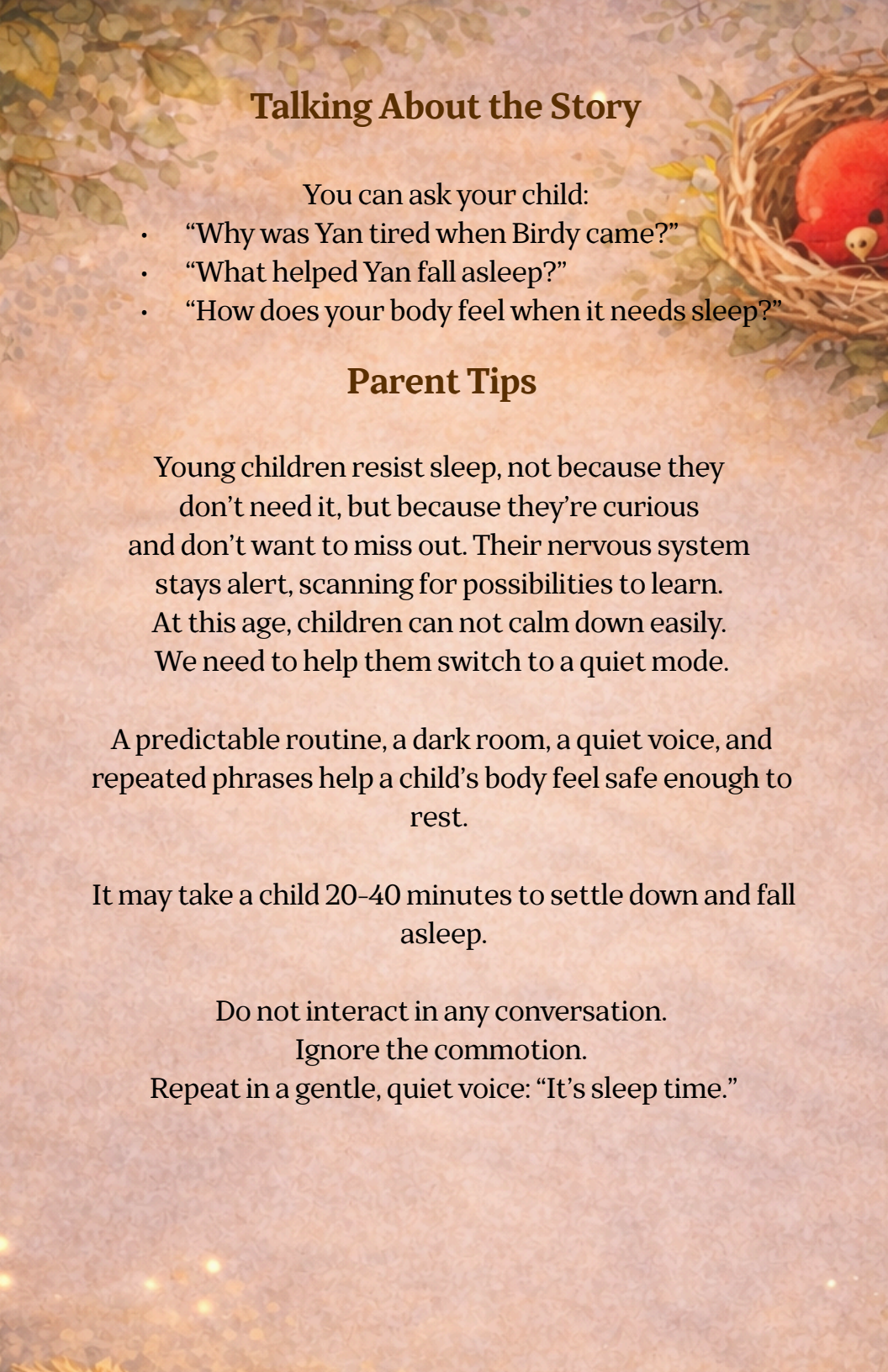
**When Birdy looked and found him there,
Yan was asleep without a care.**



**Sleepy now, sleepy deep,
Little squirrels need their sleep.
Close your eyes, the day is done,
Tomorrow brings more time for fun.**



Sleepy now, sleepy slow,
Close your eyes, let dreaming grow.
Nothing fun will pass you by,
Sleep will bring the morning sky.



Talking About the Story

You can ask your child:

- “Why was Yan tired when Birdy came?”
- “What helped Yan fall asleep?”
- “How does your body feel when it needs sleep?”

Parent Tips

Young children resist sleep, not because they don't need it, but because they're curious and don't want to miss out. Their nervous system stays alert, scanning for possibilities to learn. At this age, children can not calm down easily. We need to help them switch to a quiet mode.

A predictable routine, a dark room, a quiet voice, and repeated phrases help a child's body feel safe enough to rest.

It may take a child 20–40 minutes to settle down and fall asleep.

Do not interact in any conversation.

Ignore the commotion.

Repeat in a gentle, quiet voice: “It's sleep time.”



♥ A Little Tip for Parents

A Simple Bedtime Ritual to Help Children Feel Calm and Safe

Before bedtime, Yan's family likes to play a simple game called **Three Good Things**.

Each person shares three things they enjoyed about today.

It might be:

★ "I built a big block tower."

★ "I played with my friend."

★ "We ate watermelon together."

Mom and Dad share their three good things, too.

This simple conversation helps children:

remember happy moments,

practice gratitude,

strengthen family connection,

and end the day with positive feelings.

After that, tell your child what tomorrow will look like.

For example:

"Tomorrow you'll go to daycare, play with your friends, have lunch, and then we'll go to the beach together."

Knowing what comes next helps children feel safe.

A predictable plan reduces uncertainty and makes it easier for little minds to relax and fall asleep.

A few minutes of connection each evening can become one of your child's favourite parts of the day.

Yan is going on his biggest adventure yet!

He, Hedgie, Noah, and Red Birdie

are visiting New York for the first time.

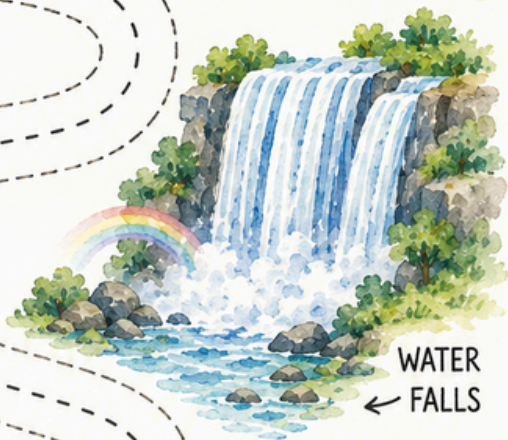
Friends are excited and a little bit worried.

Let's help them to have fun! ♥



Our Adventure Map

Trace the road from Canada
to New York! ❤️



WATER
FALLS



--- Trace the road

● Start

● Finish

Check what you packed. ♥



☐ Stuffedies



☐ Sunglasses



☐ Hat



☐ Pajamas



☐ Water bottle



☐ Toothbrush



☐ Snacks



☐ Toys



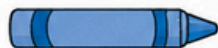


On the Road

Colour the car by numbers.



1 - blue



2 - yellow



3 - green



Spot It!

Can you find?

1

Bridge



2

Red trucks



3

Cows



4

American flags



7

Birds



6

Yellow taxi



★ Statue of Liberty ★

SIMPLE FACTS ★

1 Lady Liberty is in New York.



2 It is a gift from France.



3 She holds a torch that stands for light and hope.



4 Lady Liberty wears a crown with 7 spikes.



5 Lady Liberty is about as tall as 8 giraffes!



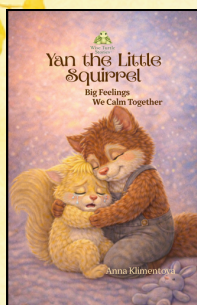
Hello!
I stand for
freedom and
friendship!



Hi
Lady
Liberty!



Explore More Adventures!



Yan the Little Squirrel. Big Feelings We Calm Together

Three comforting stories that help children and parents navigate tantrums, separation, and reconnect after big feelings.



Yan the Little Squirrel. Big Feelings, Little Choices

Three gentle stories about saying “no,” learning to wait, and sleeping alone with confidence.



Yan the Little Squirrel. Little Heroes, Brave Together

Four comforting stories that help children prepare for hospital visits, understand illness, and find courage through kindness and friendship.

**Discover more stories, free
printables, parenting resources,
and activities:**

Amazon,

www.wiseturtle.ca

and follow

@wiseturtlebooks





Official Member of

Yan's Adventure Club

This certifies that

_____ is an official explorer!

Signed,

Yan the Little Squirrel



Hi! I'm Anna.

♥ I'm a mom, social worker (MSW),
and the creator of
Wise Turtle Stories.

♥ I write stories that help
children understand big feelings,
everyday challenges, and
life's new adventures.

♥ I also create books for
teens and adults, and lead
workshops and support groups
that help people navigate life's
biggest changes—from
parenthood and separation to
career changes and
new beginnings.

♥ I believe that the right story
at the right time can help us
grow stronger, kinder, and
more confident.



Thank you for visiting Yan's world.
I hope your family enjoys
many adventures together.



Anna Klimentova