

A FREE COMPANION GUIDE

When the Wind Changes

A Reading and Activity Guide

For families, classrooms, and hospital rooms



Sadie Gardere

When the Wind Changes arrives February 2027, from Tiny Torch Books.

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A Note for Grownups

START HERE

Dear Grownups,

This book is not only for your Little One. It is also for you.

Hold your child close as you drop into a moment of presence with them. More is transmitted in your touch, your tone, and your gaze than words could ever convey. This story is an invitation to slow down and connect.

As you read, notice what you feel. When tenderness arises, read more slowly. Pause. Ask your child what the characters might be feeling. Ask if they have ever felt that way. Then listen, without fixing anything.

Return to this story often, especially when life feels overwhelming. Repetition brings comfort and helps children, and adults, integrate its message. Every time you read with presence, you are building connection, healing old patterns, and planting seeds of resilience and love.

With love, Sadie

How to use this guide

Begin by reading the book aloud slowly and reflectively.

At home, the questions work well at bedtime, in the car, on a walk, or any time your child is open. Children share more easily when there is no pressure.

In a classroom or a group, the activity pages work as a set. Read the book aloud, then choose one activity and let the children work while you circulate. The conversation that happens softly between you and each student is often the real lesson.

Questions to Read Together

CONVERSATION

BEFORE YOU OPEN THE BOOK

- Look at the cover together. What do you think this story is about?
- Have you ever felt the wind change? What did it feel like on your face?
- What is something that is changing in your life right now?

WHILE YOU READ

Some feelings are wild, but they all come and go.

- Where do you feel your feelings in your body? Show me with your hand.

By flying together, no goose is alone.

- Why do you think the geese fly so close to each other?

He calls out for another to take on the lead.

- The goose in front got tired and asked for help. How do you know when you need help? What are some ways I can help when you need it?

You can do this! You've got this! You're scared but keep flying!

- Has anyone ever said something to you that helped you keep going? What did they say?

Two others go with it to give love and protection.

- Two geese stay behind with the goose who is hurt. Who would you want to stay with you?

There is a moment of falling before you start flying.

- Tell me about a time you were scared and you did it anyway.

AFTER YOU CLOSE THE BOOK

- Who is in your flock?
- Is there someone else you know, who might need someone to fly with them?
- What is one thing you want to try, even though it feels a little scary?

FOR THE GROWNUP, LATER, ON YOUR OWN

- Where did you feel tenderness while you read?
- Who is in your flock right now?
- When did you last let someone else take the lead?

Helping Honks

ACTIVITY ONE

Geese honk from behind to cheer on the goose in front. Those honks are what keep the leader flying.

“You can do this! You’ve got this! You’re scared but keep flying!”

Words that help me feel strong

Write the words you want to hear when things get hard. They can be words someone says to you, or words you say to yourself. Color the geese while you think.



FOR GROWNUPS

If your child gets stuck, offer one of yours first. Children borrow our words before they find their own. Keep this page somewhere they will see it.

Name Your Flock

ACTIVITY TWO

“By flying together, no goose is alone. The flock can fly farther than each on its own.”

The people who help me fly farther

Write names on the lines. Family, friends, teachers, coaches, neighbors, a pet, anyone who makes you feel less alone.



FOR GROWNUPS

Notice who they name. Be curious. Help them remember names they may have forgotten.

The Wing Breath

ACTIVITY THREE

“Take a centering breath and spread your wings wide.”

A practice for when the ground drops away. It takes one minute. Do it together.

1 Feel your feet

Stand up. Feel both feet on the floor.

2 Fold your wings

Bring both hands over your heart and breathe in slowly for four counts.

3 Spread your wings wide

Open your arms out as far as they will go and breathe out *very* slowly.

4 Honk

Say one true and brave thing out loud. It can be, “I am scared.” It can be, “I am strong.” It can even be a real honk!

Repeat three times.

Why the wing breath?

Hands on heart and slow exhales shift the body out of alarm. Your child does not need to feel better by the end of this, only that you are *with* them.

True Things About Geese

WONDER

Everything in the story is real.

- Geese take turns flying up front. The goose in the lead pushes against the strongest wind, so when that goose gets tired, another one moves forward.
- Every time a goose flaps its wings, it creates an uplifting current of air for the goose right behind it. Flying in a V, the whole flock can travel up to seventy-one percent farther than any goose could alone.
- The honking you hear from the back of the V is encouragement for the birds in front.
- When one goose is hurt, two other geese go down with it. They stay with it until it can fly again, or until it dies. And only then do they catch up with the flock, or join a new flock.
- Geese are highly social. They mate in pairs, and often stay with the same partner for Life.
- Sometimes a pair separates. It is actually called divorce. When it happens, the geese draw strength from the flock around them, and in time they find a new partner.
- Geese raise their young in neighborhoods. Many adults look after the goslings together, and they take turns watching for danger.
- Geese preen each other to show love. They hug by nestling their heads and necks together, and they take young geese under their wings for warmth.
- Geese sometimes adopt goslings that are not their own.

Look up

The next time you hear honking overhead, stop and find the V. Count the geese. Notice which one is in front, and watch to see if they trade places.

Flying Together

COLORING PAGE



Your flock is here with you, calling.

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