

When the Sky Changes

31 Stories to Navigate the Stuff No One Talks About

By **Ananya Tomar & Shikha Arora** - Australian authors writing at the intersection of childhood, emotional resilience & wellbeing

NSW SCHOOLS EDITION

Ages 7-12 · Years 2-6

Also resonates with teens

Published April 2026

Eternity Ink, Australia

NSW **A Secular Wellbeing Resource for NSW Schools**

✓ PDHPE K-6 Syllabus ✓ Respectful Relationships ✓ NSW School Excellence Framework

Years 2-6 · Ages 7-12

Growing minds face more than homework and playground drama. Anxiety, screen overload, shifting friendships, grief, body changes - these are **rarely named, let alone discussed**. When the Sky Changes offers 31 short stories that speak honestly about what children experience but seldom know how to move through. Woven throughout are **science-backed, screen-free Your Turn activities** that build focus, calm, and emotional resilience. Not just a book to read. A space to pause, reflect, and reset.

100% Non-Profit Initiative: Supported by a grant from the Creative Spirit Initiative. The authors receive no income from any sale. This book exists entirely as a community contribution to children's emotional wellbeing.

THEMES COVERED

- Self-identity & body image
- Friendship & betrayal
- Anger & regulation
- Family conflict & change
- Anxiety & public speaking
- Perfectionism & approval
- Grief & loss
- Screen time & social media
- Cultural identity & racism
- Puberty & body changes
- Gender norms & belonging
- Moving homes & schools

BOOK AT A GLANCE

- 31 short stories (4-8 pages)
- Colourable B&W sketches
- 20+ multicultural characters
- Standalone or sequential use
- Brain-body science embedded
- Parent-friendly read-aloud
- Reflection activities throughout
- 5 thematic parts
- Australian settings & context
- No spiritual prerequisites
- Screen-free activities
- Diverse family structures

NSW CURRICULUM & SCHOOL STANDARDS ALIGNMENT

✓ PDHPE K-6 Syllabus (2018, current) ✓ Respectful Relationships & Safety ✓ NSW School Excellence Framework ✓ Years 2-6 (Ages 7-12)

Identity, Health & Wellbeing | Self-Management & Interpersonal Skills | English K-10 - Literature & Literacy | Digital Literacy & Wellbeing

Respectful Relationships & Safety (PDHPE): Stories directly address consent, body autonomy, healthy friendships, diversity, and help-seeking - core PDHPE focus areas across Stages 1-3. **NSW School Excellence Framework:** Supports the Wellbeing domain - Student Wellbeing and Learning Culture elements. **Note:** All content is fully secular and inclusive - no religious or spiritual material in the book itself.

NSW CURRICULUM ALIGNMENT - SAMPLE STORIES · FULL TABLE AVAILABLE ON REQUEST

Part	Story Title	PDHPE Focus Area / Link	Stage Level
SELF	The Blur in Me	Identity, Health & Wellbeing - personal strengths	Stage 1-2 (Yrs 2-4)
SELF	More Than a Mirror	Resp. Relationships - body image & self-worth RR&S	Stage 3 (Yrs 5-6)
FRIENDSHIP	Worry the Squirrel	Self-Management - anxiety & stress regulation	Stage 1-2 (Yrs 2-4)
FRIENDSHIP	The Hurt	Self-Management - emotional regulation RR&S	Stage 2-3 (Yrs 4-6)
FAMILY	Cricket & Courage	Resp. Relationships - help-seeking & honesty RR&S	Stage 1-2 (Yrs 2-4)
ACCEPTANCE	When the Red Came	Resp. Relationships - health literacy & belonging RR&S	Stage 3 (Yrs 5-6)
STRENGTH	The Mirror Speaks the Truth	Resp. Relationships - diversity, racism, speaking up RR&S	Stage 2-3 (Yrs 4-6)
STRENGTH	The Scroll Hole	Identity, Health & Wellbeing - digital wellbeing	Stage 3 (Yrs 5-6)

Free Library Review Copy

Request a complimentary copy for your school library. Stories are 4-8 pages - suited to independent or guided reading.

Wellbeing & PDHPE Programs

Drop stories into existing PDHPE and wellbeing sessions. Free teacher reading guide with discussion questions available.

Author Visits - NSW Schools

Free or low-cost visits available. Authors read stories and facilitate student discussion tailored to your school's focus themes.

"I really liked the ending! My favourite part was when the boy saw someone else with glasses and realised he wasn't the only one. I learned that the way we see the world comes from inside ourselves."

- Arna, Age 8, after reading Story 1: The Blur in Me

ABOUT THE AUTHORS

Ananya Tomar

Melbourne-based Environmental Manager & counselling student. Combines professional insight with a near-peer perspective to support children's resilience.
ananya7.calm@gmail.com · @ananyatomr

Shikha Arora

Sydney-based storyteller. Multicultural Ambassador, Community Migrant Resource Centre. Founder of Dose of Inspirational Light. Mum of two.
doseofinspirationallight@gmail.com

Published by ETERNITY INK · 181 First Avenue, Five Dock NSW 2046 · info@eternityink.com.au · www.eternityink.com.au

ISBN 978-0-9592271-4-7