

# When the Sky Changes

31 Stories to Navigate the Stuff No One Talks About

By Ananya Tomar & Shikha Arora

Ages 7–12 · Victorian Years 2–7

Pre-Teen Self-Help · 188 pages

Eternity Ink · April 2026

ISBN 978-0-9592271-4-7

✓ Victorian Curriculum F–10 v2.0

✓ Respectful Relationships (RRRR)

✓ FISO 2.0 – Student Wellbeing

Personal & Social Capability

Health & Physical Education

English – Literature

| #  | Story Title                   | Part       | Year Level | VC Capability Strand   | Sub-Element / Focus                                                                          | RRRR Link | Activity Type |
|----|-------------------------------|------------|------------|------------------------|----------------------------------------------------------------------------------------------|-----------|---------------|
| 1  | The Blur in Me                | SELF       | Yrs 2–4    | Personal & Social Cap. | Self-Awareness – recognise personal qualities & resilience through change                    |           | Visualisation |
| 2  | Cool in Her Own Way           | SELF       | Yrs 3–5    | Personal & Social Cap. | Self-Awareness – understand self as learner; introversion & authentic identity               |           | Reflection    |
| 3  | More Than a Mirror            | SELF       | Yrs 5–7    | Personal & Social Cap. | Self-Awareness – recognise emotions & impact on behaviour; body image & self-worth           | ✓         | Affirmation   |
| 4  | The Hoodie                    | SELF       | Yrs 3–5    | Personal & Social Cap. | Self-Management – develop self-discipline & confidence under peer pressure                   |           | Visualisation |
| 5  | Not About Him                 | SELF       | Yrs 5–7    | Personal & Social Cap. | Social Awareness – diverse perspectives; belonging vs authenticity & peer pressure           | ✓         | Journaling    |
| 6  | The Pop of a Balloon          | SELF       | Yrs 3–6    | Personal & Social Cap. | Self-Awareness – manage embarrassment; bounce-back, resilience & self-compassion             |           | Reflection    |
| 7  | New School, New Rules         | FRIENDSHIP | Yrs 2–5    | Personal & Social Cap. | Self-Management – regulate emotions in new social situations; change & courage               |           | Breathwork    |
| 8  | The Space Between Us          | FRIENDSHIP | Yrs 4–7    | Personal & Social Cap. | Social Management – shifting friendships; loneliness, self-worth & inner strength            | ✓         | Reflection    |
| 9  | No Matter What                | FRIENDSHIP | Yrs 4–7    | Personal & Social Cap. | Social Management – resolve conflict peacefully; accountability, forgiveness & repair        | ✓         | Reflection    |
| 10 | The Hurt                      | FRIENDSHIP | Yrs 4–7    | Personal & Social Cap. | Self-Management – emotional regulation & anger; grief behind behaviour & empathy             | ✓         | Reframing     |
| 11 | Owning the Window             | FRIENDSHIP | Yrs 3–6    | Personal & Social Cap. | Social Management – accountability, honesty & integrity; peer courage & doing right          | ✓         | Discussion    |
| 12 | What You're Chasing           | FRIENDSHIP | Yrs 4–7    | Personal & Social Cap. | Self-Awareness – approval-seeking, perfectionism & intrinsic vs extrinsic motivation         |           | Journaling    |
| 13 | Real Light Doesn't Ask        | FRIENDSHIP | Yrs 3–6    | Personal & Social Cap. | Self-Awareness – recognise unique strengths; quiet confidence, belonging & sharing gifts     |           | Creative      |
| 14 | Worry the Squirrel            | FRIENDSHIP | Yrs 2–5    | Health & Physical Ed.  | Self-Management – manage stress & anxiety; mindfulness, self-talk & calming strategies       |           | Breathwork    |
| 15 | Big Brother, Little Baby      | FAMILY     | Yrs 3–6    | Personal & Social Cap. | Social Awareness – family change; empathy, new roles & emotional transition                  |           | Reflection    |
| 16 | Ana and the Birthday Pause    | FAMILY     | Yrs 3–6    | Personal & Social Cap. | Social Awareness – disability & inclusion; perspective-taking, belonging & acceptance        | ✓         | Discussion    |
| 17 | Cricket & Courage             | FAMILY     | Yrs 2–5    | Health & Physical Ed.  | RRRR – help-seeking, honesty, body care & injury response; speaking up at home               | ✓         | Body scan     |
| 18 | Little Business, Big Heart    | FAMILY     | Yrs 4–7    | Personal & Social Cap. | Social Awareness – migration, diverse perspectives & family resilience; initiative & empathy |           | Reflection    |
| 19 | Am I Enough?                  | FAMILY     | Yrs 4–7    | Personal & Social Cap. | Self-Awareness – recognise emotions, self-worth & navigating parental expectation            | ✓         | Journaling    |
| 20 | The Day it Got Too Much       | FAMILY     | Yrs 5–7    | Personal & Social Cap. | Self-Management – family tension, emotional expression & speaking up safely                  | ✓         | Discussion    |
| 21 | Back Home, But Not Quite      | FAMILY     | Yrs 4–7    | Personal & Social Cap. | Social Awareness – cultural identity, belonging & accepting difference without losing self   | ✓         | Reflection    |
| 22 | Love That Doesn't Leave       | ACCEPTANCE | Yrs 3–7    | Personal & Social Cap. | Student Wellbeing – grief, loss, emotional resilience & keeping memories alive               |           | Memory ritual |
| 23 | Still with Me                 | ACCEPTANCE | Yrs 4–7    | Personal & Social Cap. | Student Wellbeing – parental loss, continuing bonds & healthy coping strategies              |           | Creative      |
| 24 | When the Red Came             | ACCEPTANCE | Yrs 5–7    | Health & Physical Ed.  | RRRR – health literacy, puberty, body changes & belonging; normalising physical development  | ✓         | Affirmation   |
| 25 | The Compass Inside            | ACCEPTANCE | Yrs 4–7    | Personal & Social Cap. | Self-Management – navigating change, new environments & emotional adjustment                 |           | Journaling    |
| 26 | Cracks and Shifts             | ACCEPTANCE | Yrs 4–7    | Personal & Social Cap. | Self-Awareness – family dynamics, emotional boundaries & not carrying adult pain             | ✓         | Breathwork    |
| 27 | The Scroll Hole               | STRENGTH   | Yrs 5–7    | Health & Physical Ed.  | Digital Wellbeing – screen use, self-regulation & authentic identity beyond social media     |           | Challenge     |
| 28 | The Girl Who Glitched         | STRENGTH   | Yrs 5–7    | Health & Physical Ed.  | Digital Wellbeing – screen dependency, stillness & reconnecting with self and the real world |           | Reflection    |
| 29 | The Filter Fades              | STRENGTH   | Yrs 5–7    | Health & Physical Ed.  | Digital Wellbeing – online vs offline identity; approval-seeking & inner worth               |           | Movement      |
| 30 | The Mirror Speaks the Truth   | STRENGTH   | Yrs 4–7    | Personal & Social Cap. | RRRR – racism, cultural diversity, speaking up & teacher as ally; courage & belonging        | ✓         | Discussion    |
| 31 | The Boy Who Moved Differently | STRENGTH   | Yrs 3–6    | Personal & Social Cap. | RRRR – gender norms, belonging, recognise personal strengths & gratitude                     | ✓         | Gratitude     |

✓ RRRR = directly supports the Respectful Relationships mandatory program · All 31 stories included above · All content is fully secular

Contact: [ananya7.calm@gmail.com](mailto:ananya7.calm@gmail.com)

Published by ETERNITY INK · 181 First Avenue, Five Dock NSW 2046 · [info@eternityink.com.au](mailto:info@eternityink.com.au) · [www.eternityink.com.au](http://www.eternityink.com.au) Curriculum Alignment Guide · When the Sky Changes · 2026