



When the Sky Changes

31 Stories to Navigate the Stuff No One Talks About

By Ananya Tomar & Shikha Arora

Ages 7–12 · Years 2–7

Also resonates with teens

Pre-Teen Self-Help · 188 pp

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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 have words for. Woven throughout are 'Your turn' science-backed, screen-free activities - that build focus, calm, and emotional resilience. This isn't just a book to read. It's a space for growing minds to pause, reflect, and reset.

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)
- Colouring sketches included
- Featuring 20+ multicultural characters
- Standalone or sequential use
- Brain-body science embedded
- Parent-friendly read-aloud
- Reflection activities throughout
- 5 thematic parts
- Australian settings & context
- Engaging 'Your Turn' sections
- Screen-free activities
- Diverse family structures

VICTORIAN CURRICULUM & SCHOOL STANDARDS ALIGNMENT

✓ Victorian Curriculum F–10 v2.0

✓ Respectful Relationships (RRRR)

✓ FISO 2.0 – Student Wellbeing

✓ Fully secular & evidence-based content

Personal & Social Capability

Health & Physical Education

English – Literature & Literacy

Digital Literacy & Wellbeing

Respectful Relationships (RRRR): Stories directly address RRRR themes – emotional literacy, gender & identity, help-seeking, healthy relationships, diversity & inclusion, and resilience. Story 3 (body image at age 12) and Story 30 (racism, speaking up) are especially relevant to the RRRR scope.

FISO 2.0: Supports the Positive Climate for Learning and Student Health & Wellbeing priority areas.

The book's five-part structure (Self → Friendship → Family → Acceptance → Strength) maps naturally to a whole-year wellbeing sequence.

Note: All stories and activities are fully secular and inclusive.

CURRICULUM ALIGNMENT – SAMPLE STORIES

Part	Story Title	Victorian Curriculum / RRRR Link	Year Level
SELF	The Blur in Me	Self-Awareness – recognise personal qualities	Years 2–4
SELF	More Than a Mirror	RRRR – body image & self-worth RRRR	Years 5–7
FRIENDSHIP	Worry the Squirrel	Self-Management – anxiety & stress regulation	Years 2–5
FRIENDSHIP	The Hurt	Self-Management – emotional regulation RRRR	Years 4–7
FAMILY	Cricket & Courage	RRRR – help-seeking & honesty RRRR	Years 2–5
ACCEPTANCE	When the Red Came	RRRR – health literacy & belonging RRRR	Years 5–7
STRENGTH	The Mirror Speaks the Truth	RRRR – diversity, racism, speaking up RRRR	Years 4–7
STRENGTH	The Scroll Hole	Health & PE – digital wellbeing & screen use	Years 5–7

FULL TABLE AVAILABLE ON REQUEST

Free Library Review Copy

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

Wellbeing & RRRR Programs

Use individual stories and 'Your Turn' activities within existing programs. A free teacher reading guide with discussion questions is available.

Author Visits – Victorian Schools

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

I really liked the ending of Story 1: The Blur in Me! 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.

— Ama, 8yrs after reading Story 1: The Blur in Me

You don't lose your sparkle just because people see you trip. You only lose it when you stop laughing and forget who you are.

— Story 6: The Pop of a Balloon

Your Turn: Cooling the Volcano

Anger can feel like a volcano rumbling inside you. Take five slow breaths. With each one, the lava changes: fiery red... soft orange... glowing yellow... deep blue... sky blue... and finally white. By the last breath, the volcano has dried up. In your hand is a white feather - light, calm, and steady. Carry it with you. The feather reminds you: the heat has passed, and your peace is still yours.

— Story 26: Cracks and Shifts

A COMMUNITY INITIATIVE, NOT A COMMERCIAL ONE

Awarded a grant by the Creative Spirit Initiative based on its vision for child resilience, When the Sky Changes is a 100% non-profit project. The authors receive no income from sales; the book exists solely as a contribution to student well-being. This resource is built on the authors' lived experiences as multicultural Australians.

ABOUT THE AUTHORS

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✓ 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

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