



7 to 10
YEARS

BUILDING BEAUTIFUL INSIDE

THE ZIPLINE ADVENTURE

A Story by Arkedelic



Parents' Guide

STRETCH CO

THE ZIPLINE ADVENTURE

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THE ZIPLINE ADVENTURE

It was supposed to be the most epic Sunday ever.

An adventure park.

A ropes course.

A giant zipline with a view of the lake.

And... a checklist of safety instructions no one but Sam actually read.

The Squad was buzzing. Harnesses clicked. Helmets snapped on.

“Think we’ll need backup parachutes?” Nik asked.

“No,” said Sid. “But you might need backup brains.”

They started with the low ropes.

Jane was zooming through like she was born on cable wire.

Nik kept slipping, yelling, “It’s the shoes!”

Sam moved slowly, carefully — checking knots twice.

Mario, usually cautious, was suddenly



swinging on ropes like a monkey on holiday.

“Be careful,” Sam warned. “You’re not clipped in properly.”

“Relax,” Mario grinned. “I’ve got this.”

Then came the high zipline.

It was the crown jewel — a long metal cable stretching across the mini-valley, 40 feet above the ground.

Jane was first. Sailed across with a whoop.

Nik went next. Screamed the whole way. Loved it.

Then Sam stepped up.

Clipped. Checked.

But halfway across the narrow rope bridge that led to the zipline platform, she stopped.

Froze.

“Everything okay?” the instructor called.

Sam didn’t move.

Her voice was tiny. “I can’t.”

Below, Mario was trying to convince the staff to let him go twice.

“I followed all the rules,” he argued. “Twice the responsibility, twice the turns!”

“Mario,” the guide said patiently, “That’s not how safety works.”



Meanwhile, Sam was still frozen.

The wind tugged at her helmet. Her knees locked. Her hands gripped the rope like it was the only thing holding the earth together.

Jane shouted up, “You’ve got this, Sam!”

But Sam shook her head. “I want to come down.”

The instructor helped her back slowly, gently.

No one teased her.
Not even Nik.

Later, over juice boxes, the Squad sat quietly.

Sam finally spoke. “I knew all the rules. I followed every safety step. But I still got scared. That felt... like failing.”

“You didn’t fail,” Jane said. “You froze. And you listened to your body. That’s smart.”

Sid added, “And you didn’t push through just to prove something. That’s brave too.”

Mario muttered, “Meanwhile I was being dumb. I broke two safety lines.”

“Why?” asked Sam.

Mario stared at his bottle. “I don’t know. Everyone always calls me the





careful one. The slow
one. I wanted to show I could be bold too.”

“But being bold doesn’t mean breaking rules,” Jane said.

“It means knowing when not to,” added Sid.

An instructor walked past just then and said, “Glad to see you kids reflecting. Safety starts in the mind.”

Nik raised an eyebrow. “That’s deep.”

The instructor smiled. “Ropes can hold your body. But only discipline holds your choices.”

That evening, the Squad made a poster together.

“We zip. We trip. We learn. We clip.”

Mario added a small drawing of his harness upside down.

Sam drew a mini platform with a speech bubble: It’s okay to pause.

And they all signed it — their new pact for being brave, not reckless.

THE END

VALUES FROM THE STORY



1. How can I teach my child why obedience and following rules matters?

Context in the story:

Mario, usually the rule-follower, breaks two safety protocols at the adventure park in an attempt to seem bold. Though no one is hurt, the consequences are real — he's denied another turn and gently reminded that safety rules aren't just formalities. The Squad reflects on the idea that bravery doesn't mean ignoring rules, it means knowing when to follow them.

Real-world connection:

As children grow more independent, they may challenge rules to seek attention, approval, or to prove something to themselves. They may confuse obedience with being boring or passive, especially when peers or media glorify risk-taking. It's important to reframe rule-following not as blind compliance but as a form of responsibility and wisdom.

How parents can use the story:

This story helps children see rules not as restrictions, but as boundaries that protect everyone, especially in high-risk environments. Parents can use Mario's moment to talk about why we have rules and what happens when we bend them for the wrong reasons. Discuss the difference between fear-based obedience and thoughtful obedience. When children understand that rules are about care and not control, they're more likely to follow them with confidence and maturity.



2. How can I teach my child to be alert, more observant and stay safe?

Context in the story:

Sam is meticulous about safety and checks every harness clip, but freezes mid-way across the rope bridge. Her alertness isn't the problem, it's her body reacting to fear. She doesn't push through recklessly; she chooses to come down safely. Meanwhile, Mario's failure to observe safety instructions creates risk. Both scenarios lead to a Squad-wide reflection on awareness, safety, and presence of mind.

Real-world connection:

Children may believe being alert means “not being scared” or “taking bold action.” But true alertness includes knowing your limits, recognising discomfort, and observing your surroundings. It's not just physical safety, it's also about emotional safety and trust in guidance.

How parents can use the story:

Use Sam's decision to pause as a teachable moment. Being observant doesn't mean charging ahead; it means reading the situation. Talk to your child about tuning into their own gut feelings — “Does something feel wrong?” — and empower them to speak up. Reinforce that staying safe means noticing, thinking, and asking. Praise them not just for being brave, but for being aware. Children who are taught to stay alert with curiosity and clarity develop real-world readiness.





3. How can I help my child understand the importance of discipline?

Context in the story:

The story shows two contrasting forms of discipline — Sam’s careful preparation and emotional restraint, and Mario’s momentary break from his usual self-discipline. Through a mix of consequences, support from adults, and peer reflection, both children learn that discipline isn’t about being perfect, it’s about staying grounded in your values, even under pressure.

Real-world connection:

Discipline is often misunderstood by children as either punishment or control. But it’s actually about self-leadership — making good choices even when no one’s watching. It’s especially important in emotionally charged or high-pressure settings, where quick choices can have bigger consequences.

How parents can use the story:

This story offers an excellent springboard to discuss real-life discipline — not just about doing homework, but how to act when no one’s reminding you. Reflect with your child on moments where they had to hold themselves back or act carefully under stress. Use Mario’s example to show that discipline doesn’t mean never making mistakes — it means reflecting, resetting, and choosing better next time. Consistency, internal motivation, and values-based action are the true building blocks of discipline.

Assessment Questions for “The Zipline Adventure”



1. Parent Prompt:

Can you think of a time when you had to be brave, even though you were scared?

Purpose:

To help children reflect on moments when they’ve faced fear and found the strength to act.

Follow-Up:

What helped you take that step? Was it someone’s encouragement, or did you remind yourself of something important?

2. Parent Prompt:

Why do you think adventure activities have so many safety rules?

Purpose:

To build awareness that rules make exciting activities possible and safe.

Follow-Up:

Can you name three safety steps that make activities like ziplines safe to enjoy?

3. Parent Prompt:

Have you ever been in a situation where listening carefully made a big difference?

Purpose:

To encourage children to value careful listening as a skill that protects and prepares them.

Follow-Up:

How might things have gone differently if you hadn't listened?

4. Parent Prompt:

How can trying something new help you feel more confident?

Purpose:

To help children connect trying new activities with building self-belief.

Follow-Up:

What's one new activity you'd like to try this year, and why?

5. Parent Prompt:

How do you know when it's okay to push your limits and when it's better to wait?

Purpose:

To teach children that knowing their limits is part of making smart, safe choices.

Follow-Up:

Who do you trust to help you decide if something is safe for you?

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with another interesting story!



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