



7 to 10
YEARS

BUILDING BEAUTIFUL INSIDE

THE NIGHT IT WENT BOOM

A Story by Arkedelic



Parents' Guide

STUDENT CON

THE NIGHT IT WENT BOOM

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THE NIGHT IT WENT BOOM

Sid was not a scaredy-cat.

He could handle horror movie trailers, thunder at 2 a.m., and even Jane's cooking experiments (which were arguably scarier than either).

But that night?

That night, when the boom came?

Everything changed.

It was loud.

Too loud.

Like a monster had punched the sky right above his building. The windows rattled. The lights flickered. And Sid, halfway through brushing his teeth, froze with his mouth full of foam and terror.

Within five minutes, the family WhatsApp group was exploding with questions.

“What was that sound?”

“Transformer blast?”

“Fireworks? Who does fireworks on a Monday?”

“Is everyone okay?”

Sid didn't type anything.



He just... didn't move.

The next morning, he arrived at school looking like he hadn't slept a wink. Because he hadn't.

"Whoa, you look like a pancake that's been stepped on," Jane said.

"Thanks," Sid muttered, yawning.

Sam frowned. "You okay?"

Sid didn't answer.

But Mario noticed. Mario always noticed.

At lunch, the Squad crowded under their usual tree. Jane had her mango pickle sandwiches. Nik was feeding a squirrel tiny bits of his chips. Mario leaned toward Sid.

"You were scared."



Sid looked away. "No."

"You were."

"Okay, fine. I was. But I'm not now."

Mario raised an eyebrow. "Then why did you just flinch when the school bell rang?"

"Maybe I'm just... jumpy."

"Maybe you're not okay and don't want to say it."

Sid bit his lip.

Then he blurted, "What if it happens again?"

"What?"

"The boom. The lights. The noise. What if something explodes and my parents don't even hear me calling? I tried shouting last night and nobody came.

I felt like I was invisible. Or stuck. Or—”

He stopped.

The squirrel paused mid-chip-crunch.

Jane’s mouth stopped mid-bite.

Even Nik stopped making explosion sound effects.

Sam put down her water bottle. “Come to my place tonight.”

Sid blinked. “What?”

“Come over. All of you. Squad sleepover. Pizza, movies, and a whole lot of not boom.”

That evening, they all gathered in Sam’s room. Her house was the most Squad-friendly: big cushions, bigger snacks, and parents who understood the concept of “not asking too many questions.”

Sid had brought his sleeping bag and a little flashlight, just in case.

Jane had brought ghost stories. “For fun!” she said.

Nik had brought a full torch set, two sets of earplugs, and a Nerf gun.

Mario? Mario brought a notebook. No one asked why.

At 10:21 p.m., the power went out.

Silence.

Then—

“OH NO NOT AGAIN—” Sid sat up, eyes wide.

Jane screamed.





Nik screamed because Jane screamed.

Sam's dad walked in with a candle and said calmly, "Relax. Just a power cut. Happens every year during mango season."

Sid was breathing fast.
Too fast.

Mario reached over and grabbed his hand. "Breathe with me. Like this. Four in... hold... four out..."

The Squad copied him.

In.
Hold.
Out.

"Let's name ten things in this room," Sam whispered.
"Why?" Sid croaked.

"It helps. Distraction game. Go."

"Bean bag," said Jane.

"Pizza box," said Nik.

"Someone's sock that smells like doom," said Mario.

Sid laughed.

A real, snorty, surprised laugh.

And just like that, the grip in his chest loosened.

Later, in the dim light of Mario's torch, Sid whispered, "I really thought something bad was going to happen."

"Maybe nothing happened outside," Mario said softly, "but something did inside you."

"Like what?"

"Like... fear got loud. But then you got louder."

Sid stared at the ceiling. "It helped... being with you guys."

"That's what squads are for," Sam said, already half-asleep.

Nik murmured, "Also for pizza. Never forget pizza."

And Jane added, "Also, next time someone feels scared, don't wait till the squirrel finds out before we do."

Sid slept that night.

Like a panda after a dance recital.

And somewhere between the boom and the quiet, he learned something big:

It's okay to be scared.
It's not okay to stay alone in it.

Not when you have a squad.

THE END



**VALUES FROM
THE STORY****1. How do I help my child feel safe again after a scary experience — even if it wasn't a “big” thing?**

Context in the story: Sid is deeply unsettled by a loud noise in the night. Even though nothing dangerous actually happened, his fear stays with him. He struggles to sleep and feels on edge the next day. It's only when he's surrounded by his friends, who understand and support him, that he slowly begins to feel safe again.

Real-world connection: Children often experience fear from events that seem minor to adults — a power cut, thunder, a sudden noise, or being alone. What matters isn't how “big” the event was, but how big the feeling became inside the child. Feeling safe again isn't just about reassurance, it's about giving them space, support, and companionship to process what they felt.

How parents can use the story: This story shows that safety after fear isn't restored through logic alone, but through emotional connection. Parents can offer comfort not just through words but by gently encouraging their child to share their experience and letting them know it's valid. Hosting safe social spaces, like playdates or sleepovers, can also help kids recover confidence in familiar environments. Repetition of routines, humour, naming emotions, and practicing calming exercises like breathing games can all reinforce emotional safety. Most importantly, avoid dismissing their fear. Instead, meet it with warmth and presence, like the Sunshine Squad does.



2. How can I help my child stay calm under pressure?

Context in the story: When the power goes out again during the Squad sleepover, Sid panics — breathing fast, expecting disaster. But Mario calmly guides him through a breathing technique, and Sam distracts him with a grounding game. Together, they help Sid regain control of his emotions without brushing them aside.

Real-world connection: Pressure doesn't always come from school or performance — it can come from unexpected moments, real or imagined. Children need tools to regulate their emotional spikes, not just be told to “calm down.” Peer support can be a powerful buffer when taught with kindness and simple techniques.

How parents can use the story: This story gives practical examples of how children can be taught to handle pressure — through breathing exercises, grounding games, naming objects, and emotional support. Parents can pre-teach these strategies during calm moments so the child remembers them during stress. Also, modelling calm behaviour during tense situations helps children mirror that steadiness. Importantly, the story reminds parents that children don't need to handle pressure alone — when peers are equipped with empathy, they become part of the solution too.





3. How can I help my child talk about their fears — and feel safe facing them?

Context in the story: Sid doesn't admit his fear easily. He jokes, avoids, and tries to downplay how scared he felt. But the Squad gives him space, notices his behaviour, and gently nudges him toward expression. It's only through their quiet, non-judgmental presence that he's finally able to name what he was feeling.

Real-world connection: Children often struggle to talk about fear because it makes them feel small, silly, or exposed. Even those who seem confident might suppress their fears. Having a safe environment where fears can be voiced without teasing or minimising is key to emotional growth.

How parents can use the story: The Squad's approach offers parents a gentle model: don't rush or demand emotional sharing. Instead, offer cues of presence — "I noticed you seemed quiet... want to talk?" — and allow for other forms of expression (like drawing, story-sharing, or simply staying close). When fear is acknowledged and met with compassion, not correction, children begin to trust that expressing vulnerability doesn't lead to shame. Over time, this trust helps them face fears with more strength — not because they've "toughened up," but because they know they won't be alone.

Assessment Questions for “The Night It Went Boom”



1. Question:

What helped Sid feel safe again after the loud boom?

Purpose:

To help children understand that fear becomes smaller when it's shared with others.

Follow-up:

Who helps you feel safe when you're scared or worried?

2. Question:

What did Mario and the Squad do to help Sid calm down during the power cut?

Purpose:

To teach children that calm is not the absence of fear, but the ability to return to balance.

Follow-up

What's one thing that helps you calm down when things feel too loud or stressful?

3. Question:

Why didn't Sid want to admit he was scared at first?

Purpose:

To help children see that talking about fear isn't weakness, it's strength.

Follow-up

Have you ever kept a feeling to yourself because you thought others wouldn't understand?

4. Question:

How did breathing slowly help Sid feel less afraid?

Purpose:

To show that the body and mind can work together to manage fear.

Follow-up

Would you like to try a short breathing game the next time you feel nervous?

5. Question:

What did Sid learn about bravery by the end of the story?

Purpose:

To remind children that bravery doesn't mean never being scared, it means not facing fear alone.

Follow-up

Can you think of a time when you were scared but someone's kindness helped you feel brave again?

See you next Monday with another interesting story!

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