



# Catalog of Therapeutic Tales

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Ministerstwo Kultury  
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Centrum  
Rozwoju  
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Kreatywnych



ROZWÓJ  
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KREATYWNYCH

# INTRODUCTION

**Dear Sir/Madam,**

Welcome to our magical world of tales! Our catalog of fairy tales is the place where you'll find extraordinary tales for every age group. We offer a variety of stories, from relaxing adventures in the forest to inspiring stories of self-acceptance. We encourage you to browse and discover the tales available on our website ***cultureofmind.pl***. Find your favorite story and give your children the world you dream of!

Our stories are divided into three unique age categories: children aged 6-8, children aged 9-11, and youth aged 12-15, because we know that children's needs and interests change with age. If you want to find the right stories for your child, just look for a story with the corresponding color that matches the age group.

Join us on an art therapy journey through our catalog of tales!

**The "Culture of Mind" Project Team**

# GIVE A CHILD THE WORLD OF YOUR DREAMS!



6-8 YEARS



9-11 YEARS



12-15 YEARS

1

## “LITTLE BEAR’S FOREST ADVENTURE”

The tale “The Forest Adventure of Little Bear” is a relaxing description of a young bear’s adventure in the forest. The bear, filled with tension and anger, discovers a magical glade full of colorful flowers. There, he experiences peace, relaxation, and tranquility, which helps him regain his energy and calmness.



2

## “THE PHENOMENON OF SQUARE EYES”

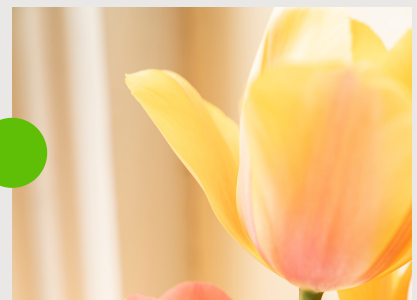
Psychoeducational tales, such as “The Phenomenon of Square Eyes,” serve as a valuable tool to help children cope with issues related to excessive media and new technology usage. The storytelling helps children identify their fears and challenges.



3

## “THE STORY OF THE YELLOW TULIP”

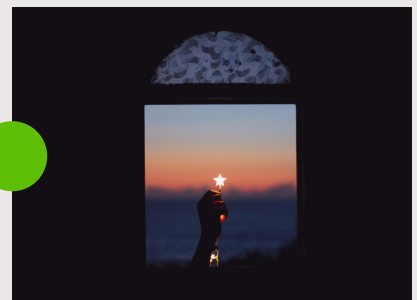
By transporting our young readers into the world of plants, this metaphorical story describes the difficulties, fears, and challenges they may encounter. The message of this tale is aimed at fostering courage, self-belief, and the understanding that it’s always possible to seek support.



4

## “THE FIRST LITTLE STAR”

The story “First Star” is a psychoeducational tool that helps children understand their emotions, develop self-awareness, and self-confidence. It tells the story of a little star that discovers its own strength and belief.





6-8 YEARS



9-11 YEARS



12-15 YEARS

5

## “THE ELEPHANT WHO WANTED TO BE DIFFERENT THAN EVERYONE ELSE”

This story provides an excellent lesson in psychoeducation for children, helping them understand and identify with the feelings and thoughts of the main character. It also offers an opportunity to discuss uniqueness and self-acceptance with children.



6

## “THE LEGEND OF KRYSTIAN THE DRAGON”

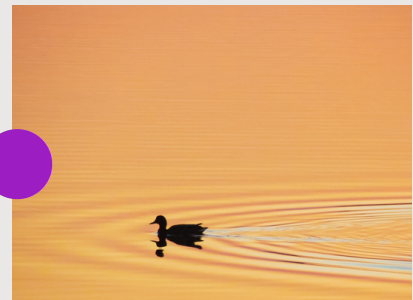
A tale about an extraordinary dragon who dreamed of acting and, with the help of the theatrical troupe "Green Dragon," fulfilled his dream. This story illustrates that dreams can be achieved, no matter the adversities one faces.



7

## "GOLDEN DUCK – THE MYSTERY OF THE UNDERGROUND OF THE OLD CASTLE AND MORE..."

The fable is about dealing with life's challenges, making valuable choices, and sharing with others. Marcel, despite facing adversity, achieves moral and life success. It helps understand the problems of the poor and addresses the issue of materialism.



8

## “LETTER TO ROSE”

The letter addressed to the Rose serves as a tool to initiate conversation and reflection on emotions and changes in the lives of young people. It talks about the conversation and understanding of one's own emotions. The letter inspires reflection on what lies in our hearts and how important it is to share our feelings with others.



9

## "HANIA'S SORROWS"

The emotions and challenges accompanying Hania, who must deal with saying goodbye to her grandmother and starting preschool. A story about adaptation and finding one's place in a new environment.





6-8 YEARS



9-11 YEARS



12-15 YEARS

## "FLOWER LULLABY"

The story depicts the tale of a creature feeling overwhelmed and tired but finding solace in the soothing scent of a beautifully fragrant flower. It provides an excellent way to discuss moments when we feel like this creature, exhausted and frustrated by life's demands, and how finding moments of relaxation and self-care can help us recharge.



## "THE NEW ONE"

"The New One" is a story that illustrates the issue of accepting peers who have different life situations. At the same time, it provides excellent material for discussions with children about accepting one's own and others' uniqueness.



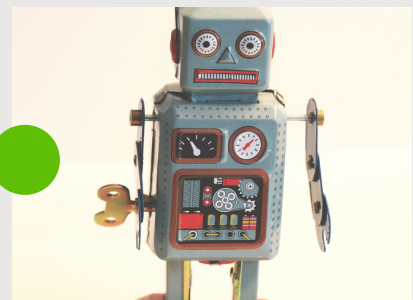
## "LITTLE RED CAR"

Once, the beautiful, shiny, red car dazzled everyone with its beauty and talent. However, life led it under an old bridge by a lazy river, where it was abandoned. There, it began to lose its self-belief and sense of purpose, until the day an old mechanic appeared, ready to restore its shine.



## "ROBOT AND HIS DREAMS"

A fifth-generation robot named Robert, capable of performing various tasks, is beloved by its owners. However, after a series of unfortunate accidents, the owners decide to replace him with a new model. Rejected and determined, Robert eventually finds his true calling. This story is a psychotherapeutic tale about overcoming the fear of rejection and discovering one's own value.



## "APPLE TREE - THE CELEBRITY"

A story that helps children understand the value of modesty and inner qualities over external appearances. It tells the tale of a proud apple tree and a silent fir tree, teaching us that inner beauty is just as important as external beauty.





6-8 YEARS



9-11 YEARS



12-15 YEARS

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## "WALK IN THE CLOUDS"

During a mountain hike on a sunny morning, tired hikers experienced incredible relaxation as they lay on the grass, gazing at the sky, where the guide invited them on a "Walk in the Clouds." A relaxation story that narrates how this magical experience left the hikers full of peace and energy.



15

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**The future is full of new stories!**

**Be ready for new adventures!**