



JOURNEY TO SLUMBERLAND

– SEL THEMES & CONVERSATION STARTERS –

Listen to the episode: <https://jonincharacter.com/journey-to-slumberland/>

The questions on the next page are designed to encourage deep thinking, reflection and open-ended discussions about “Journey to Slumberland” themes.

Summary of Story Themes and Lessons:

1. The value of restful sleep and self-care: Slumberland's shops and rituals show how good sleep habits and peaceful routines fuel creativity and well-being.
2. Curiosity and exploration: Redge's first visit reminds listeners that new places—and ideas—are full of wonder.
3. Friendship and guidance: Hesper and Vesper model supportive teamwork, helping Redge navigate an unfamiliar world.
4. Mindfulness and relaxation: Pausing to watch stars or sip calming tea illustrates the power of slowing down.

Casel SEL Framework Connections:

- Self-Awareness – Redge notices his own need for rest (eagerly choosing pajamas and tea), helping him understand personal feelings and needs.
- Self-Management – The story demonstrates calming routines—like sipping tea and counting “Z’s”—that teach impulse control and healthy habits.
- Social Awareness – By meeting characters like Scowl the Owl, Tammy the Sewing Fairy and Earl, listeners practice empathy and appreciation for others’ perspectives.
- Relationship Skills – Hesper and Vesper encourage teamwork and clear communication, modeling how friends can support one another.
- Responsible Decision-Making – The trio plans each stop, trades stardust wisely, and chooses restful activities—showing thoughtful choices in unfamiliar settings.

– DISCUSSION QUESTIONS –

Imagination and Exploration:

- What was your favorite magical place in Slumberland?
- If you could add one new shop to the Shut Eye Shopping District, what would it be and what would you sell?
- How did the Starry Brick Road make you feel when you imagined traveling on it?

Mindful Thinking and Focus:

- Why did Hesper ask everyone to think hedgehog or moth thoughts before casting the spell?
- Have you ever used a mindful exercise (like counting breaths) to help you focus? How did it work?
- What else could you think about to help you feel calm?

Friendship and Support:

- How did Hesper and Vesper help Redge feel ready for his first trip?
- Why is it helpful to have friends show you new places and ideas?
- Can you remember a time a friend or grown-up helped you learn something new? What happened?

Bedtime Routines and Wind-Down Time:

- After a big day, what three things help you wind down before bed?
- Which Slumberland treat (sleep mask, tea, pajamas, lullaby) would you choose to make your bedtime special?
- How does having a bedtime routine make you feel the next morning?

Self-Reflection and Personal Connection:

- How do you think Redge felt when he arrived compared to at the end of the journey?
- What part of the story reminded you of one of your own dreams?
- Where would you like Hesper and Vesper to take you for a good night's sleep? Who would you want to take with you?