

# The Sky Fox



A **Speechmark** Book

**Pia Jones and Sarah Pimenta**

ROUTLEDGE



“Told with delicate sensitivity, *The Sky Fox* is a profoundly relatable story about the magic of the imagination and the infinite comfort that can be found in the natural world, when we look close enough. Through the use of colourful, vibrant imagery, illustrating the beauty that surrounds us, Pia and Sarah take us on an unforgettable journey.”

– **Melanie Hering**, *Community Arts Facilitator*

“*The Sky Fox* is a beautiful story, sensitive and gentle, with wonderful illustrations. It guides us through a reconnection with our instinctual selves, so we can feel part of the world.”

– **Molly Wolfe**, *Art Psychotherapist, Sandplay Specialist*

“Learning to be calm and ‘in the moment’ when experiencing difficult feelings such as loneliness, sadness, worry or fear is a really important core life skill that helps us cope with everyday ups and downs as well as with more stressful situations. This set of three therapeutic fairy stories cleverly explains how we can learn to do this through connecting with nature. A truly wonderful set of resources – of value to us all and in particular to those with emotional or mental health difficulties.”

– **Sarah Temple**, *GP and author, [www.allemotionsareok.co.uk](http://www.allemotionsareok.co.uk)*



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# The Sky Fox

This beautifully illustrated and sensitive fairy tale has been created for children experiencing feelings of loneliness and social isolation. With engaging and gentle illustrations to help prompt conversation, it tells the story of a young girl encouraged by an animal-guide to feel more confident in herself, using nature as a support. This book is available to buy as part of the *Therapeutic Fairy Tales, Volume 2* set, which includes *The Waves* and *Into The Forest*.

*Therapeutic Fairy Tales Volume 1* (2021) and *Volume 2* are both a series of short, modern tales dedicated to exploring challenging feelings and life situations that might be faced by young children. Each fairy tale is designed to be used by parents, caregivers and professionals as they use stories therapeutically to support children's mental and emotional health.

Other books in the series include:

- *The Waves: For Children Living With OCD*
- *Into The Forest: For Children With Feelings Of Anxiety*
- *The Night Crossing: A Lullaby For Children On Life's Last Journey*
- *The Storm: For Children Growing Through Parents' Separation*
- *The Island: For Children With A Parent Living With Depression*
- *Storybook Manual: An Introduction To Working With Storybooks Therapeutically And Creatively*

**The Sky Fox** – part of the *Therapeutic Fairy Tales* series – is born out of a creative collaboration between Pia Jones and Sarah Pimenta.

**Pia Jones** is an author, workshop facilitator and UKCP integrative arts psychotherapist, who trained at The Institute for Arts in Therapy & Education. Pia has worked with children and adults in a variety of school, health and community settings. Core to her practice is using arts and story as support during times of loss, transition and change, giving a TEDx talk on the subject. She was Story Director on artgym's award-winning film documentary, 'The Moving Theatre,' where puppetry brought to life real stories of people's migrations. Pia also designed the 'Sometimes I Feel' story cards, a Speechmark therapeutic resource to support children with their feelings. [www.silverowlartstherapy.com](http://www.silverowlartstherapy.com).

**Sarah Pimenta** is an experienced artist, workshop facilitator and lecturer in creativity. Her specialist art form is print-making, and her creative practice has brought texture, colour and emotion into a variety of environments, both in the UK and abroad. Sarah has over 20 years' experience of designing and delivering creative, high-quality art workshops in over 250 schools, diverse communities and public venues, including the British Library, V&A, NESTA, Oval House and many charities. Her work is often described as art with therapeutic intent, and she is skilled in working with adults and children who have access issues and complex needs. Sarah is known as Social Fabric: [www.social-fabric.co.uk](http://www.social-fabric.co.uk).

Both Pia and Sarah hope these *Therapeutic Fairy Tales* can introduce the theme of nature as a resource, alongside art and storytelling, to children and families.

## **Therapeutic Fairy Tales**

Pia Jones and Sarah Pimenta

This unique therapeutic book series includes a range of beautifully illustrated and sensitively written fairy tales to support children experiencing challenging feelings and life situations, as well as a manual designed to support the therapeutic use of story.

Titles in the series include:

*Storybook Manual: Working With Storybooks Therapeutically And Creatively*

pb: 978-0-367-49117-8 / 2021

*The Night Crossing: A Lullaby For Children On Life's Last Journey*

pb: 978-0-367-49120-8 / 2021

*The Island: For Children With A Parent Living With Depression*

pb: 978-0-367-49198-7 / 2021

*The Storm: For Children Growing Through Parents' Separation*

pb: 978-0-367-49196-3 / 2021

*Into the Forest: For Children With Feelings Of Anxiety*

pb: 978-1-032-44927-2 / 2023

*The Waves: For Children Living With OCD*

pb: 978-1-032-44925-8 / 2023

*The Sky Fox: For Children With Feelings Of Loneliness*

pb: 978-1-032-44922-7 / 2023

These books are also available to purchase in sets:

*Therapeutic Fairy Tales*

pb: 978-0-367-25108-6 / 2021

*Therapeutic Fairy Tales, Volume 2*

pb: 978-1-032-11955-7 / 2023