



The Sleepless Royals & the Storyteller's Magic



Upon a time, in the bustling halls of Oulton College, there was a bright and dedicated Early Childhood Education student named Elara. She was in the midst of her **8-week on-the-job training opportunity**, eager to apply all she had learned about nurturing young minds. One moment, she was observing a lively circle time, and the next, in a swirl of unexpected magic, she found herself standing in a lush, green meadow, the towering spires of a magnificent castle in the distance.

Before she could quite comprehend her surroundings, a royal messenger, adorned in velvet and gold, approached her with haste. Bowing deeply, he explained that she had been summoned by the King. Intrigued and a little bewildered, Elara followed him to the grand



throne room. King Theron, a man with a worried furrow in his brow, greeted her with a hopeful gaze.

"Welcome, fair maiden," the King boomed, though his voice held a note of desperation. "Word has reached me of your... unique talents with children. My royal children, Prince Pip and Princess Posy, have been plagued by sleepless nights. Their unrest echoes through the kingdom, and I fear for the future if they do not find peace." He explained that the young royals, known for their spirited imaginations during the day, became anxious and resistant to sleep as dusk fell, creating a nightly turmoil that exhausted the royal household. The King was particularly concerned about their development and the stability of the kingdom when it would one day be their responsibility. He entrusted Elara with a vital duty: **finding the right story to lull Prince Pip and Princess Posy into peaceful slumber.**

Elara, though in an unfamiliar setting, felt a surge of confidence, remembering her studies. She knew that **fairy tales are more than just stories; they carry important messages to the conscious, the preconscious, and the unconscious mind.** They **entertain and spark imagination** but also **clarify unconscious processes** and offer **symbolic journeys of inner change.**

She spent the day observing the prince and princess. Prince Pip, a curious lad, seemed afraid of the shadows that danced on the walls, while Princess Posy, though brave in her games, confessed to Elara her fear of being alone in the vast castle at night. Elara realized that she needed a story that would **validate their feelings and provide a sense of security.** She recalled how **hero figures in fairy tales provide children with challenges to overcome, fostering courage and hope.**

As evening approached, Elara gathered Prince Pip and Princess Posy by the crackling fireplace. Instead of simply reading from a dusty tome, she began to tell a story, drawing on the **benefits of storytelling** which allow for **personal and shared.** She could **explain context and soften scary topics**, tailoring the narrative to their





specific anxieties. This, she knew, was a valuable tool for **addressing internal conflicts and introducing the unconscious mind** in a gentle way. Oulton College's Storytelling course had emphasized learning **how to be an effective storyteller with children**.

Elara began:

"In a cozy corner of a star-kissed kingdom, nestled amongst whispering willows and glowing fireflies, lived two little stars named Twinkle and Sparkle. Just like you, Prince Pip and Princess Posy, Twinkle and Sparkle were full of energy during the day, chasing sunbeams and giggling with the moonbeams. But when night arrived, and the big, velvety blanket of darkness covered their sky, they sometimes felt a little... wobbly.

Twinkle worried about the gentle breezes that rustled the leaves, imagining they were secret whispers he couldn't understand. Sparkle was afraid that the moon, her daytime playmate, would drift too far away and leave her all alone in the vastness of space.

One night, a wise old owl, with feathers as soft as a lullaby, perched on their cloud. He hooted softly, 'Little stars, do you know that even in the darkest night, you are never truly alone? The darkness is full of other twinkling lights, each shining its own special brightness.'

He told them stories of brave little fireflies who carried their own lanterns through the night, showing the way for lost travelers. He spoke of the moon, who always returned, night after night, a constant and comforting presence. He explained that the gentle breezes carried sweet scents of blooming night flowers, and the whispers were just the trees sharing their peaceful dreams.

Twinkle and Sparkle listened, their worries beginning to fade like morning mist. The owl then shared a secret: 'Every star, every firefly, every moonbeam, and every gentle breeze is held safe within the big, soft blanket of night. It's a comforting hug that helps everything rest and gather strength for the new day.'

He then sang them a soft, humming tune, the melody as gentle as a mother's hand. 'Close your bright eyes, little stars,' he cooed.





'Feel the soft blanket around you. Know that you are safe, and that the night brings peaceful dreams.'

Twinkle and Sparkle snuggled into their cloud, feeling the comforting embrace of the night. They imagined the brave fireflies with their tiny lights and knew they weren't afraid of the dark anymore. They pictured the moon on her steady journey across the sky and knew she would always return. They listened to the gentle whispers of the breeze and imagined the sweet-smelling flowers. Soon, their bright little lights began to dim, and they drifted off to sleep, dreaming of stardust and moonlight."

As Elara finished her story, she noticed that Prince Pip and Princess Posy's eyes were closed, their breathing soft and even. A peaceful silence filled the room. King Theron, who had been watching with bated breath, beamed with relief. "By the stars!" he exclaimed softly. "They are asleep! You have a true gift, maiden."

The Sandman, who had been waiting patiently, now smiled, knowing he could finally sprinkle his sleepy dust throughout the kingdom, ensuring all the children had peaceful dreams.

Elara knew, deep in her heart, that her success wasn't just a gift, but a result of the **commitment to not overlooking the little details** that Oulton College instilled in its students. Her training had **prioritized the importance of storytelling in supporting children's psychological processes**, equipping her to use the magic of fairy tales to create a safe and comforting emotional space for even the most restless little royals. As she was transported back to her familiar classroom the next morning, Elara carried with her not just the memory of a magical adventure, but a profound understanding of the enduring power of a well-told tale.

