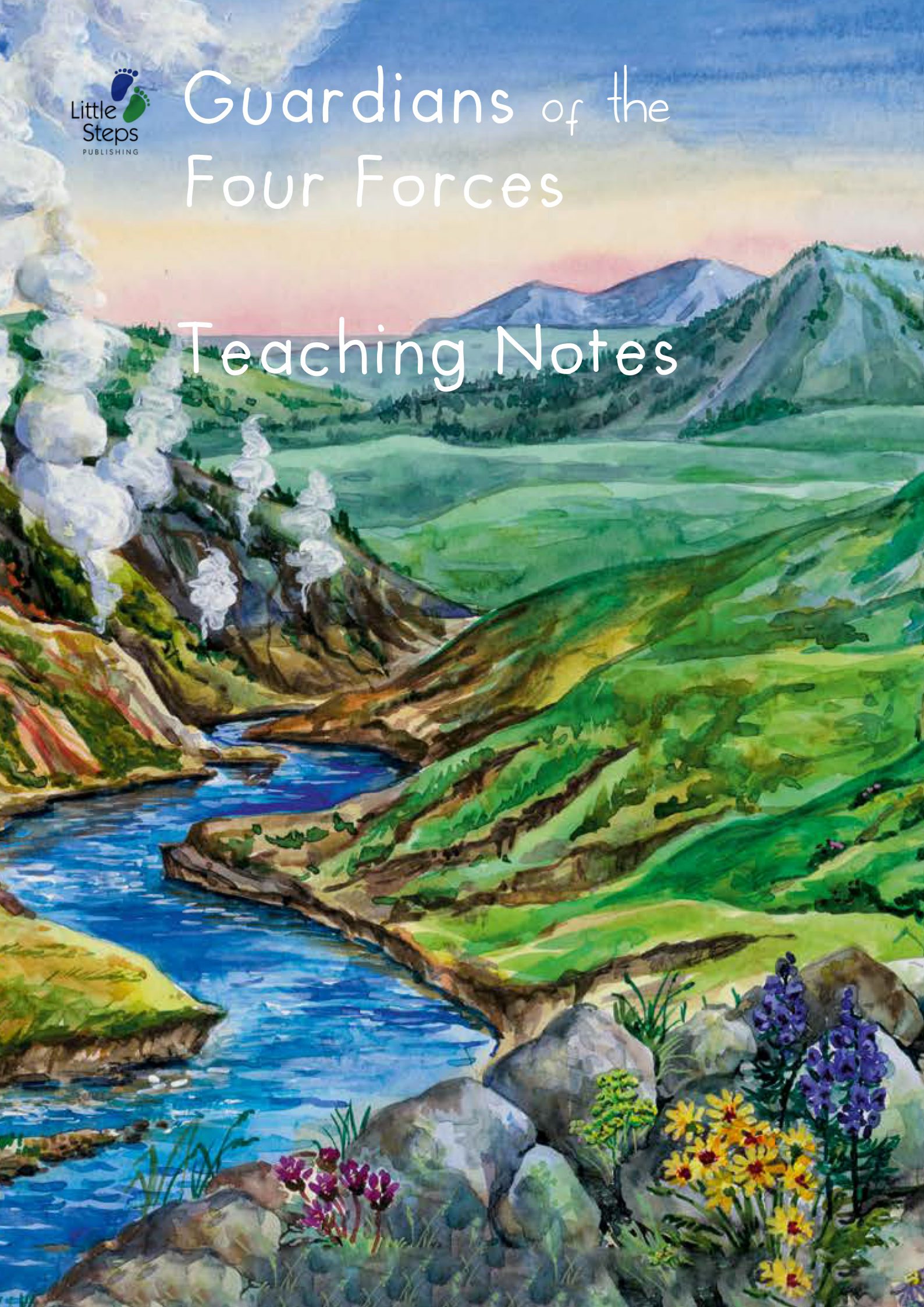




# Guardians of the Four Forces

## Teaching Notes



## Synopsis

Step into a universe where nature, rare animals and the elements come together in one magical adventure. In this book, Eva and Alex guide you on journeys across the Earth - but this adventure isn't complete without you! With special stickers, you become the co-creator:

- bring four amazing landscapes to life
  - fill towns with heroes and stories
- Along the way, you'll discover:
- contrasts of our world
  - your deep connection with nature
  - creatures and people's uniqueness
  - the rhythm and flowing sound of words

This is not just a book to read - it's a world to build and explore together. Because every human, big or small, has the power to create.

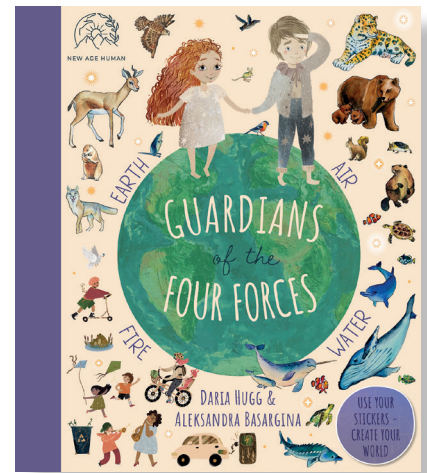
## About the Authors

**Daria Hugg** is a philosopher, filmmaker and mother whose work unites creativity, ecology and spirituality. From working as a videographer, her path later led to the Buddhist philosophy of compassion, and meditation practice, where she rediscovered her connection with the Earth's four forces through presence and unconditional love. These themes flow through her first book, weaving poetry and ecological awareness into a call for unity and care for the Earth. Today, Daria guides meditations and supports projects for the planet.

**Aleksandra Basargina** is an artist and educator who creates stories, paintings and books that convey love and kindness through art. She began her career as a project manager, but after becoming a mother, she returned to her childhood dreams to write a book about animals and awakened a passion for education and art. Today, she leads creative workshops in intuitive drawing and mosaic for children and adults, sharing her love of forests, mountains and the sea. Inspired by simple living and meaningful connection, Aleksandra brings warmth and joy into everyday family life. Her work invites mothers and children alike to experience play, communication and creativity with ease.

## Educational Applicability

*Guardians of the Four Forces* is an enchanting, poetic journey that invites children and adults to explore the interconnected wonders of our world — not through fear or guilt, but through love, curiosity and a sense of belonging. The story begins in the cosmos, where two young adventurers, Eva and Alex, embark on an extraordinary quest to uncover the magic of the four elements — water, earth, air and fire. Each element comes alive through vibrant illustrations of four habitats and interactive moments, immersing young readers in a world where nature and humanity exist in harmony. As the children journey through vast oceans, towering mountains, lush forests and bustling towns, they meet endangered animals from the Red List (brought to life with stickers), explore the hidden forces that sustain life, and learn how every living thing — including humans — plays a vital role in Earth's ecosystem. Their adventure culminates inside, where they zoom in from the macro to the micro world, realising that the same elements that shape the universe also shape them. The story ends with the image of an acorn tree, a powerful symbol of growth and transformation. Just like an acorn, each child carries infinite potential, growing into something uniquely magnificent with the right care and conditions.



## Written by

Daria Hugg & Aleksandra Basargina

## Illustrated by

Gusakova Lyudmila, Tatiana Lurkevich, Matveeva Lyudmila, Kseniia Klykova, Marianna Katina & Svetlana Krymova

## Published by

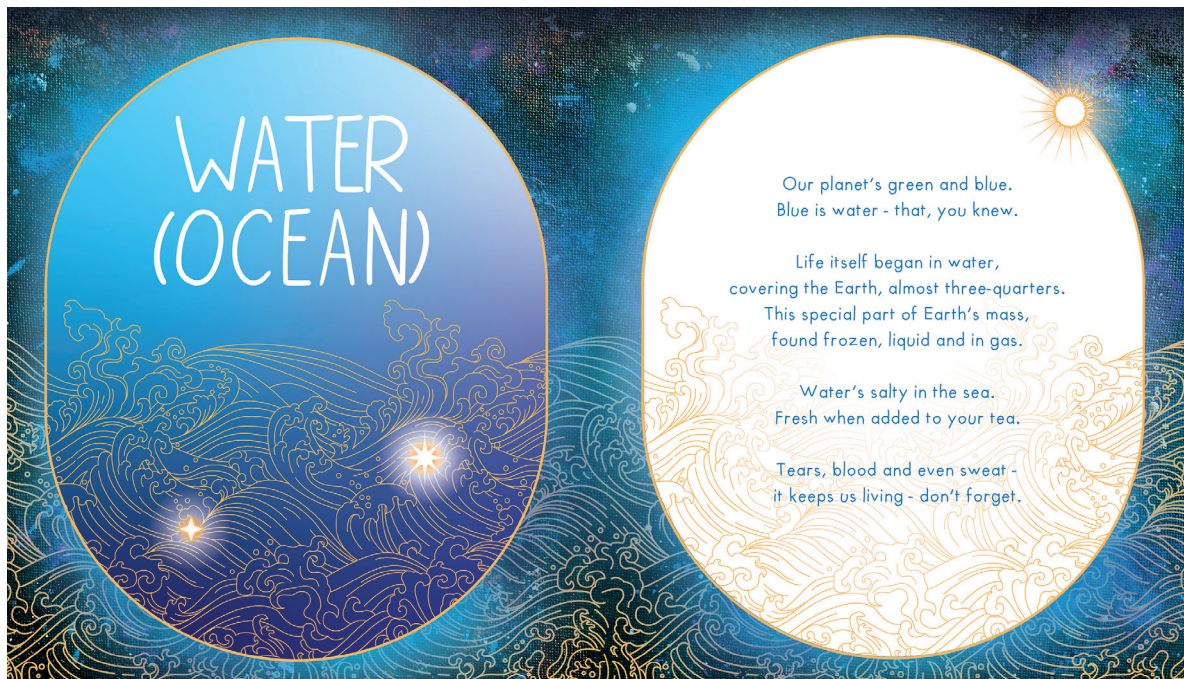
Little Steps Publishing



## Discussion Topics

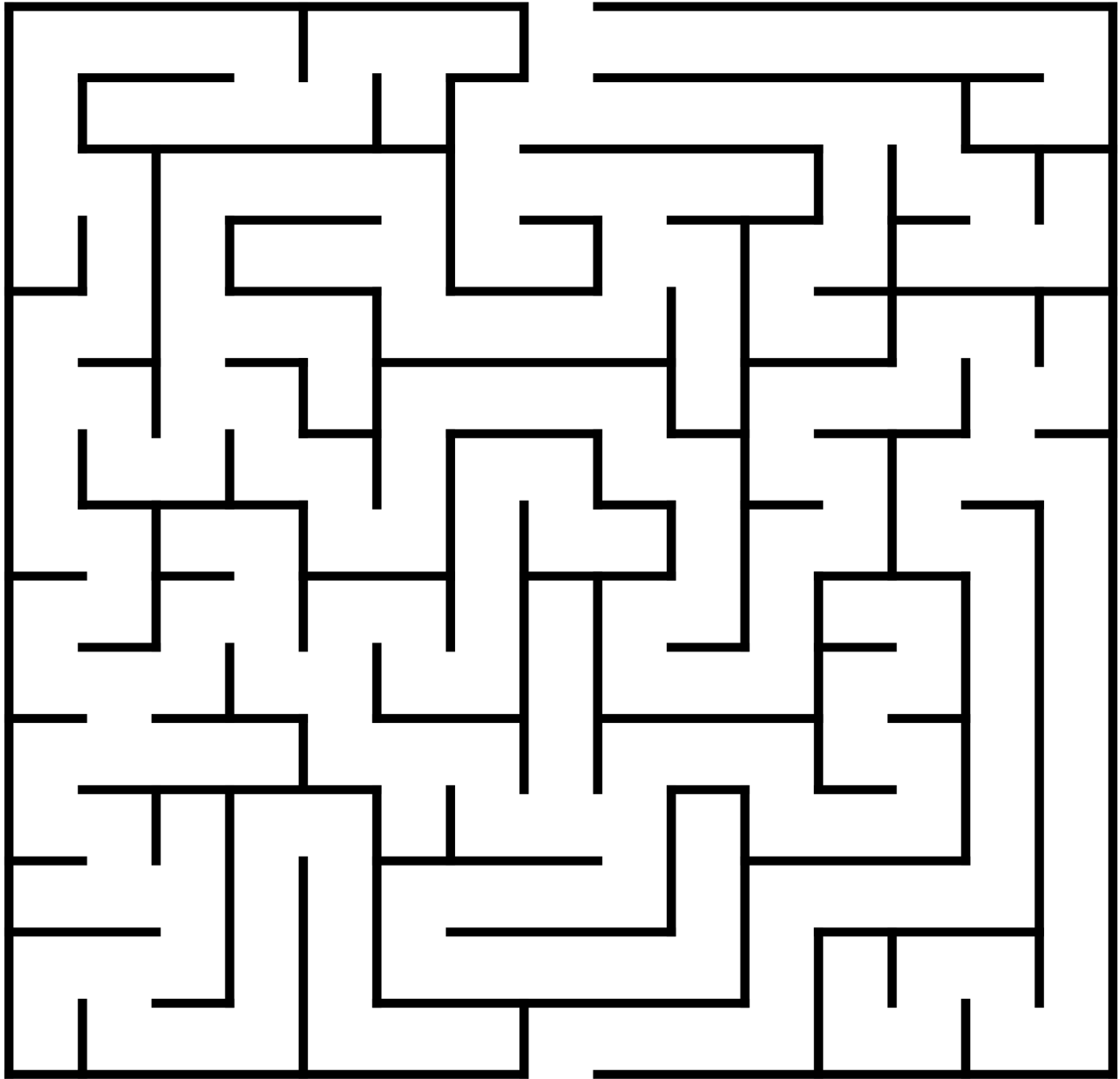
Before, during and after reading the book

1. Introduce *Guardians of the Four Forces* to the children and ask them what they think the story might be about.
2. While reading, pause and ask: What do you notice about the four forces (earth, water, fire, air)? How are they different, and how do they work together?
3. After reading the book, ask them what they thought of the story. Which was their favourite part, and why?
4. Which animal do they feel most connected to? What makes them feel that way?
5. How can we be 'guardians' in our own lives — for nature, animals, or even for our friends and family? Which guardian from the FIRE/TOWN stickers do they like the most and why?



# A-MAZE-ING EVA & ALEX

Can you help Eva & Alex find the oak tree?





# WORDSEARCH

Find all the words below in the *Guardians of the Four Forces* wordsearch

Name:

Class:

Date:

## word search

### GUARDIANS OF THE FOUR FORCES



N H T R A E F S O  
O S F O L L O T C  
A U N I V E R S E  
D A E W R M C E A  
C N H W I E E R N  
S W A R A N S O T  
S O V L R T D F N  
H T E I E S E H P  
M X Z A T T T R I

AIR  
ALEX  
EARTH  
ELEMENTS  
EVA

FIRE  
FORCES  
FOREST  
LAND  
OCEAN

TOWN  
UNIVERSE  
WATER  
WIND



Answer Sheet  
word search

GUARDIANS OF THE FOUR FORCES



N H T R A E F S O  
O S F O L L O T C  
A U N I V E R S E  
D A E W R M C E A  
C N H W I E E R N  
S W A R A N S O T  
S O V L R T D F N  
H T E I E S E H P  
M X Z A T T T R I

AIR  
ALEX  
EARTH  
ELEMENTS  
EVA

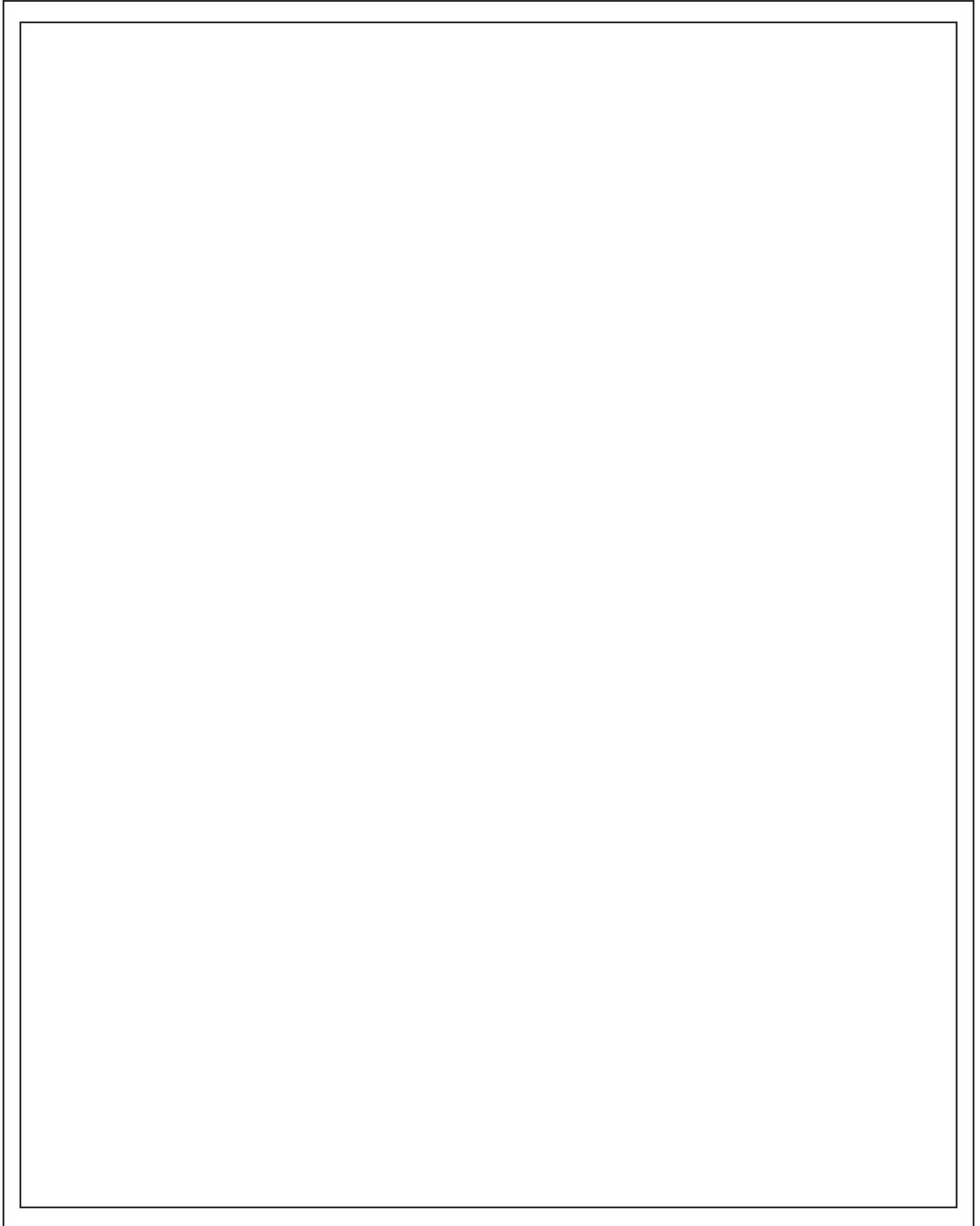
FIRE  
FORCES  
FOREST  
LAND  
OCEAN

TOWN  
UNIVERSE  
WATER  
WIND



## ANIMAL DRAW

Have a go at drawing some of the animals from the stickers. Which are your favourite animals?

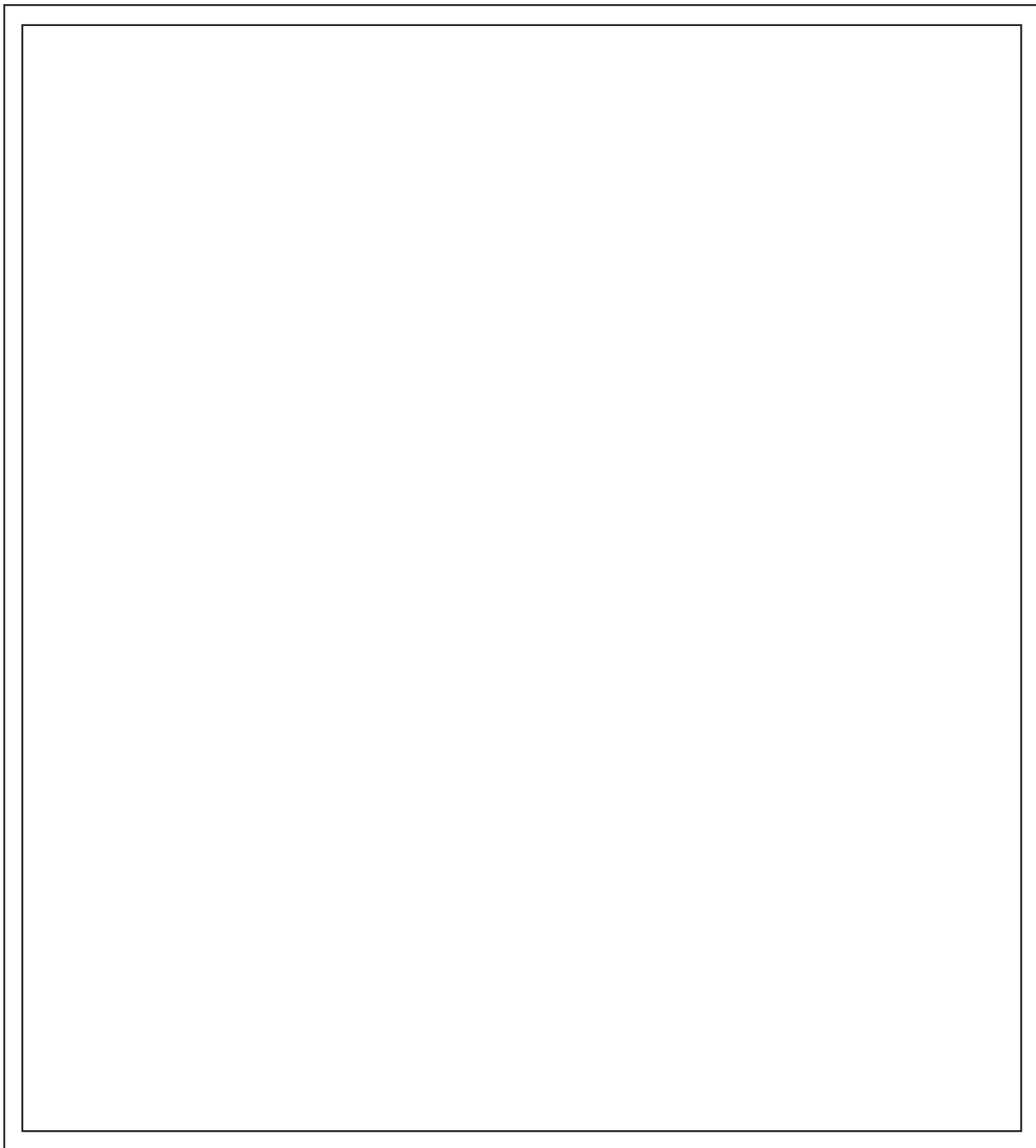


## DESIGN A POSTER

On the stickers, we see some of the most endangered animals in the world. In the space below, design your own poster to raise awareness about an endangered animal. An endangered species is a species that is very likely to become extinct in the near future.

Here are some questions to think about when making your poster:

- Where does it live?
- What does it eat?
- Behaviours unique to it.
- Why did it become endangered?
- What is being done now to protect it?
- How can people help with the conservation effort?

A large empty rectangular box with a double-line border, intended for designing a poster. The box is centered on the page and occupies most of the lower half of the document.

