



# THE WOLF WAS NOT SLEEPING

With a foreword from  
His Royal Highness Prince William

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This book is dedicated to you, the children of police families and the grown-ups you love. It is here for you when you might be feeling scared or worried about them. Be proud of the important part your family plays in keeping us all safe from trouble or harm.

HRH Prince William



HOW TO USE THIS BOOK

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Deep in the forest one  
dark winter's night,  
In a small cosy bed  
by the fireflies' light,

A wolf lay awake.  
His loud beating heart  
Was thumping in fear  
that the howling might start.





*Tick tock* went the clock,  
*Twit twoo* called the owl,  
As he prayed to the moon  
that the wolves wouldn't howl.

But the forest stayed quiet  
and with first morning light,  
"Phew!" Wolfgang said:  
everything was all right.



Each night was the same.  
His loud beating heart  
Would be thumping in fear  
that the howling might start.

And if all was still quiet  
by first morning light,  
“Phew!” he would say:  
everything was all right.

But this peace wouldn't last,  
and that worried him so,  
For when the wolves howled,  
his dad had to go.

His dad was a helper.  
When they called, he would run —  
No matter where, when or how,  
he'd be helping someone.





A forest of creatures  
can't always be calm –  
Sometimes there's trouble,  
or danger, or harm.

And if there was trouble,  
the wolves let them know:  
Their howling would summon  
the helpers to go.

Wolfgang imagined  
such terrible things,

Like dungeons and dragons  
with large scaly wings,



Trolls under bridges,  
villains and thieves,

Dangerous traps that  
lay hidden in leaves!



Wolfgang's dad works as a helper: when the wolves sound the alarm, he has to leave to help the other creatures in the forest. Each night Wolfgang worries about what might happen if his dad gets the call. His worries are so bad that they keep him awake, and he is falling asleep in the daytime instead!

Spider leaves a note for Big Dad Wolf to show him how worried Wolfgang is. Big Dad Wolf realises he needs to sit down with Wolfgang to reassure him, and tell him about what happens when he goes to help in the forest. Wolfgang learns that things aren't always as bad as they seem.

There are lots of ways in which we can tell or show people how we are feeling – and if we can *name* a feeling, then we can *tame* a feeling.



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