MADE WITH LITTLE STORYBOOK

Hot Lava Tummy



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The Tallest Castle

Mira was building the tallest block castle in the whole yellow house. Red block, blue block, one more on the very top. Pip sat very still, watching. On Dadu's weather board, the red heart hung on the sun.





Vroom

Then Ravi came zooming in with his toy truck. "Vroom! Vroom!" "Careful, Ravi," said Mira. "Not near my castle." But Ravi's little truck went vroom, vroom, closer and closer.

Crash

CRASH! Down came the castle. Blocks bounced all over the rug. Mira stared at the mess. Then a big feeling came roaring up inside her. Mira was angry. Very, very angry.





Hot Lava Tummy

Her face went hot. Her hands squeezed into tight fists. Deep in her tummy, the angry bubbled like hot lava. Mira wanted to shout. She wanted to kick the blocks. Pip's ears went flat, and Ravi's lip began to wobble.

I See Lightning

Dadu came and knelt down beside her. "I see lightning," he said gently. "Where is the angry?" "In my tummy!" said Mira. "It's hot lava!" Dadu moved the red heart to the thundercloud. "Angry is allowed," he said. "Hurting is not. Let's help the lava out."





Stomp Like an Elephant

"First, stomp like an elephant!" said Dadu. Mira stomped across the rug. STOMP, STOMP, STOMP! Dadu stomped too, and Pip trotted behind them. "Now, dragon breath," said Dadu. Mira breathed in slowly, and blew out a long, loud whoosh. Whoooosh!

Then Words

Then Mira found her words. "I'm angry, Ravi. I worked hard on my castle, and it fell down." Ravi hugged his truck. "Sorry, Mimi," he whispered. Mira took one more dragon breath.





The Lava Cools

Little by little, the lava cooled. Mira's tummy felt warm, not hot. Her fists opened like flowers. Pip's tail began to wag again. The thunder had rolled away, just like real weather does.

Build It Together

"Shall we build it again?" asked Dadu. "Together," said Mira. She showed Ravi how to put the big blocks at the bottom. "These are the strong ones." Ravi pressed each block down, very carefully, with both hands.





A Castle With a Garage

The new castle was even better. It had a garage at the bottom, just the right size for Ravi's truck. Mira hung the red heart back on the sun. "Angry came," she said, "and angry went." Where does angry live in your body?

THE END

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