

Name _____

The Adventure of Frankie the Forest Fox

In the heart of Willow Woods, a lively fox named Frankie loved playing with his friends. Frankie had fluffy orange fur, a bushy tail, and a knack for finding adventure. But Frankie had one little problem-when he got mad, he'd stomp his paws and growl loudly, scaring all the other animals.

One crisp autumn morning, Frankie and his friends, Bella the bunny and Chip the squirrel, decided to build the biggest leaf pile the forest had ever seen. They worked together, gathering colorful leaves and stacking them higher and higher.



But just as Frankie was about to add a big maple leaf to the top of the pile, Chip accidentally knocked it over while chasing a nut. Leaves scattered everywhere.

"Chip!" Frankie growled, his fur bristling. "You ruined everything!"

"I'm sorry!" Chip squeaked. "I didn't mean to."

But Frankie wasn't ready to forgive. He stomped his paws so hard that Bella hopped away nervously. "I can't believe this!" Frankie huffed before storming off into the woods.

Frankie wandered until he reached a quiet clearing by the babbling brook. He plopped down, still fuming. "Why does everything always go wrong?" he muttered.

Just then, Frankie heard a tiny voice. "Help! Someone, please help!"

Frankie looked around and spotted a family of ants trapped under a heavy twig. They were trying to carry a crumb back to their hill when the twig had fallen.

Frankie's anger softened. He remembered something Bella always said: "Take three deep breaths when you're upset, and you'll think clearer." Frankie gave it a try.

"In...out...in...out...in...out," he breathed. Suddenly, his growls turned to calm determination. "I can help you!" he said to the ants. Using his clever paws, Frankie carefully lifted the twig and set it aside.

"Thank you, Frankie!" the ants cheered. "You saved us!"

Frankie smiled. It felt good to help. He realized that stomping and growling wouldn't have solved the ants' problem-or his own.

When Frankie returned to his friends, he found Bella and Chip trying to rebuild the leaf pile. "I'm sorry for getting so mad," Frankie said. "I should have taken a breath and calmed down first."

"We're sorry too," Bella said. "Let's build it together again."

With teamwork and laughter, the friends built an even bigger leaf pile. They jumped in and played until the sun dipped below the trees.

From that day on, whenever Frankie felt his anger bubbling up, he'd stop, breathe deeply, and think about how to solve the problem instead of stomping his paws.

And the animals of Willow Woods were never afraid of Frankie's growls again.

