

Name _____

Freddy and the Fire-Breathing Feeling

Freddy the Fox loved playing games with his friends in the forest. One sunny afternoon, he and his buddies were playing tag near the big oak tree. Freddy was "it" and tried to tag Sally Squirrel, but she was just too quick. After several failed attempts, Freddy felt something bubbling inside him. His ears got hot, his paws clenched, and he let out a loud, "GRRR!"

Suddenly, Freddy imagined he had turned into a fire-breathing dragon. Each time he growled, puffs of fiery frustration flew out of his mouth. "This isn't fair!" he roared, stomping his paws. His friends stopped playing and stared at him.

Freddy's best friend, Benny the Bunny, hopped over. "Freddy, are you okay?" he asked.

"I'm mad!" Freddy shouted. "I can't catch anyone!"

Benny nodded thoughtfully. "I get it. Sometimes I feel like a volcano about to explode when I'm frustrated. But do you know what helps me? Deep breathing."

Freddy tilted his head. "Deep breathing?"

"Yes!" Benny said with a smile. "It's like blowing out a candle. Breathe in through your nose for a few seconds, then blow out slowly through your mouth. Try it with me."

Freddy was skeptical, but he gave it a shot. He breathed in deeply, filling his chest, then slowly exhaled. Benny joined him, and soon their friends did too, turning the practice into a silly game. They puffed their cheeks and blew imaginary bubbles into the sky.

To Freddy's surprise, his fiery feelings began to shrink. He no longer felt like a dragon ready to scorch everything in sight. Instead, he felt calm, like a soft breeze rustling the leaves.

"Wow," Freddy said, "that actually works!"

"It sure does," Benny said. "Whenever you feel like a fire-breathing dragon, just remember to take deep breaths."

Freddy grinned. "Thanks, Benny. Let's play again. This time, I'll try to stay cool!"

The group cheered and started the game over. Freddy didn't catch Sally Squirrel that day, but he felt proud of himself for taming the dragon inside. From then on, whenever Freddy felt anger bubbling up, he remembered Benny's trick and blew his fiery feelings away.

