

Name \_\_\_\_\_

## Danny the Dolphin's Ocean Calm

Danny the dolphin was having one of those days. His favorite seashell collection had been scattered by a strong current, a crab had nipped his tail, and his little sister, Della, had accidentally splashed mud all over his shiny coral cave.

"Why does everything have to go wrong today?" Danny shouted, flicking his tail angrily. His voice echoed through the water, startling a nearby school of fish.

Danny's best friend, Willa the wise sea turtle, swam over. "Danny, you seem really upset. I know a trick that can help when I feel angry. Do you want to learn it?"

Danny frowned, blowing bubbles. "What kind of trick?"

"It's called grounding," Willa explained. "It helps you calm down by paying attention to what's around you. Let's try it together!"

Danny sighed. "Fine. I guess it can't hurt."

"Okay," said Willa. "First, find five things you can see."

Danny looked around. "I see the bright sunbeams coming through the water, some colorful fish, the shiny sand, a big piece of seaweed, and... oh! That old pirate anchor over there!"

"Great!" said Willa. "Now, four things you can touch."

Danny swam around and touched the smooth pirate anchor, the squishy seaweed, the warm water, and a prickly starfish. "This is kind of fun!" Danny said, his tail relaxing a little.

"Next," Willa continued, "three things you can hear."

Danny flicked his fins, listening closely. "I can hear the gentle swish of the waves, the click-click of the crabs on the rocks, and the bubbly sounds of the fish swimming."

"Perfect!" Willa said with a smile. "Now, two things you can smell."

Danny twitched his nose. "I smell salty ocean water and... mmm, that seaweed smells fresh!"

"Last one," Willa said. "What's one thing you can taste?"

Danny nibbled on a piece of kelp floating by. "This tastes nice and crunchy!" he said with a grin.

By now, Danny noticed something surprising-his fins weren't flapping angrily, and his chest felt lighter, like a gentle wave had washed his anger away. "Hey, Willa, I feel a lot calmer now. That really worked!"

Just then, Della swam over with an apologetic look on her face. "I'm sorry, Danny. I didn't mean to mess up your coral cave. I was just trying to decorate it with some seashells."

Danny smiled at her. "It's okay, Della. I was really upset, but Willa showed me a cool way to calm down. Do you want me to teach you?"

Della nodded eagerly, and the three ocean friends swam off to practice grounding techniques, laughing and playing in the peaceful underwater world.

From that day on, Danny knew that whenever things didn't go his way, he could use grounding to stay as calm as the ocean on a sunny day.

