



Oliver's Heavy Backpack

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Oliver was a little brown bear who loved to explore the sunny meadows, but he also had a habit of collecting things. Whenever he felt worried or anxious about something, he would pick up a smooth grey stone and drop it into his bright red backpack.



At school on Monday, Oliver worried deeply about his spelling test, causing a heavy stone to drop into his bag with a loud clink. By Tuesday, after accidentally dropping his favorite sandwich on the floor, another stone went clank into the increasingly plump backpack.



By Friday afternoon, Oliver's red backpack was completely bursting at the seams with heavy stones. His shoulders ached terribly from the immense weight, and he could barely manage to drag his feet down the path toward the school playground.



On the playground, his joyful friends were laughing and playing a lively game of leapfrog and tag. Mia the Rabbit hopped over and cheerfully called for him to join, but Oliver could only sigh and mutter that he was simply too tired to play.



Oliver tried to make his way home, but the overwhelming weight of the backpack made his knees wobble and shake. With a sudden slump, he tumbled right into the soft green grass of a hill, pinned down like a turtle unable to get back up.



Mia the Rabbit quickly hopped over to the hillside, looking down at her friend with deep concern in her eyes. She gently asked why his bag had grown so heavy, causing Oliver to sniffle and confess that it was filled with his secret worry-stones.



Mia sat down cross-legged in the grass and offered a warm, comforting smile to the upset little bear. She softly reminded him that he didn't have to carry his heavy burdens all by himself, asking him to share just the very first worry inside.



When Oliver whispered that he was secretly terrified of the dark, Mia laughed softly and comforted him by sharing that she used to be scared too. Miraculously, as soon as the secret was shared, one of the grey stones turned into glowing dust and blew away into the wind.



One by one, Oliver opened up and shared each of his hidden worries with Mia as they sat together in the afternoon sun. With every single secret told, another heavy stone dissolved into sparkles until the red backpack lay completely flat and light as air.



Feeling free and weightless, Oliver stood up on his feet and danced a happy jig on the grassy path. He finally learned that worries grow heavier when kept locked inside, but sharing them with someone you trust makes them disappear completely.