



The Three Little Goats at Gymnastics Class

Meysam Mahfouzi



Shangool, Mangool, and Habbeh Angoor were three energetic little goats who loved to move and groove. Today was extra special because they were heading to the forest's brand-new gymnastics class. Wearing their brightest sports headbands, they skipped along the sunny path, eager to flip, tumble, and jump.



Inside the brightly colored gym, Coach Bear greeted them with a warm, rumbling laugh. He stretched his massive paws high into the sky and bent down to touch his toes, showing the siblings how to warm up properly. The little goats followed along, giggling as their tiny tails wiggled during the stretches.



Shangool was the first to try the wooden balance beam, which looked long and narrow. He carefully placed one hoof in front of the other, wobbling a bit as he balanced on his tiptoes. With a look of deep concentration and a bright grin, he successfully made it to the very end without falling.



Mangool sprinted straight toward the giant, bouncy trampoline with an excited bleat. He leaped high into the air, soaring like a fluffy white cloud against the colorful gym walls. With every bounce, he laughed louder, performing playful mid-air twists that made everyone cheer.



Little Habbeh Angoor stood quietly in front of the parallel bars, feeling a bit small and nervous. The wooden bars looked incredibly high up, and she worried her hooves wouldn't be able to grip them properly. She took a step back, suddenly feeling unsure if gymnastics was right for her.



Seeing their sister hesitate, Shangool and Mangool rushed over to her side with encouraging smiles. They clapped their hooves loudly and shouted words of praise, reminding her how strong and brave she always was. Feeling the warmth of her brothers' support, Habbeh Angoor took a deep breath and smiled back.



With a sudden burst of courage, Habbeh Angoor leaped up and grabbed the lower bar, swinging her body gracefully. She easily propelled herself to the higher bar, executing a perfect swing-through that amazed Coach Bear. She landed softly on the safety mat, beaming with pride at what she had just accomplished.



Suddenly, the heavy gym door creaked open, and the Big Bad Wolf poked his snout inside. The room went quiet as the wolf looked at the colorful mats, but instead of growling, he held up a pair of tiny gym shorts. He shyly asked if he could join the class, explaining that he always wanted to learn how to do a cartwheel.



Instead of running away, the three little goats welcomed the wolf with open arms and open hearts. They showed him how to do a simple forward roll on the soft, padded floor. The wolf tumbled over clumsily, landing upside down with a silly grin, making everyone burst into joyful laughter.



The gymnastics class ended with a grand finale as everyone gathered around the winner's podium. Shangool, Mangool, Habbeh Angoor, and their new friend the wolf struck a spectacular, coordinated gymnastics pose together. They learned that trying new things is wonderful, especially when you have family and friends to cheer you on.