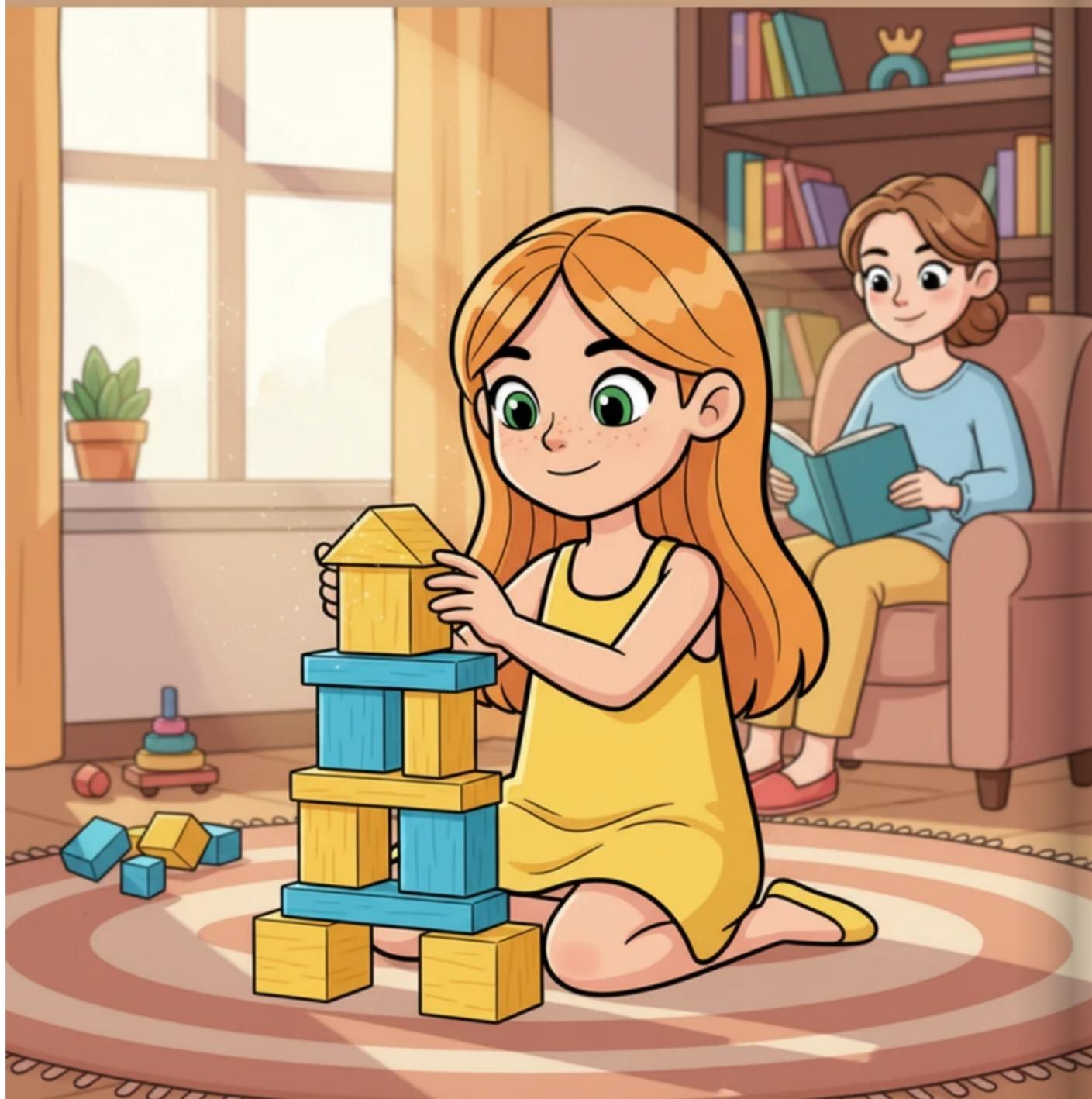


MAGIC FROM STORIES



Lily and the Sparkle Castle Crew

Julia Maria Ramirez Sanchez



Lily sat on the soft rug, her hands busy stacking bright blue and yellow blocks into a shimmering tower. Her eyes sparkled with every new level, and she was so focused on her masterpiece that the world around her seemed to fade away.



Suddenly, a little wiggle started in her tummy, a gentle tap-tap-tap telling her it was time to visit the bathroom. But Lily shook her head and squeezed her legs together, determined to finish the grand balcony of her block castle first.



Not yet, little tummy, I have too much work to do! Lily whispered as she shifted uncomfortably on the floor. She did a tiny seated dance, trying to ignore the heavy feeling that was starting to grow inside her.



Her mother walked into the room and knelt beside her, noticing the way Lily was squirming instead of building. With a soft, rhythmic voice, she said, Lily, your body is sending you a very important message, just like a little bell ringing for a hero.



Mom explained that inside Lily was a beautiful Sparkle Castle that needed a special cleaning crew to visit every day. When we eat and drink, our body keeps the best parts to make us strong, but the cleaning crew needs to take the rest away to keep the castle shining bright.



If the cleaning crew waits too long, the castle gets cluttered and heavy, making it hard for you to play and jump, Mom whispered. Lily looked at her tummy and realized it wasn't trying to stop her fun; it was just asking for a little bit of help.



Lily took a deep breath and patted her tummy, saying out loud, I hear you, Sparkle Crew! I am going to help you clear the way so I can feel light and fast again.



She stood up tall, feeling like a Health Superhero, and marched toward the bathroom with a confident smile. It only took a few moments, and as she finished her task, that heavy, wiggly feeling vanished like magic.



While washing her hands with bubbly, strawberry-scented soap, Lily looked in the mirror and chirped, Great job, body! We are the best team ever. She felt a sudden burst of fresh energy, like a battery that had just been fully charged.

