



Ivory Learns to Stay in Class

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Ivory is a bright and cheerful Primary 1 student with a heart full of curiosity. She loves color, painting, and playing with her classmates during creative time, where her imagination runs wild.



When the teacher announces that it is time to pack up for Maths, Ivory feels a sudden wave of disappointment. Transitioning from her favorite painting activity to something new makes her feel uneasy and reluctant to stop.



Overwhelmed by her worried thoughts, Ivory pops up from her desk and runs out of the bright classroom door, longing to keep playing her favorite game. Her friends watch with surprised faces as she darted into the hallway.



Outside in the quiet hallway, Ivory looks back toward her doorway and realizes how worried her teacher looks. Running away wasn't safe, and seeing her friends looking out for her makes Ivory feel a bit lonely and unsettled.



Her gentle teacher walks over to Ivory, kneels down to her eye level, and teaches her a magical tool called mindful breathing. She shows Ivory how to pause, breathe in slowly through her nose like smelling a flower, and exhale gently through her mouth like blowing out a candle.



Together, they practice the calm breathing routine three times in a row. As Ivory focuses on her gentle breaths, her racing heart slows down and her shoulders drop into a relaxed, comfortable position.



Back in the classroom, Ivory sits at her cozy desk and practices her deep breaths whenever she feels anxious about changing lessons. At first, stopping herself from running is tough, but she keeps trying with a strong mind.



Day by day, the practice becomes easier as Ivory builds a quiet strength inside herself. Soon, when the teacher announces time for a new subject, Ivory takes a peaceful breath and stays calmly in her seat, ready for what comes next.



The teacher beams with pride and offers Ivory a warm smile, praising her for making brave, safe choices in class. Her classmates quietly cheer, happy to see Ivory sitting alongside them with a relaxed smile.



Ivory beams with pride, realizing that mindful breathing gives her the power to feel brave, calm, and confident. She knows she can face any new lesson safely and ready to learn, setting a wonderful example for everyone.