



# Leo's Big Breath

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Leo the little lion sits on a soft green rug, carefully stacking bright blue and yellow blocks. He is very proud of his tall tower and has a big, happy smile on his face.



Suddenly, the tower wobbles and crashes to the floor with a loud clatter. Leo's face turns red, his eyebrows bunch up, and he feels a big grump starting to grow in his tummy.



Inside Leo, a big red stormy cloud grows bigger and louder. He feels like he wants to stomp his feet and let out a very frustrated roar because his tower is gone.



Leo's mommy sits beside him and shows him how to take a slow, deep breath. He pretends to smell a sweet flower and then blows out a tiny, glowing birthday candle.



As he breathes, the big red cloud slowly turns into a soft blue mist and floats away. Leo feels his hands relax and his heart becomes quiet and peaceful once again.



Leo reaches for a wooden block and begins to build a new tower with a calm smile. He knows that even if things fall, he can just take a deep breath and try again.