



Penny and the Pause Button

by Nicole Waller



Penny loved playing with her toys, but sometimes things didn't go her way. One day, her tower of blocks tumbled down! Penny felt a surge of frustration and her face began to scrunch up. What should Penny do? (Pause, Yell, or Talk)



Suddenly, a sparkly button appeared in front of her! It glowed with a soft, inviting light. The button whispered, "Press me when you feel upset."



Penny, curious, decided to try it. She gently pressed the button. Everything slowed down, and the world seemed to shimmer. She took a deep breath, like the button showed her.



Now, Penny has to choose what to do to calm down. The button shows her choices. She could stomp her feet (Yell), run away (Run), or take a deep breath and think (Pause). What will she pick?



Penny chose to take a breath and think. The world gradually sped up again, and she remembered she could rebuild the tower! Penny felt proud and happy. She learned that pressing the pause button gave her time to think and choose a better reaction.



From that day on, Penny used her imaginary pause button whenever she felt overwhelmed. She learned that even when things were hard, she could always find a way to calm down. The end!