

FLOURISHING AT SCHOOL



BY **CHILDBOOK.AI**

Every morning, Penny and her friends sat in a circle for morning meeting. Mrs Molly pointed to the big emotion chart on the wall. "How are you feeling today?" she asked. Della said she felt happy. Yuki said he felt worried about his loose tooth. Penny said she felt excited. Mrs Molly smiled and said, "All feelings are okay. Talking about our feelings helps us understand ourselves, and lets others help us too." Everyone nodded, ready to start the day.



After recess, the children rushed inside, giggling and full of energy. Mrs Molly clapped softly. "Let's calm our busy bodies," she said. Everyone sat still. "Breathe in slowly... and breathe out," she whispered. Penny felt her heart slow down. Finn stopped wiggling. Ben smiled with his eyes closed. Mindful breathing helped their bodies and minds feel calm and ready to learn again.



In the block corner, Penny, Luca, and Amara built a tall town of towers and bridges. Crash! The blocks tumbled down. "Let's try again," said Luca, picking up a block. Amara nodded and stacked another. Penny laughed and added a roof. They kept building, even when parts fell, until the whole town stood proudly. "We didn't give up," said Penny. Being resilient means trying again when things are hard.



In the garden, everyone had a job. Della dug the soil, Lily planned the rows, Yuki gently pulled plants from pots, and Ben watered them carefully. “We each do something special,” said Della. At lunchtime, they sat together, sharing sandwiches and stories. Penny asked to join a game, and Finn scooted over with a smile. Working and playing together made everyone feel happy, safe, and like they belonged.



Spark Your Child's Imagination

and create a personalized book in which you are the main character



BECOME A BOOK
HERO



CHILDBOOK.AI