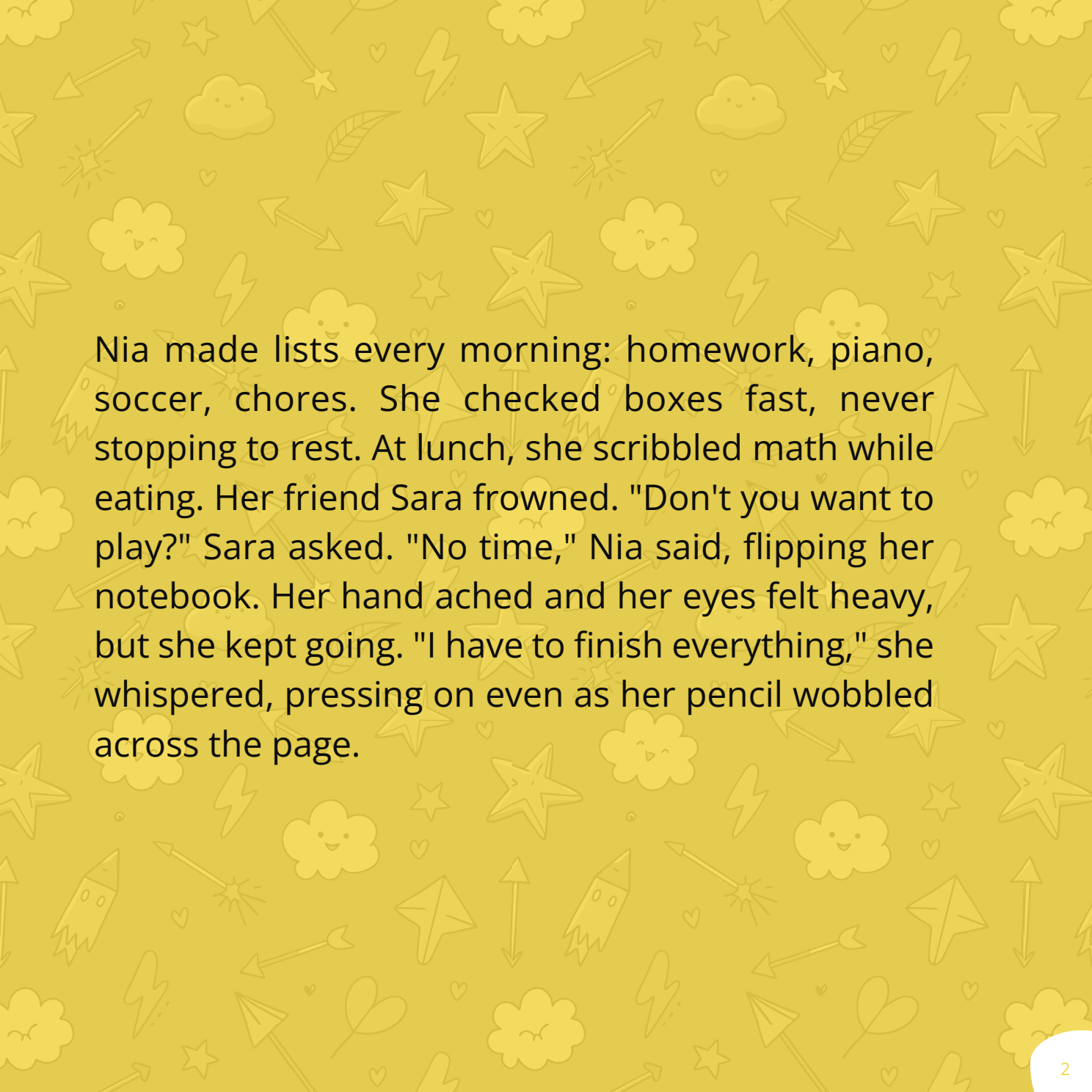


THE MISSING PAUSE

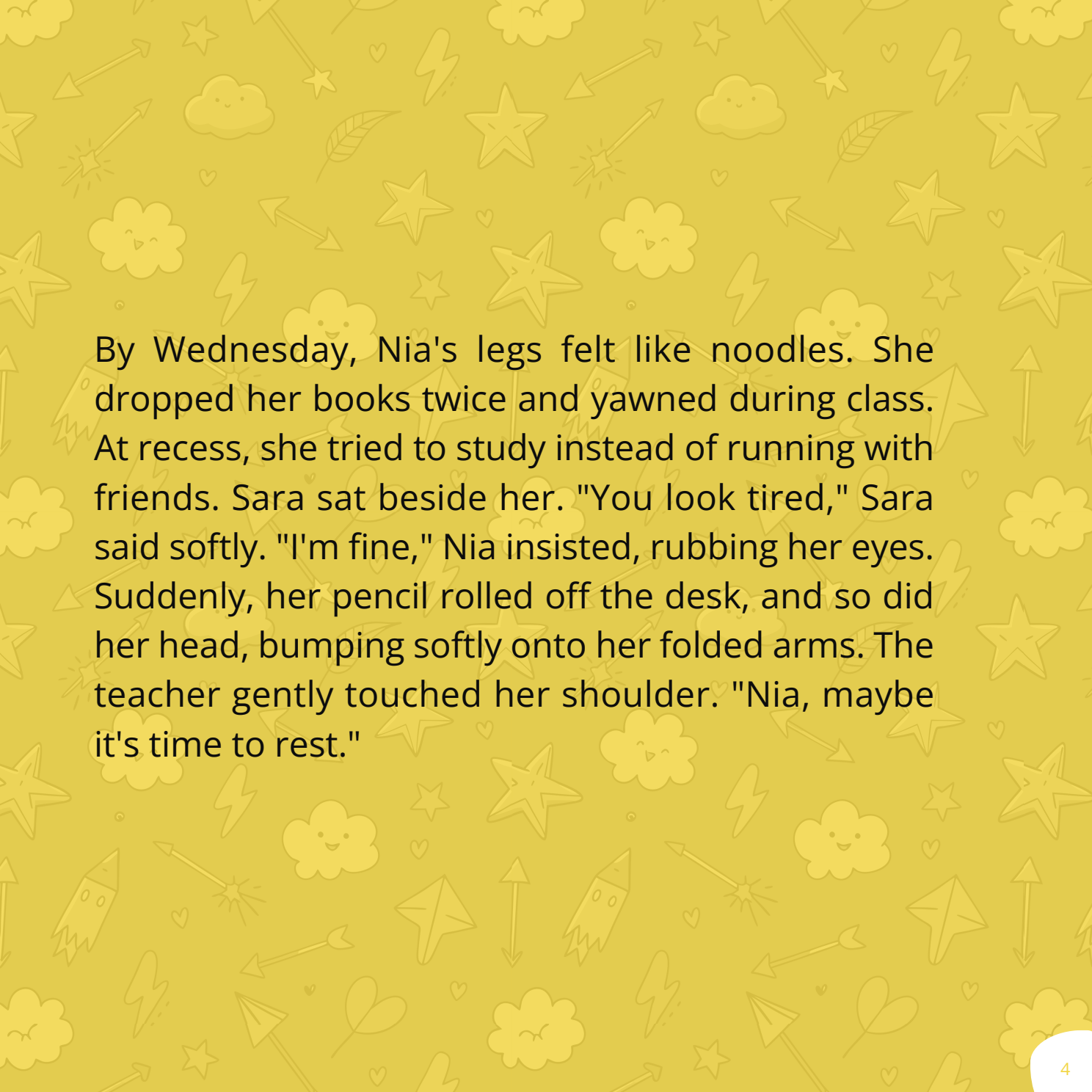


BY CHILDBOOK.AI CHILDBOOK.AI



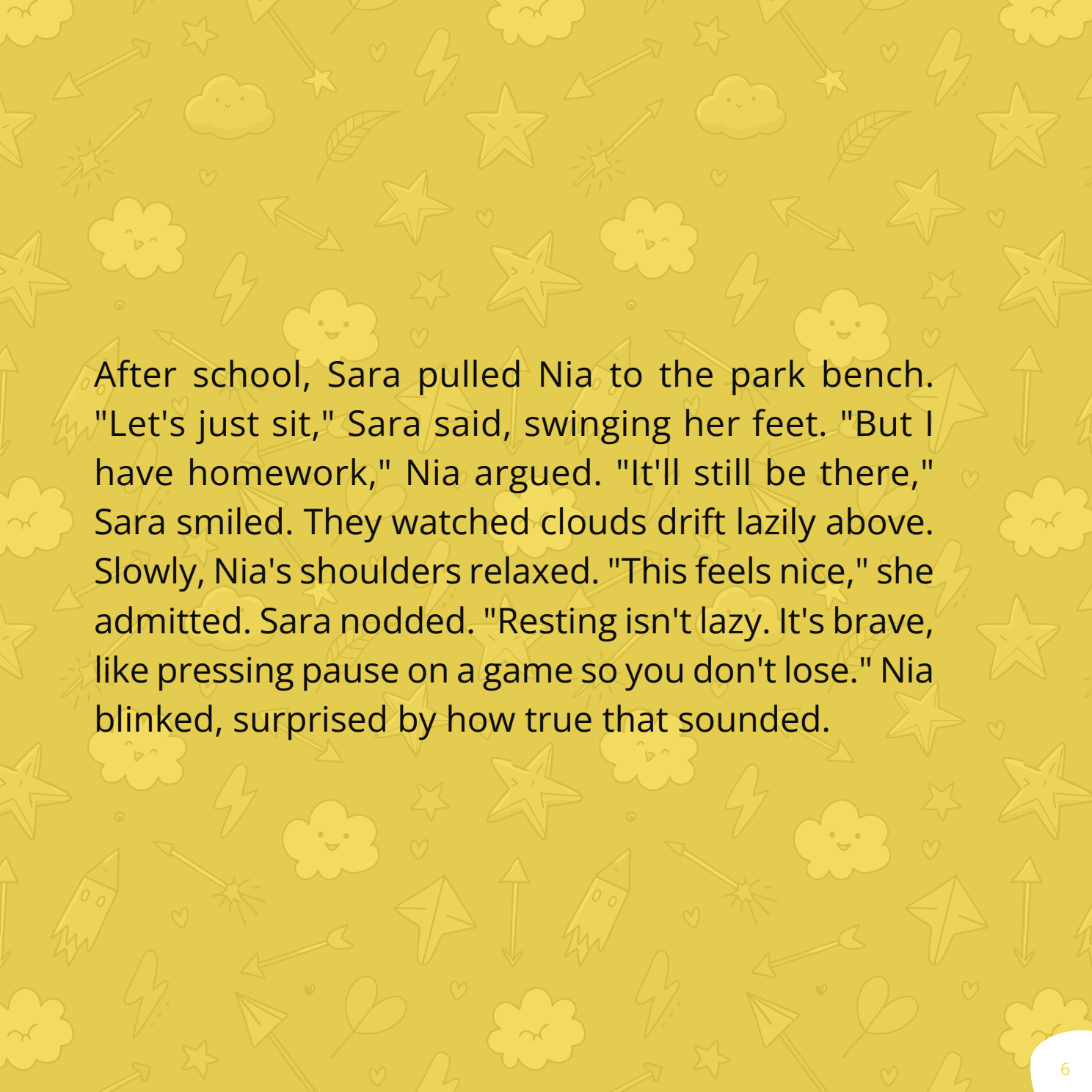
Nia made lists every morning: homework, piano, soccer, chores. She checked boxes fast, never stopping to rest. At lunch, she scribbled math while eating. Her friend Sara frowned. "Don't you want to play?" Sara asked. "No time," Nia said, flipping her notebook. Her hand ached and her eyes felt heavy, but she kept going. "I have to finish everything," she whispered, pressing on even as her pencil wobbled across the page.





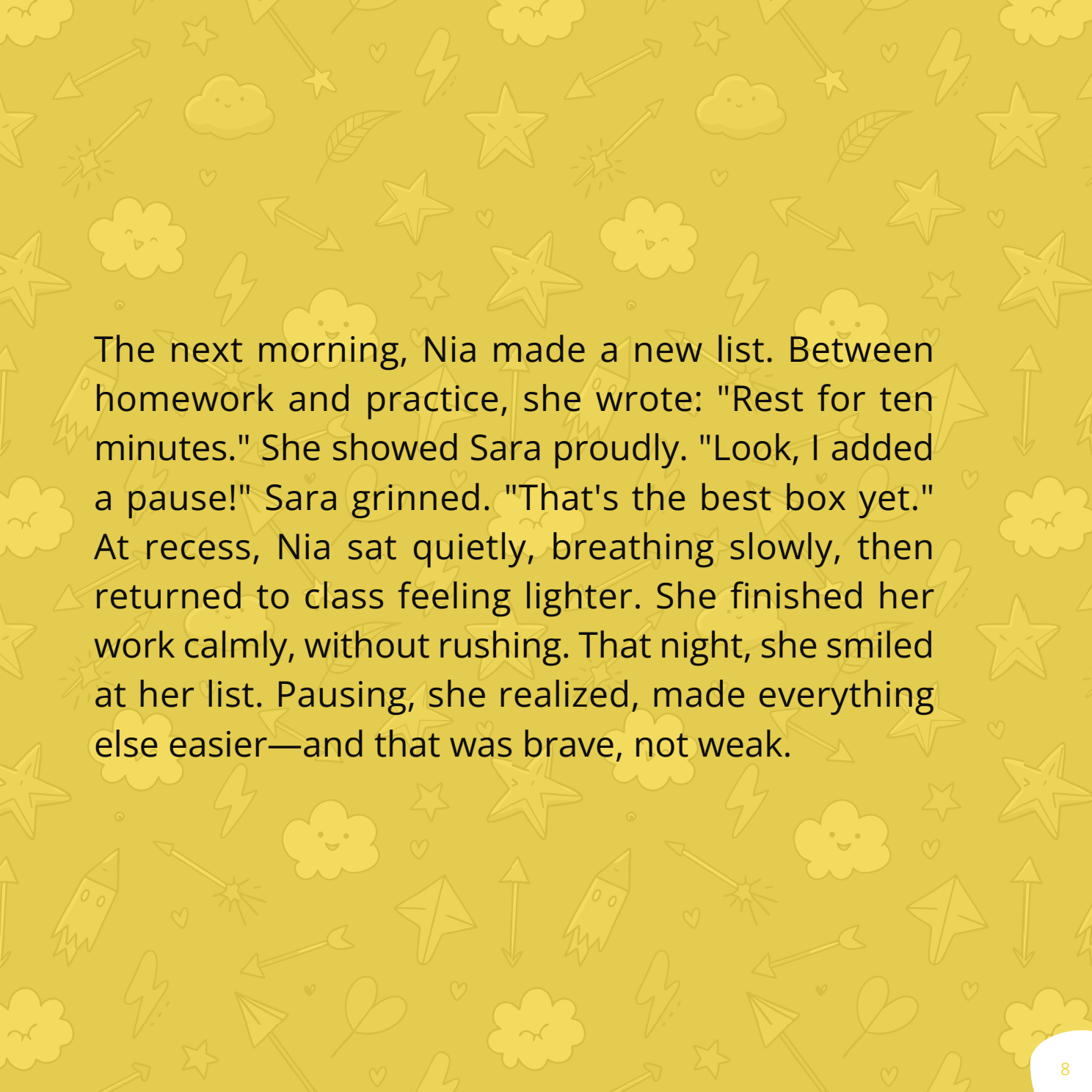
By Wednesday, Nia's legs felt like noodles. She dropped her books twice and yawned during class. At recess, she tried to study instead of running with friends. Sara sat beside her. "You look tired," Sara said softly. "I'm fine," Nia insisted, rubbing her eyes. Suddenly, her pencil rolled off the desk, and so did her head, bumping softly onto her folded arms. The teacher gently touched her shoulder. "Nia, maybe it's time to rest."





After school, Sara pulled Nia to the park bench. "Let's just sit," Sara said, swinging her feet. "But I have homework," Nia argued. "It'll still be there," Sara smiled. They watched clouds drift lazily above. Slowly, Nia's shoulders relaxed. "This feels nice," she admitted. Sara nodded. "Resting isn't lazy. It's brave, like pressing pause on a game so you don't lose." Nia blinked, surprised by how true that sounded.





The next morning, Nia made a new list. Between homework and practice, she wrote: "Rest for ten minutes." She showed Sara proudly. "Look, I added a pause!" Sara grinned. "That's the best box yet." At recess, Nia sat quietly, breathing slowly, then returned to class feeling lighter. She finished her work calmly, without rushing. That night, she smiled at her list. Pausing, she realized, made everything else easier—and that was brave, not weak.



Rest for
ten
minutes

Spark Your Child's Imagination

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



BECOME A BOOK
HERO



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