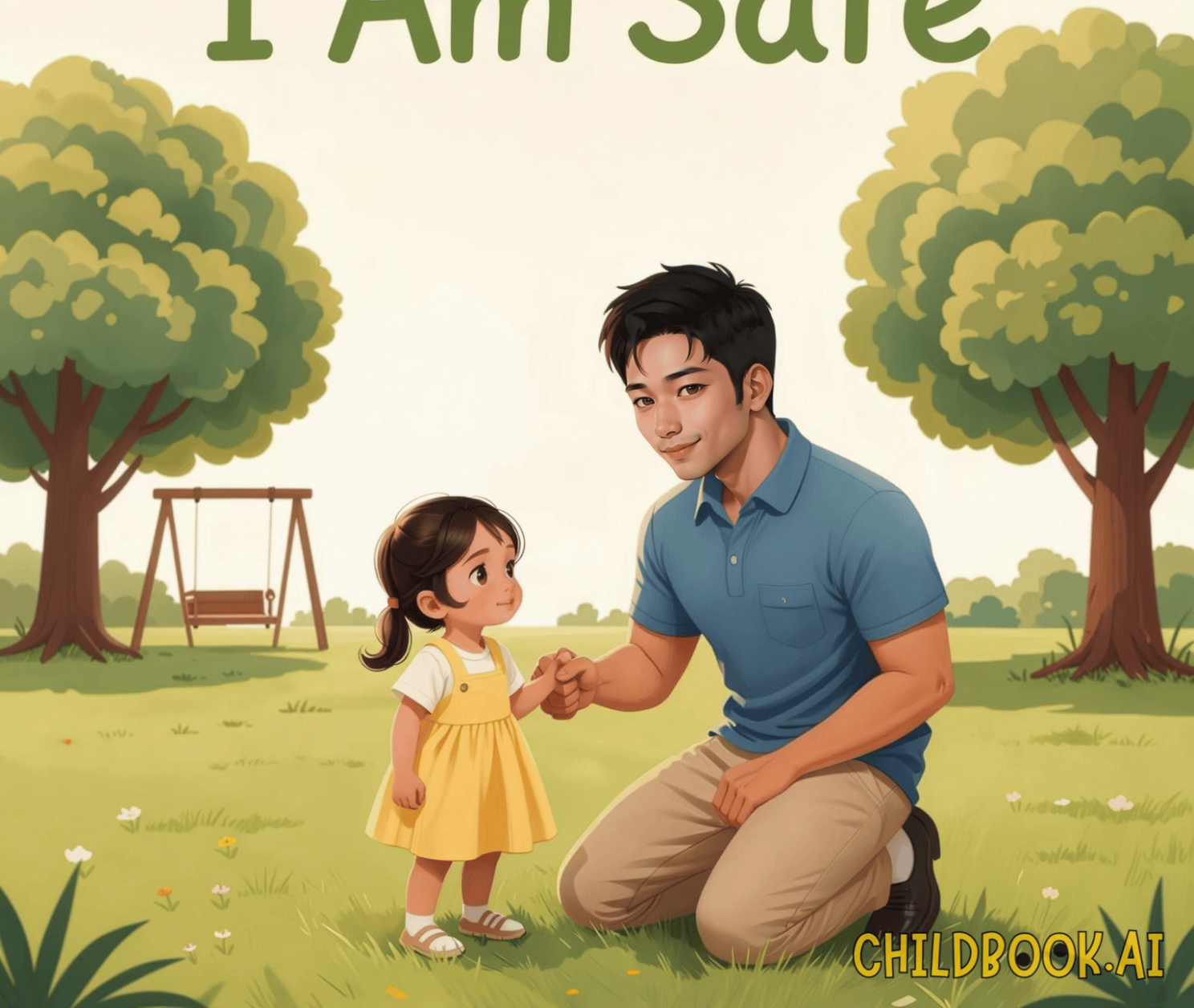


# I Am Safe



Little Maya heard a sound, thunder rolling all around. She jumped up from her play, "What's that noise?" she had to say. Mama smiled and held her near, "It's just thunder, have no fear. Storms are loud but you are safe, in our home, our special place." Maya nodded, feeling better, safe inside despite the weather.



Maya ran to get her bear, Mr. Snuggles waiting there. She squeezed him oh so tight, "You'll help make things alright!" The thunder boomed again outside, but Maya found a place to hide. Not from fear, but just for fun, with her teddy, they were one. "I feel safe now," Maya said, hugging Teddy to her head.





Papa showed her something new, "A quiet place just made for you. When your thoughts go really fast, find this spot and let them pass." Maya sat upon her mat, closed her eyes, and just like that, the world became more still and slow, a peaceful place where she could go. "This feels nice," said Maya small, "Not so scary now at all."



"Now let's breathe," said Papa soft, "In and out, we'll count aloft. Slow deep breaths in, one, two, three, calm as calm as calm can be." Maya breathed in with the count, breathing out a great amount. Her shoulders dropped, her body light, "Papa, yes! This feels so right!" Together there they breathed and smiled, safe and peaceful, parent and child.





The storm was passing, skies turned bright, Maya felt her heart so light. "I am safe," she said out loud, "And I am strong and very proud!" Mama hugged her little one, "Yes you are, my dear sweet hun! You faced your fear and found your way, you can do this every day." Maya beamed from ear to ear, knowing she could conquer fear.



"Am I loved?" asked Maya small, standing in the sunny hall. "Oh my darling, yes indeed! Love is what you'll always need. You are loved all day and night, morning, noon, and twilight bright." Maya twirled around with glee, "Love is always here with me!" Mama laughed and clapped her hands, "Love is what a heart commands!"





Later on, they went to town, busy people all around. Maya felt the world so large, like a big and noisy barge. "It's too loud!" she told her dad, feeling just a little sad. Papa knelt down by her side, "Take my hand, we'll walk with pride. When it's big, just hold on tight, I am here, you'll be alright."



At the park they saw Miss Lee, Maya's teacher kind and free. "Hello Maya! How are you?" "Sometimes scared, but learning too." Miss Lee smiled and bent down low, "That's so brave of you to grow! Talking helps when you're not sure, safe kind people will endure. We all care for you my dear, we'll be there to calm your fear."





Maya played upon the swing, laughing loud at everything. Up she went and down she flew, feeling safe in all she'd do. "I am safe when I laugh and leap! I am safe when I run and peep!" Papa pushed her swing up high, Maya reaching for the sky. Joy and safety, hand in hand, the best feeling in the land.





Evening came with stars so bright, time for bed and say goodnight. Maya climbed beneath her sheet, tucked in cozy, warm and neat. "I feel safe here in my bed, on my pillow rests my head." Mama sang a gentle tune, underneath the glowing moon. "You are safe when you're asleep, in your dreams so calm and deep."





"What if something comes my way? What if I feel scared next day?" "Sweet Maya, hear me true, you have tools inside of you. Breathe and talk and hold on tight, remember you'll be quite alright. No matter what comes down your road, you can handle any load. Safe and strong from head to toe, this is what you need to know."



Maya yawned and closed her eyes, safe beneath the starry skies. "I am safe each night and day, no matter what comes my way. I am strong and I am loved, blessed by stars that shine above." Mr. Snuggles by her side, Maya drifted on sleep's tide. Safe and calm and loved and true, ready for tomorrow new. Sweet dreams came to Maya small, safest little girl of all.





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