

THE WORRY BALLOON



BY CHILDBOOK.AI

Finn the little red fox sat under the old oak tree. His ears drooped and his tail dragged on the ground. "What if I get lost in the forest?" he whispered. "What if no one likes me?" Each worry felt like a balloon tied to his paw. Soon, so many worry balloons floated above him that his paws lifted off the ground. "Help!" Finn cried as he rose higher and higher into the sky.



Owl swooped down and grabbed Finn's tail gently. She pulled him back to the ground and held him steady. "Finn, why are you holding all these worry balloons?" Owl asked with her soft, wise face. Finn sniffled. "I can't let them go. They're mine." Owl smiled. "Let me show you something special. Worries don't have to stay forever." She pointed to the moon. "Watch closely, little fox."



Owl taught Finn a magic trick. "Say your worry out loud, then pop the balloon." Finn took a deep breath. "I worry about getting lost!" He touched the balloon and POP! It vanished into sparkles. "I worry no one likes me!" POP! Another balloon disappeared. One by one, Finn spoke his worries and popped each balloon. His paws felt lighter. His heart felt bigger. Soon only one small balloon remained.



Finn looked at the final balloon. "What if new worries come back?" he asked. Owl hugged him with her wing. "Some worries might return, but now you know how to let them go." Finn smiled and popped the last balloon. He felt light as a feather. "Thank you, Owl!" The two friends watched the sparkles dance in the moonlight. Finn's tail wagged happily. He wasn't afraid anymore.



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