



## *Mr. Fear And Mrs. Sadness*

That day, Mr. Fear and Mrs. Sadness were sitting calmly in their home, watching television. They saw on the news that a big storm had hit a forest; branches were breaking, and bird nests were falling to the ground. The little birds were restless and very anxious.

Mrs. Sadness got excited:

- We must visit these little birds right away. Look, they don't know what to feel. Let's leave fear and sadness balloons in their hearts so that they can understand their emotions and then shrink them.

Mr. Fear liked the idea and quickly prepared the balloon truck. They filled the truck with lots of fear and sadness balloons and set off towards the forest. There were many broken branches and fallen nests in the forest.

As soon as they came to the forest, they visited all the little birds and left fear and sadness balloons in their hearts. Because the storm was big, the fear and sorrow balloons in the hearts of the little birds immediately inflated. Now they knew what they were feeling.

Everyone in this forest loved the little birds very much. Those who loved them kissed these birds warmly. Kisses made the fear and sadness balloons shrink.

The adult birds stroked the wings of the little birds and hugged them tightly. The balloons shrank a little more. The adult birds who loved their chicks very much said to them, "We will always protect you, you are safe with us." Thus did the balloons shrink even more.

The little birds came to know that nests would be repaired and new ones would be built to replace the destroyed ones. The fear and sadness balloons were now tiny.

The next day, the birds played games wherever they found themselves. They flew and collected lots of kisses. They giggled and laughed. The balloons became very tiny.

As time passed, the storm too passed. Parks and bird schools were opened. New nests were found, and old ones were repaired.

One day, when the birds woke up in the morning, they saw that the balloons in their hearts had completely deflated. And who would want a deflated balloon?

They called Mr. Fear and Mrs. Sadness and gave the balloons back to them. "We have shrunk our emotions," they said. They loaded all the balloons onto the truck and sent them back.

Now they had a happiness balloon in their hearts and a smile on their faces.

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