

How Lion came through the storm

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Theme: Surviving trauma and learning to overcome it, one step at a time

Appropriate age group: All age groups



Once upon a time, many, many years ago when animals all lived together in peace and harmony, Lion and Rabbit were good friends. They used to talk to each other and had some exciting times together. Lion, who was big and strong, lived among the trees and his little friend Rabbit lived with her family in a warren under the ground.

One afternoon the two friends noticed big, black rain clouds in the sky. Rabbit, not wanting to get wet, ran for safety to her family warren. Lion had no place to hide so he went to shelter under the tallest tree and thought he'd be safe there.

The wind blew furiously, the rain clouds came closer and closer, and lightning flashed across the sky. Rabbit was snug and safe underground. Lion thought he was safe under the tallest tree but lightning crashed into the tree and sent him flying into a thorn bush. Thunder roared from the sky, louder, much louder, than Lion could roar. The rain pelted down and Lion was wet as wet can be. Slowly he crawled out of the thorn bush and started to lick his wounds. Just then, huge hail stones began to fall from the sky, hitting



him on the head and all over his body.

Lion wanted to run but where to? Wherever he looked there was rain and hail, thunder and lightning. It was a huge storm. Trees were blown over. Baby birds fell out of their nests. Animals ran around in a panic, looking for shelter. Lion wished he had a safe place to go, like his friend Rabbit. It took a long time for the storm to calm down. Lion was cut and burnt and bruised by the hail and lightning and the thorn bush. There was storm damage all around – only a few trees still standing, broken nests and helpless baby birds on the ground, injured animals. It was a sad sight.

Just when the trouble seemed to be over, the animals were hit by another terrible storm. There was no escape from the hail and the rain and thunder and lightning crashed around them. At last the second storm blew over. The sky was still dark and the thunder still rumbled in the distance but the animals knew the storm was over – for now.

Lion was too bruised and too weak to move. He had lost his energy, his strength and his will to live. He just lay there under a tree. The whole world looked dark to him. When the sun came out from behind the clouds he did not even notice.

What about Rabbit? Rabbit was safe in her warren during the storm. She was just a bit wet so she came out to dry herself in the sun. She hopped all over looking for Lion. She was almost ready to give up when she saw him lying under the tree. Rabbit was very happy to find Lion but Lion hardly even noticed she was there.

So what did Rabbit do? She stretched up onto her tip-toes and whispered in Lion's ear, "My friend, I know you had a terrible time in the storm. You lost your special tall tree. You saw lots of animals get hurt and you have painful scars from the storm. I can't make the hurt go away but I know that deep inside you have the courage and the power you need. When the time is right you'll find the energy to get better and carry on with your life." Then Rabbit helped Lion to find a soft patch of grass to lie on in the sun.

Rabbit knew it would take time for Lion to recover and find his courage. She knew the storm was still raging inside him. He had to overcome the storm inside him. He had to do it himself – she couldn't do it for him. And so she hopped away quietly, thinking about her friend every step of the way.

Lion lay there on his patch of grass, day after day, not wanting to move. His body ached and he was confused and sad and very scared. Rabbit was very worried about her friend and she came every day to check on him. Every day she whispered in Lion's ear; "Remember, deep inside, you have the courage and the power you need. When the time is right, you'll find the energy to get better and carry on with your life."

As Lion lay there on his patch of grass he noticed how many things had been changed by the storm. He felt as if the whole world was upside down. How could it ever come right again after such a terrible storm? Every time he saw Rabbit she reminded him, "Deep inside, you have the courage and the power you need. When the time is right, you'll find the energy to get better and carry on with your life."



One morning Lion woke up and the world felt different. All of a sudden he wanted to see the sun and he wanted to talk to his friend. He tried to stand up but his legs wobbled and he fell over. The second time he tried was just as bad but the third time he managed to stand up for a few minutes.

Then Lion began to walk very slowly. He was so weak he could only go a few steps at a time but he wanted to walk to where the sun was shining and he wanted to find his friend Rabbit. He told himself: "I have the power deep inside me to get to the sunshine. I will trust my inner power. I will not give up".

After walking for a long, long time Lion found a good place to rest in the sun. Rabbit was happy to find him there. Lion told Rabbit, "I still have terrible scars from the storm but the storm is over now and the sun is shining". The sunshine made Lion feel warm inside. His heart felt alive again. So you see, it took a long, long time for Lion's body to heal from the storm but he was brave, he did not give up, and he found the power within himself to heal his heart.

Lion and Rabbit helped some of the animals who had been injured. They worked together to rebuild their homes. They never forgot the terrible storm but they were able to live happily and be friends again.

? Possible discussion points:

• *What do children need in order to heal themselves?*

• *What strengths do children have in themselves that they can draw on in difficult times?*