

Chicky the little chicken

Once upon a time there was a cute, little, yellow chicken called Chicky. Chicky liked to go for walks in the sunshine by the pretty flowers. He would go there on his own and never felt afraid.



One day while Chicky was on a walk outside. A big dark cloud came over and covered the sun. Everything became dark and the wind started to blow very hard. Chicky was standing there all alone. Suddenly something hit Chicky hard on his wing. Chicky turned to see a big big round piece of hail roll off his feathers onto the floor. He had never seen hail this big, ever! And with a deafening roar lots of hail began to fall from the sky, everywhere. Chicky was standing there all alone, the

wind blowing him from side to side in the darkness and the hail hitting his little body all over. Each hail ball that hit him made his body sting with pain. And it just didn't stop. Chicky was so scared. He tried to run or scream for some help, but his voice and his legs didn't work. It felt like he couldn't move. The wind blew harder and the hail balls fell faster and harder from the sky.

After a little while there was a huge clap of thunder. Chicky jumped with fright. Somehow, he managed to find his way back to the chicken house in the darkness, but he was terrified. When he got to the chicken house his feathers were dripping wet, his body soar all over from the hail balls and he was shaking with scared feelings. Chicky saw that all the other chickens were also afraid. Over the noise of the storm there was a whole lot of squawking going on. Some of the chickens went to sit close to their families in a corner to feel a little more safe and warm. This helped some of the chickens. But when they sat close together some of them started to argue and peck at their family and friends sitting next to them. Chicky sat down and hid his head under his wing, trying to hide away from the awful storm.

The storm and hail carried on all through the night. It felt like it would never end.

Days later Chicky was sitting alone in the chicken house. He was too scared to go for a walk again. What if the darkness and hail and wind came back? Chicky was looking at the sand in front of him when it began to move. Chicky carefully watched the sand to see what would happen.

Soon, Manny the Mole popped his head out from the sand. Manny said to Chicky 'Why are you sitting here all alone?' Chicky said that he was afraid to go for a walk outside because the storm and hail might come back. What if an even bigger ball of hail hit him on his head when he went outside. 'I think it is better for me to stay inside then the storm can't get to me' Chicky said. Manny thought a little and said: "Chicky I know that you are scared. The storm was very scary. Do you think we could do something to help you with the scaredness?" Chicky wasn't sure but then Manny said: "I know, let us tell some of the other chickens, hens and roosters about how the big storm made you feel so scared. Especially the balls of hail that hurt your body. Maybe the other chickens can be on the look-out if another storm comes. Then they can tell all the other chickens to stay inside the chicken house and be safe from the storm." So, this is what they did. Chicky told some of the other chickens, hens and roosters. They all said that they

would help keep Chicky safe and let him know if they saw another storm coming, especially one with big balls of hail.

But Chicky was still afraid that the storm would come back again. So, Manny said: “Chicky, I think maybe we could come up with another plan to help you feel safer when you go outside. No-one really knows when a storm may come back, even a little one. But we could build something to keep you as safe as possible, even if another storm comes. Chicky and Manny began to walk all around the chicken house, looking under each nest and in every corner. They carried a whole pile of things to one side of the chicken house and then spent a long time building and hammering.

The next morning as the sun was coming up Chicky started to feel excited. Today he might be able to go outside of the chicken house and not feel scared anymore. So, he began to get ready. When he finally came out of the chicken house Chicky had on a helmet made from bottle tops which covered his head. This was so that if the hail ever came back, and hit him on the head, his head would be protected and not get hurt. He also had on a protective coat made from pieces of cooldrink bottles that he and Manny had sewn together with string. This would keep his body safe from the hail. At first it was a little difficult to walk around with his protective gear, but Chicky soon got used to it. When the wind would start to blow, Chicky would look up into the sky to see if there was a storm coming. And although he was still a little scared, he knew that the protective gear he and Manny had made would help keep him safe if ever there was another big storm with balls of hail.

Chicky and Manny now enjoyed going for long walks in the beautiful sunshine by the pretty flowers and trees. Chicky finally felt happy and free.





Stripes the Kitten

Once upon a time there was a cool kitten called Stripes. He had this name because his fur had orange and white stripes. Now, Stripes was a kitten who had lots of angry feelings. He had not always been such an angry kitten. Things had happened to Stripes that hurt his heart and made him feel afraid. Stripes thought that he would keep himself safe by showing the other animals how angry he could be. Stripes thought this would also help to keep the animals away so that no one could ever hurt him again. So, whenever anyone wanted to play with him, he would scratch them with his sharp nails and hiss at anyone that wanted to talk to him. Soon Stripes had no more friends. He was very lonely and did not feel good inside.

One day Stripes was sitting all alone in the shade of a tree when a little bird came to sit in the branches. The bird was not afraid of Stripes. This puzzled Stripes, as he wanted the bird to be afraid of him. Stripes said to the bird: "I can eat you up in one gulp if I want to. You should be afraid of me. Go away!". The bird thought about this and said: "I know that you could eat me. I know that many of the other animals are afraid of you because you are so angry all the time. But I know that it is just because you think that being angry will keep you safe and stop you getting hurt again. I know that inside your heart you are a kind and sweet kitten.



Maybe we can think of ways to help you with your angry and unsafe feelings." Stripes thought about this and knew the bird was right and said: "What can we do – I don't want to be alone and angry anymore". So, Stripes and the little bird thought of a plan. Stripes would use his words to tell the animals when he was feeling angry, instead of hurting them. He would also try to do other things to help get the anger out in a way that did not hurt the other animals. He could scratch the bark of a tree or dig a hole in the sand.



Stripes followed the bird's advice, and after some time he could feel that he was not so angry anymore. The animals listened to him when he spoke to them about his angry feelings. After a while the animals started to play with Stripes again. Stripes liked having friends again and felt happy inside.

Stripes had learnt to talk about his angry feelings in a way that didn't hurt anybody, and helped Stripes feel better. This helped Stripes to be a happy kitten again.