

01 Jack and the Worry Dolls

Jack worries about many things. He worries about shoes, clouds, rain, and even giant animals. His dad and mom try to help. They always say, “Don’t worry. Nothing can hurt you.” Jack still worries. He can’t sleep. His grandma comes to help. Grandma holds something in her hand. She says, “These are worry dolls. Tell each one of them your worries and put them under your pillow. They will do all the worrying for you. You can sleep well.”

Jack feels happy. He holds the worry dolls. He tells all his worries to them. The first night, he sleeps like a log. The next night, he tells all his worries to the dolls again. He sleeps like a stone. His dad and mom feel happy for him. But the night after that, Jack

worries again. He thinks, “I give all the worries to the worry dolls. They must be so worried. It is not fair.” Jack has an idea. He works all day at the kitchen table. It is difficult work. At first he makes a lot of mistakes. He starts again many times. Finally, Jack makes something special. Guess what? Jack makes some worry dolls for the worry dolls. That night, Jack and all the worry dolls sleep very well. After that Jack never worries about things and his friends don’t worry about things, either. Why? Because Jack makes worry dolls for all of them.

(235 words)

02 Larry and Mary

Larry and Mary are brother and sister. Their dad is a woodcutter. One night, Mom tells Dad, “We have no more food.” Dad feels worried. Larry goes to his sister and says, “Mary, wake up. We have no more food.” Mary cries and asks, “What can we do?” They plan to go to the forest to get more wood for their dad. They walk into the forest. It’s quiet. Mary is scared.

She asks, “Can we find the way home?” Larry has an idea. He drops some bread on the ground to help them find the way home. But the birds eat up all the bread. They don’t know how to get back home. They are lost in the forest. They feel hungry. They see a cookie house and go inside. They eat the chocolate window and candy door. A witch

comes in and shouts, “How dare you?” She grabs Mary and puts her in a cage. The witch wants to eat Mary so she tells Larry to light a fire. She asks Larry, “Is the stove hot?” Larry says, “Please come and check.” The witch looks into the stove and Larry pushes her inside. The witch is on fire. Larry helps Mary out of the cage. They run away together.

On their way home, they see their dad and mom. They find more and more wood together. They work together and make more money. After that, they live a happy life.

(242 words)

03 Happy Dreamer

I am a happy dreamer. I am really good at dreaming. Daydreams, big dreams, little dreams, creative dreams, dreamer maximus!

Sometimes the world tells me to sit still, be quiet, pay attention and focus. But my dreams have a mind of their own. Sometimes my mind just takes flight! I hear a beat and I have to move.

Sometimes I'm a quiet dreamer. When I make time to stay still and hear myself think, I let go and see what takes shape.

Sometimes I'm a swing-high dreamer, way up high, beyond the clouds, so high I can touch the sky!

I can also be a loud dreamer! "Hello, world!" I'm a shout-at-the-top-of-my-lungs dreamer, even if I'm just a loud-inside-my-head dreamer!

Sometimes I'm a colorful dreamer,

painting my own path full of surprises at every turn. I can dream even when the lights are out. I light up! I'm all ears, eyes, heart, and mind!

These are the moments I feel alone, boxed in. And yet, I always find a way back, plunging into amazing, delightful, happy dreams.

I'm really good at being me. A dreamer, surprising, caring, funny, gentle and smart, and when I tumble back to Earth, I know I'm okay! Dreamers have a way of bouncing back... and moving forward! There are so many ways to be a happy dreamer! What kind of dreamer are you?

But, the best way to be a happy dreamer? Just be you. Yes, you !

(244 words)