

Kindergarten

Title: Sia Learns the Power of Breathing

Sia and Asha loved to explore. Today, they were in a beautiful, green forest with tall trees and birds singing. The ground felt soft, and everything smelled so fresh! Sia was so excited to see everything that she forgot to breathe slowly.

When they climbed a big hill, Sia's chest felt tight, and she couldn't talk. She looked at Asha with wide eyes, feeling scared.

"Don't worry, Sia," Asha said gently. "Let's breathe together. In and out, slowly." She put her hand on Sia's back, and they breathed together until Sia felt much better.

"Breathing is important!" Asha said. "It helps us stay strong and enjoy our adventure." Sia nodded, happy to keep exploring.