

Here's a series of age-appropriate versions of Sia's story, each tailored to the developmental stage of the audience:

Toddler

Title: Sia Learns to Breathe

Sia and her friend Asha walked through a pretty forest filled with tall trees and happy birds singing. The ground was soft, and everything smelled fresh and nice. Sia was so happy that she forgot to breathe slowly.

"Oh no!" Sia stopped and felt funny in her chest. She couldn't talk!

Asha noticed and said, "Sia, breathe with me! In and out." Together, they took big breaths of the fresh air. Soon, Sia felt much better.

"Breathing helps us feel strong," Asha said with a big smile. Sia nodded and promised to remember. They hugged and continued exploring.