

BEAR LEARNS HOW TO BE A FISH

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Bear stood by the pond.
'I am worried,' Bear said to the fish.
'I am too scared to cross to the other side
of the pond to get my favorite treat...
a honey chocolate milkshake!
Bear pointed his honey straw toward
the other side of the water.



'You have a boat,' said the fish.
'That will get you safely across the pond.'

‘No,’ said Bear. ‘I am very worried.
What if my boat bumps into a whale
before I reach the other side?’

‘Hmm...’ said the fish.
‘I haven’t seen a whale in this pond before.
I don’t think whales live in ponds.’

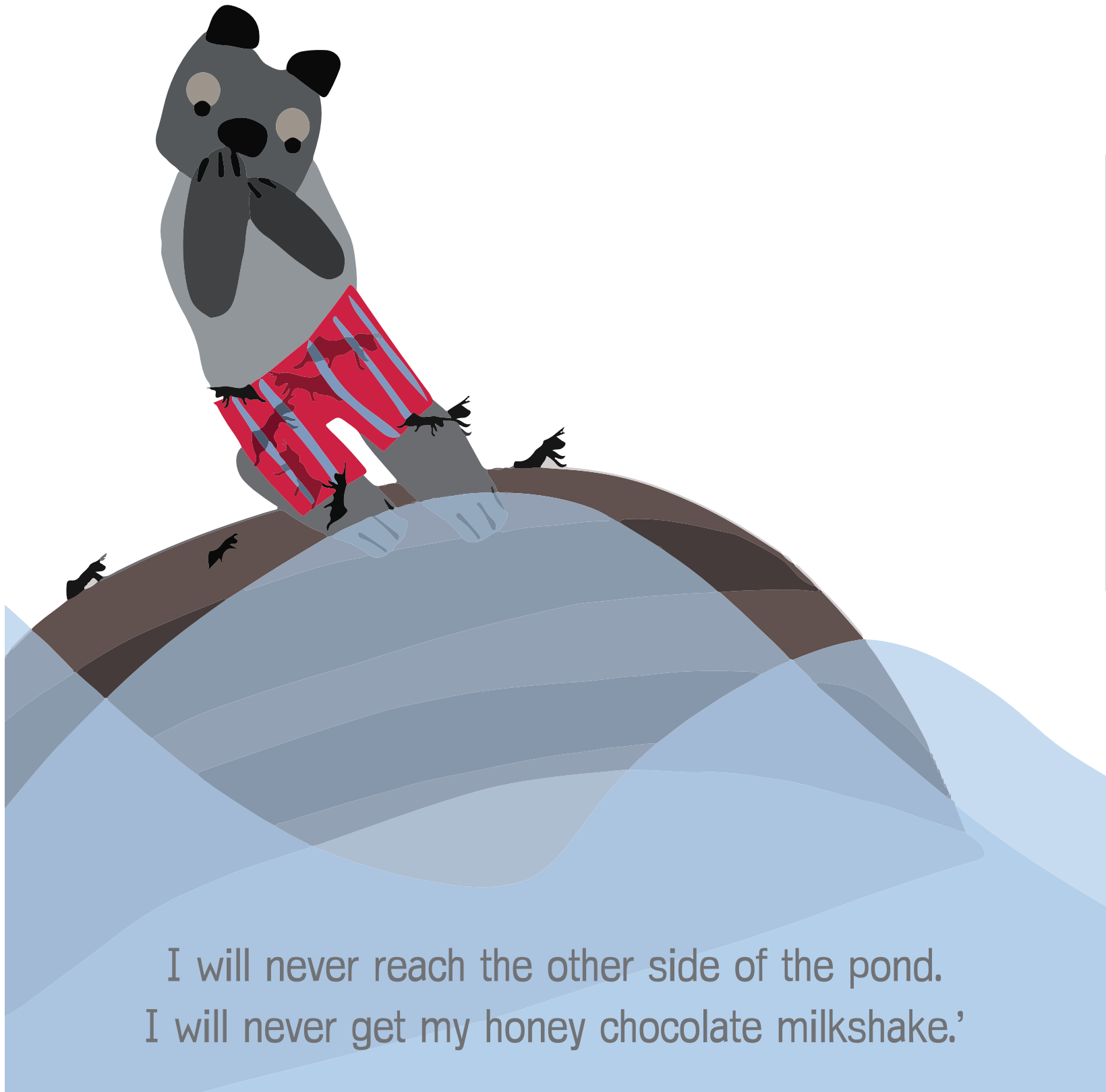


‘I am still worried,’ Bear said to the fish.
‘What if it rains and my boat fills up with water?
My boat will sink before I reach the other side.’



‘Hmm...’ said the fish.
‘There are no clouds in the sky.
Should it happen to rain, I see you have
a very large umbrella.
That will keep your boat from filling with water.’

‘I am still worried,’ Bear said to the fish.
‘What if I get ants in my pants?
My boat will tip upside down as
I’m jumping to shake out the ants.’



I will never reach the other side of the pond.
I will never get my honey chocolate milkshake.’



‘Hmm...’ said the fish.
‘I see your pants fit you well
and it would be hard for ants
to find a way in.’

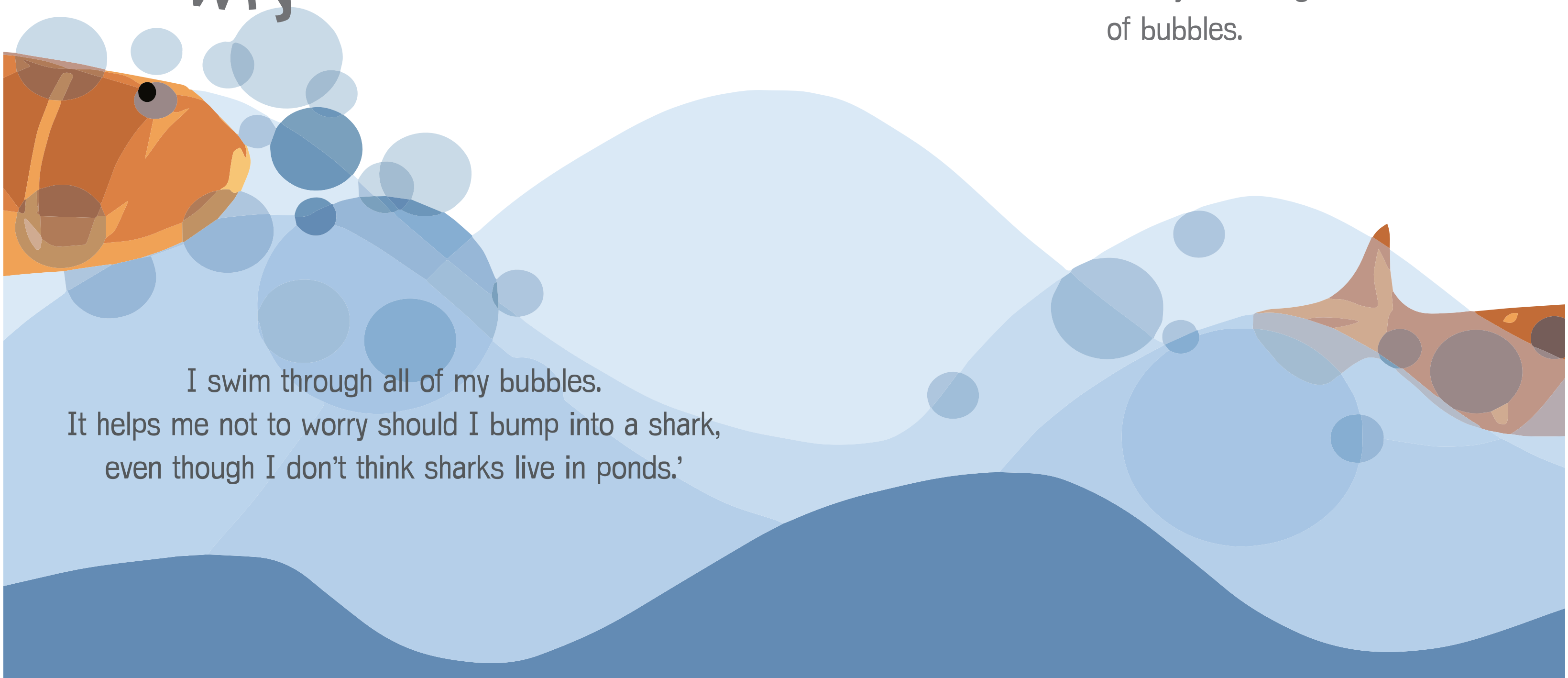
But if you do get ants in your pants,
you could sit down with a heavy thud.
Ants do not like being sat on
and they don’t know how to swim.’

You worry a lot,' said the fish.
'When I get worried I take a BIG breath in and

Slowly breathe out

The fish swam away breathing out lots
of bubbles.

I swim through all of my bubbles.
It helps me not to worry should I bump into a shark,
even though I don't think sharks live in ponds.'



So Bear imagined he was a fish.
He picked up his honey straw.
He took a BIG breath in then...

Slowly breathed out

And he thought of how
many honey chocolate milkshake
bubbles such a big breath could make.

Bear then got into his boat with his very large
umbrella and his honey straw.
He sailed across the water to the other side
of the pond to get a honey chocolate milkshake.

