

## Story

# Easy-peasy when feeling uneasy

Outside, the summer rain was falling, while Filly and Dilly were looking out of the window and contemplating what gift they should get for the birthday party of one of their dog friends.

"Dilly, do you like shopping?" asked Filly.



"Yes and no," replied Dilly.

"I like it because there is this coolest toy store at our mall, with a huge playroom with colorful balls. And I kinda don't like it because there's so much going on there and it's easy to get lost. It makes me feel a little anxious in my tummy sometimes..."

Do you remember how we once got lost there?"

"Oh yes," Filly replied calmly.

"It was a strange feeling. Our hearts started to beat faster, we got a bit dizzy... But we managed to get through it!"

"Like real superheroes!" exclaimed Dilly.

"We breathed deeply, stopped hiding what we were feeling and then... you suggested that we should pretend that we were lions!"

"Ha-ha, that's right. We tensed our muscles and made a loud ROAAAR! Everyone around us got startled and jumped up like baby kangaroos," replied Filly.

"I also remember one older girl who came up to us and said:"

"Easy-peasy kids, I also get overwhelmed by such feelings. Take my teddy-mouse, if you still feel restless you can hug her tightly. Don't forget to wrap your arms around yourself as well."

Then she lowered her voice and winked at us.

"We call it safety-hug." She smiled and walked away, satisfied with her good deed.

"Yes, that's right. She was very nice. So Dilly, what about that birthday present? Maybe we can go to the mall again. I think I saw a beautiful little collar with a fancy bone... It would be just perfect!"

Dilly just nodded. They grabbed their umbrellas and, filled with positive energy, set off for an exciting shopping trip.

