

Children: *Lingokids*.

Elliot: [sings] Woohoo. Oops. Where is my game? How did I get to this page?

[quacking]

Elliot: Oh, no. That was so scary. I'm feeling feelings. I don't know what to do.

Narrator: *Lingokids* listeners, do you want to know what Elliot saw? Let's investigate and help him figure out what to do. Here we come, Elliot. Welcome to *Storytime* by *Lingokids* where we discover fascinating facts about the world around us and the fun of play learning. Today, we will learn about what you can do if you accidentally see something that frightens you on a phone or computer. You're not alone.

Everyone: Ring a round the rosy. A pocket full of posies. Ashes. Ashes. We all fall down.

Lisa: Oh, hi, Elliot. Want to play?

Elliot: Oh, hi, Lisa. Hi, everyone. I'm not sure I feel like playing.

Lisa: Why so glum, Elliot?

Elliot: It's nothing.

Lisa: Okay, then join in. Elliot, stand right here. Come on, everyone. Our next game is duck-duck-goose.

Elliot: Did you say duck? Oh, no. I can't play. Ducks are reminding me of something, something scary. [screams]

Cowy: Elliot, are you okay?

Elliot: I'm just-- I don't know exactly what I'm feeling.

Billy: [chirps]

Narrator: You're right, Billy. Elliot seems really upset.

Lisa: Elliot, what is wrong with you?

Elliot: [sighs]

Narrator: Slow down, Lisa and Elliot. We're going to figure this out. First, we need to comb our bodies a little bit.

Cowy: I know. How about a deep breath?

Narrator: Great idea, Cowy. Let's all take a deep breath.

Everyone: Okay.

Narrator: Kids at home, you can take a deep breath too. Here we go. [inhales]
[exhales]

Cowy: That felt nice.

Narrator: I'm glad you liked it, Cowy. Let's do another all together. First in [inhales]
and out [exhales]. Now, why don't you tell us what happened?

Elliot: Well, I'm not sure I should tell. I'm feeling uncomfor-the-table.

Narrator: Uncom for the table? Do you mean uncomfortable?

Elliot: Yes. Uncomfortable like when you feel heavy and you don't know what to do
and you want to hide.

Narrator: Elliot, if you're feeling uncomfortable, it's good to talk about it.

Elliot: Even if I was doing something that I wasn't supposed to?

Narrator: Yes. Even then, Elliot, it's still important to share with someone you trust.

Lisa: Yes, Elliot. Tell us what's wrong.

Elliot: Well, okay. It was my fault. I wasn't supposed to be on the computer.

Cowy: It's okay, Elliot.

Lisa: Yes. Everyone breaks the rule sometimes. It's just a mistake. You can still tell
us.

Elliot: I just wanted to get to level three.

Narrator: You went on the computer to play your game and then what?

Elliot: I clicked somewhere accidentally and I saw a big scary something.

[gasping]

Elliot: I'm not sure what it was. There was a little duck there too and then-

Lisa: What happened next?

Elliot: The duck-- Actually, I don't know what happened next. I closed the computer
because I got too scared.

Narrator: Oh, that does sound scary, Elliot.

Lisa: Show it to us.

Cowy: I'm afraid.

Billy: [chirps]

Narrator: Billy wants to know what happened to the duck.

Elliot: Well, okay.

Lisa: [shrieks]

Everyone: Whoa.

Elliot: Such a knobby head.

Lisa: Such big scary scales.

Cowy: It's a crocodile.

Elliot: Yikes.

Cowy: I'm going to close my eyes.

Billy: [chirps]

[quacking]

Lisa: Wow. That was a close one.

Cowy: The duck flew away.

Elliot: The crocodile swam away. I feel so much better. Phew.

Billy: [chirps]

Narrator: Yes, Billy, a duck is a bird just like you, but you're safe here with your friends. There are no crocodiles here.

Elliot: Thanks for helping me feel better, everyone.

Lisa: You are welcome, Elliot.

Cowy: Yes.

Billy: [whistles]

Narrator: Elliot, isn't it good to talk about how you're feeling? That way you're not so alone.

Elliot: Yes, sharing with you all made me feel warm and together. I am glad I talked about it, but I still don't want to meet a crocodile any time soon.

Lisa: Me neither.

Billy: [whistles]

Narrator: Yes, Billy. Those were big teeth.

Lisa: Elliot, thanks for sharing your uncomfortable thing with us.

Billy: You're welcome, Lisa.

Narrator: I have an idea. Let's each think of something that makes us uncomfortable. Then we can try sharing it with each other. Kids at home, you can join in too. Think of something that makes you feel uncomfortable.

[music]

Billy: [whistles]

Narrator: Billy says messy rooms.

[laughter]

Cow: Hmm. Staring too long at the phone.

[laughter]

Narrator: Did sharing with friends make everyone feel a little lighter.

Everyone: Yes.

Billy: Friends are the best.

Lisa: Let's play "Duck, duck, goose".

Billy: Actually, how about tag? You're it.

Lisa: You're it. [laughs]

Narrator: Lingokids listeners, thanks for coming along to explore the tricky feeling that comes up when you see something on a screen that you're not quite sure about. We thought about some helpful things to do in that situation and remembered how sharing with good friends, even when it's hard, can make all the difference.

If you are ready for interactive playlearning time, explore our Lingokids app. It offers fun and educational songs and games to help kids ages two and older learn and develop important skills such as communication, collaboration, critical thinking and creativity. That's the power of play learning. See you in our next episode.

[silence]

[00:07:15] [END OF AUDIO]