

**Presenter:** Parents, we hope you've been enjoying our podcasts and if so, you will enjoy the Lingokids app. Get it today and discover why over 50 million kids love playing and learning with the Lingokids app.

**Elliot:** Wow. What was that sound? It sounded like a stomach.

**Cowy:** Yes. It's my stomach and it's rumbling and grumbling.

**Elliot:** Why is it grumbling, Cowy? Are you hungry?

**Cowy:** No, Elliot. I'm not hungry.

**Lisa:** Are you sick?

**Cowy:** No. Lisa, I'm not sick. Yes, Billy, I am nervous.

**Presenter:** Why are you nervous, Cowy?

**Cowy:** Because I have a sleepover today and I've never been to a sleepover before.

**Presenter:** It's okay, Cowy. We can help you. Welcome to Storytime by Lingokids where we discover fascinating facts about the world around us and the fun of play learning. Today, let's help Cowy prepare for her first sleepover. What do you say?

**Children:** Yes.

**Billy:** I would love to help, but I don't know what a sleepover is.

**Presenter:** A sleepover is when you go over to a friend's house to play and have fun with your friends, and then you spend the night at your friend's house.

**Elliot:** Oh, that sounds fun. Weren't you excited about your sleepover yesterday?

**Cowy:** Yes, I was.

**Elliot:** Well, why are you nervous now?

**Cowy:** Well, because I've never spent the night at somebody else's house before.

**Presenter:** It's okay to be nervous, Cowy, especially before doing something you've never done before or you're just not used to doing.

**Cowy:** It is?

**Presenter:** Yes, it is. In fact, most people are nervous or scared before doing something they're not used to doing, even adults.

**Cowy:** Really? Why is that?

**Presenter:** Well, most of us like being in what we call our comfort zone.

**Lisa:** That sounds like a comfy place with pillows, blankets, and hot chocolate.

**Cowy:** It sounds like my bed.

**Presenter:** [chuckles] It's not a real place though. It's a phrase that we use to describe how safe and comfortable we feel when we do things that we've done many times before.

**Cowy:** That sounds like a great place to be. Why would we ever leave our comfort zone?

**Presenter:** Well, some of the most exciting things in life happen when we try things we haven't done before. It's how we grow and learn and how we get better. Just imagine if professional athletes never tried playing sports or famous singers never tried to sing on stage. They would never become great at what they do and there would be no sports games to watch or concerts to go to.

**Elliot:** Oh no, that would be terrible.

**Presenter:** Now, even though it's good to leave your comfort zone, it's also important to respect other people's comfort zones. If someone is not comfortable with doing something, we can encourage them, but we shouldn't pressure them.

**Cowy:** What does a comfort zone have to do with my sleepover?

**Presenter:** Well, you're nervous about your sleepover because it's something that's new and unfamiliar, but if you don't go, you could miss out on the fun, so we want to encourage you.

**Cowy:** I guess that's true, but what if I miss my family?

**Presenter:** Missing your family is okay. It's normal, but it doesn't mean you shouldn't go. Maybe we could think of some things that could help you not be sad. Any ideas, everyone?

[music]

**Elliot:** You could bring a Teddy bear to keep you company or a picture of your family to think of them.

**Presenter:** Those are nice ideas. You know what can also help you feel more calm and relaxed?

**Lingokids Characters:** What?

**Presenter:** Doing some breathing exercises.

**Elliot:** Don't we breathe all the time? Why would we do breathing exercises?

**Presenter:** It's a special kind of breathing, deeper and slower than regular breathing. It can help us relax and focus our thoughts and feelings. How about we give it a try now?

**Lingokids Characters:** Okay.

**Presenter:** Okay, Lingokids listeners, you can join in too. You'll start by breathing in deeply and slowly through your nose, and you're going to hold your breath for three or four seconds. Then you'll breathe out slowly through your mouth for another three or four seconds, and we can repeat this a few times. Are you ready?

**Lingokids Characters:** Yes.

**Presenter:** Okay. Start by breathing in slowly. Try to hold your breath in while I count to 4. 1, 2, 3, 4. Now, breathe out slowly while I count to 4 again. 1, 2, 3, 4. Well done. Let's do that one more time and try to concentrate your thoughts on your breathing. Breathe in and hold for 1, 2, 3, 4, and then breathe out for 1, 2, 3, 4. Great job.

**Elliot:** That was fun.

**Cowy:** That did feel nice.

**Presenter:** The great thing is you can do this anywhere. Whenever you're feeling nervous or sad and before going to bed, maybe you could do this to help you get ready for bed after you put on your pajamas and brush your teeth.

**Cowy:** I'm still worried about one thing though.

**Presenter:** What is it, Cowy?

**Cowy:** I'm afraid my tummy is still rumbling, and it's rumbling for food.

**Presenter:** Thank you all for helping Cowy get ready for her sleepover. We had a great time today learning about our comfort zones. Lingokids listeners, remember, your comfort zone may be different to the one of your friend and even your family members. In our Lingokids app, you can find fun and educational activities 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. Goodbye and till then.