

Presenter: Oh, hello Lingokids listeners. So sorry, I was sound asleep dreaming. No, this was not a good dream. I was dreaming that I lost my dog; Fluffy, Fluffy, where are you? I was having a nightmare. Even though it was just a dream and Fluffy is safe by my side, it felt really scary. I'm still feeling scared, but there are some things I can do to calm down. Would you like to learn ways to calm down after a nightmare?

Kids: Yes, please.

Presenter: Welcome to Storytime by Lingokids, where we discover fascinating facts about the world around us and the fun of playlearning. Today, we will hear a story about what happens when Cowy has a nightmare and then refuses to go back to sleep.

Cowy: Help, help. There's a monster under my bed, and it's going to get me.

Presenter: Wake up, Cowy. It's okay. You were having a nightmare.

Cowy: It's a monster. I saw him, he was big and blue and furry.

Presenter: I know the monster seemed very real, but he wasn't. It was just in your dream. Would it help if I check under your bed?

Cowy: Yes, please.

Presenter: I see lots of crayons, markers, paint. Wait, what's this furry thing?

Cowy: It's a monster.

Presenter: No, Cowy. It's just a big, blue, furry stuffed animal.

Cowy: That's the blue bear, but is the monster there too?

Presenter: No. I declare this bed monster-free. Are you ready to go back to sleep now?

Cowy: No, I can't.

Presenter: Well, what's wrong?

Cowy: My heart is beating so fast. I'm all sweaty, and my tummy hurts.

Presenter: Well, that's what happens sometimes when we feel scared. Your heart starts beating really quickly and your stomach might feel funny. We can feel it all over our bodies. How about I show you some ways to calm your body down?

Cowy: Yes, please.

Presenter: Great. Lingokids listeners, you can try this too. First, imagine you're holding an orange in each of your hands and then imagine you are squeezing them

really tightly. Ready? Squeeze your fists and relax. Fantastic. Now tense up your face and nose like you're smelling something stinky.

Presenter: Ready? Squeeze your face and relax. Amazing. Now, it's time to squeeze all the muscles in your whole body as hard as you can. Let's do this two times. Ready? Squeeze all over your body as hard as you can. That's it. Squeeze, squeeze, squeeze. Relax. Let's do it again. Ready? Squeeze your whole body. Come on. You can do it. Harder. Now relax all the muscles in your body. Whew. It's important to pay attention to our bodies when we feel different emotions. How does your body feel now, Cowy?

Cowy: Better. My body feels calm.

Presenter: Wonderful.

Cowy: But my mind is still scared.

Presenter: Well, then let's do a really special thing that helps to calm our scared minds. It's called visualization.

Cowy: Visualization, what's that?

Presenter: It's when we close our eyes and imagine something as if we can see it, smell it, feel it, taste it, hear it as if it's real. Lingokids listeners, follow along with your amazing imaginations. First, think of a color that makes you feel calm.

Cowy: I choose blue.

Presenter: Blue is a beautiful color, but any color will work as long as it makes you feel calm. Now, on the count of three, take a big deep breath and imagine you're breathing in your color. When you exhale or breathe out, imagine that color traveling through your whole body. Ready to breathe in your color on 3? 1, 2, 3. [breathes in]. Now, breathe out and imagine your color going through your whole body. [breathes out]. Let's try that one more time. Ready? Breathe in your color. [breathes in]. Now, breathe out and imagine that color making your body feel all cozy. [breathes out]. How do you feel now, Cowy?

Cowy: I feel all safe and blue inside.

Presenter: Great. Are you ready to go back to sleep now?

Cowy: Yes, but I need to cuddle blue bear.

Presenter: Great idea. Cuddles are another great way to calm down and feel safe. Isn't that right, Cowy?

[Cowy asleep and snoring]

Presenter: Aww, sleep tight, Cowy. Sweet dreams.

Presenter: Thank you Lingokids listeners for listening. I hope you enjoyed the story. Next time you have a nightmare or feeling scared or upset, try squeezing and relaxing your muscles and imagining a peaceful color throughout your body to help you feel more calm. In our Lingokids app, you can find interactive games, songs, audio books, and videos that will help you with your bedtime routine. Discover the power of playlearning when learning is fun. See you in our next episode.