

[chirping sounds]

**All:** Lingokids.

**Elliot:** Wow.

**Cowy:** Oh.

**Elliot:** Lisa, you made this?

**Lisa:** That's right. A backyard obstacle course. We've got things to climb, slide down, and jump off. Who's ready?

**Elliot:** Yes. Let's go.

[music]

[chirping sounds]

**Speaker 1:** Billy says he's ready but he sounds a bit nervous.

**Speaker 2:** Welcome to Stories for Kids by Lingokids, where we discover fascinating facts about the world around us and the fun of play learning. Today, we're learning about how to turn weakness into strength. Let's see how this obstacle course plays out.

**Lisa:** All right, everyone. First things first, the balance beam. Don't worry, it's not too high off the ground. Elliot is first.

**Elliot:** Here I go.

[music]

**Cowy:** My turn.

**Lisa:** Go for it, Cowy.

[music]

**Cowy:** I did it.

**Lisa:** Your turn, Billy. Are you ready?

[chirping sounds]

**Speaker 1:** Billy says he thought of a clever way to get across.

**Cowy:** You flew across the balance beam?

**Lisa:** Well, I suppose that's okay. Let's move on to the next obstacle.

**All:** Yay.

[music]

**Lisa:** All right, everyone. Next up is the climbing wall.

**Elliot:** Oh, wow. This looks like a tough one.

**Cowy:** You can do it, Elliot.

**Elliot:** All right. Here I go. I did it. Cowy, you're up.

**Cowy:** Here I come.

**Lisa:** Yes. Nice one, Cowy. Billy, you go now.

[chirping sounds]

**Speaker 1:** Billy says he's going to work smarter, not harder.

[music]

**Elliot:** Billy, that's great you flew to the top, but don't you want to try climbing?

[chirping sounds]

**Elliot:** All right.

[music]

**Lisa:** The limbo bar. Everyone underneath.

[music]

[chirping sounds]

**Speaker 1:** Billy says he's just going to fly around since that's the easier way.

[chirping sounds]

**Elliot:** Oh.

**Speaker 2:** What do you think Lingokids listeners? Why might Billy be doing what's easiest for him? Do you think he might be afraid?

**Lisa:** All right. Well, I guess let's move to the last obstacle. We are going to slide down this pole.

**Elliot:** Like firefighters. Here I go. Whee. Look out below. Woohoo. Okay, Billy, your turn. Do you think you want to try it the way we're doing it instead of flying?

[chirping sounds]

**Cowy:** How come, Billy?

[chirping sounds]

**Speaker 1:** Billy says that he knows an easier way to do it.

**Elliot:** Well, sure, it's easier for you. Billy, I've noticed something today. You're doing everything in a way you already know. It feels like there's something that's been on your mind. Is there anything you want to talk about?

[chirping sounds]

**Speaker 1:** Billy says it's something that's hard to talk about.

**Elliot:** You can take your time, Billy.

**Cowy:** Oh, he's right. There's no rush.

[chirping sounds]

**Speaker 1:** Billy says he does really want to talk about it, but he doesn't really know the words that will help him. He isn't sure how to describe what he is feeling.

[chirping sounds]

**Speaker 1:** Ah, he says he's found the word. He says he's-

[chirping sounds]

**Speaker 1:** Oh, Billy.

**Elliot:** What did he say?

**Speaker 1:** He says that he's a coward.

**Cowy:** What?

**Elliot:** Billy, why would you call yourself that?

**Cowy:** A coward? What's that?

**Speaker 1:** It means someone who doesn't have the courage to do something.

**Elliot:** Billy, why do you think you're a coward?

[chirping sounds]

**Speaker 1:** Billy says that's just what he is. He's scared to do the obstacle course the way you're all doing it.

**Lisa:** Billy, that doesn't make you a coward.

[chirping sounds]

**Speaker 1:** Billy says it does. He always tries to find the easiest way to do

something.

**Lisa:** Oh sure, but that's because you're a genius.

**Elliot:** Lisa's right. You're such a smart guy. You're trying to find solutions that work for you.

[chirping sounds]

**Speaker 1:** Billy's trying to explain that his solutions are all about facts. He just doesn't know how to deal with solving problems that involve his emotions.

**Cowboy:** Well, it's good that you recognize that, Billy.

**Lisa:** Absolutely. What's the main problem you want to solve?

**Elliot:** Maybe we can help.

[chirping sounds]

**Speaker 1:** Billy says that sometimes he doesn't challenge himself to do new things, and so certain things, like this obstacle course, really scare him.

[music]

**Elliot:** Billy, we all get scared.

[chirping sounds]

**Cowboy:** Of course, I'm scared of things that Lisa isn't scared of.

**Lisa:** Certain things scare me that don't scare Elliot.

[chirping sounds]

**Elliot:** Oh, Billy, that doesn't make you a coward.

[chirping sounds]

**Lisa:** Of course not. You've already done the most important thing. You admitted you were scared. Do you know how much bravery that takes?

**Elliot:** Lisa is right. Telling people you're scared is one of the hardest things you can do.

**Cowboy:** That's right, Elliot. The question is, what do you want to do, Billy?

**Lisa:** Yes, you don't have to slide down if you're afraid. It's perfectly okay.

**Elliot:** Or we could help you if you want it.

[chirping sounds]

**Cowy:** Yes. You don't need to start from very high up. This pole might be a bit tough to wrap your wings around.

**Lisa:** Yes, why don't you start with something smaller?

**Speaker 2:** That's a great suggestion, Lisa. Remember, Lingokids listeners, we don't need to start with a humongous new challenge. When we try new things, we can start with a small challenge, then work our way up.

**Lisa:** Yes, what about sliding down this rake?

[music]

**Cowy:** Yes. Way to go, Billy.

[chirping sounds]

**Cowy:** Nice job.

**Lisa:** Do you want to try the next thing?

**Elliot:** Remember, you don't have to if it makes you uncomfortable.

[chirping sounds]

**Speaker 1:** Billy says he wants to try more. In fact, he'd like to do the whole obstacle course again.

**Elliot:** Wow. Let's do it.

[music]

**Lisa:** Balance beam.

[music]

**Cowy:** Climbing wall.

[music]

**Elliot:** Limbo bar.

**Speaker 2:** Finally, the fireman's pole.

[music]

**Lisa:** Ready, Billy?

**Elliot:** Remember, you don't have to do it if you're too scared. That doesn't make you a coward.

**Cowy:** Yes, you are one of the bravest friends I know.

[chirping sounds]

**Speaker 1:** Billy wants to thank you. He says that he knows he doesn't have to do it. He just wants to.

[chirping sounds]

**Speaker 1:** He also says, "Look out below."

[chirping sounds]

**Speaker 1:** Lingokids listeners, we learned that even the most confident friends can be scared sometimes, and that's okay. We all have things that frighten us. Admitting when we're scared and asking for help are important ways we can grow. We'll see you next time.

[music]

**[00:09:30] [END OF AUDIO]**