


Dragon

A story about friendship, and
multi-coloured feelings.



A colorful illustration of a green dragon and a young girl. The dragon is on the left, standing on its hind legs, holding a sword in its right hand. The girl is on the right, also holding a sword. They are in a simple landscape with a cave in the background. The dragon has a long tail and small horns. The girl has brown hair and is wearing a blue striped dress, red tights, yellow socks, and purple shoes.

I once knew
a dragon that
lived in a cave.

It took a while to get to know each other.
We played hide and seek and had sword fights.
We went on treasure hunts.

One day I asked Dragon to fly
us far away for a treasure hunt.
When we came back Dragon
started crying.
Someone had taken their
favourite things.



Dragon got angry and tried to calm down by taking a big deep breath.



Purple fire came out and their scales changed from green to red.






Dragon didn't want to play anymore.

Dragon didn't want to go on treasure hunts any more either.
When another person came near their cave they got angry again.



A stylized illustration of a red dragon with two light green horns, breathing a large plume of purple fire. The dragon is shown in profile, facing right, with its mouth open and the fire emerging from its nostrils. The background is plain white.

Dragon tried to calm down by counting slowly to ten.
Their scales changed from green to red and purple
fire came out of their nostrils.

Dragon barely slept wondering if
their things were safe.

I decided I'd like to go back and visit Dragon.
Dragon wasn't in the mood to speak with me.

I rolled a ball over to Dragon.

They rolled the ball back.

I bounced the ball to Dragon.


They bounced the ball back.



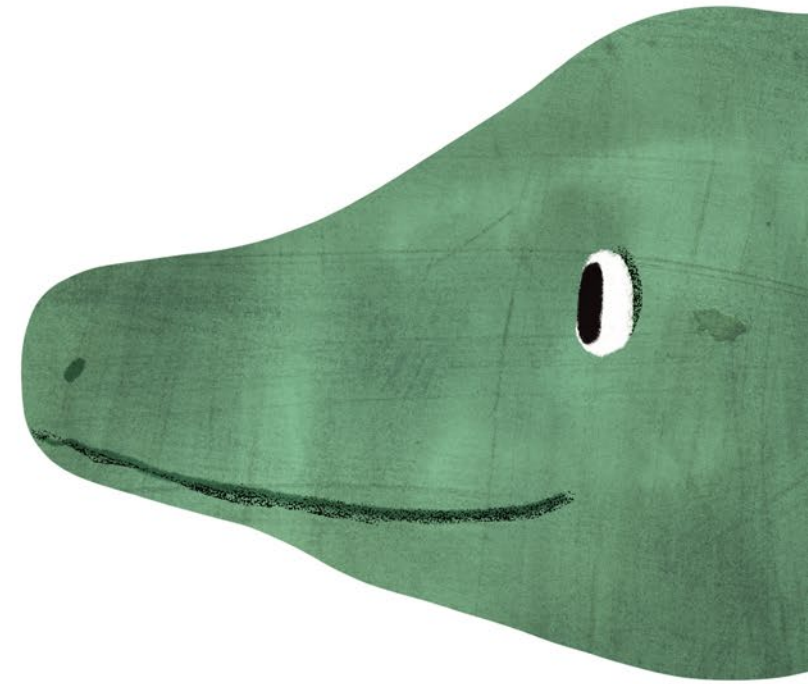
I asked Dragon if they wanted to go on a treasure hunt again.
But Dragon wasn't quite ready to leave the cave.



The next time I came back to the cave I brought a sign for Dragon.

A child with brown hair and a blue striped shirt is holding a large yellow sign. The sign has text written on it.

I am Dragon and I am
working on my chill
Sometimes I find it
hard to keep it tranquil
I don't mind sharing
but stealing is mean
So please don't steal
from me and help me
keep my scales green



Dragon smiled and asked me if I
wanted to go for a treasure hunt.

Reader Reflection

It's okay to feel angry. Anger visits everyone from time to time.

When we get steamed up with anger it can change what it feels like in our bodies.

What were some clues that told us Dragon might be feeling angry?

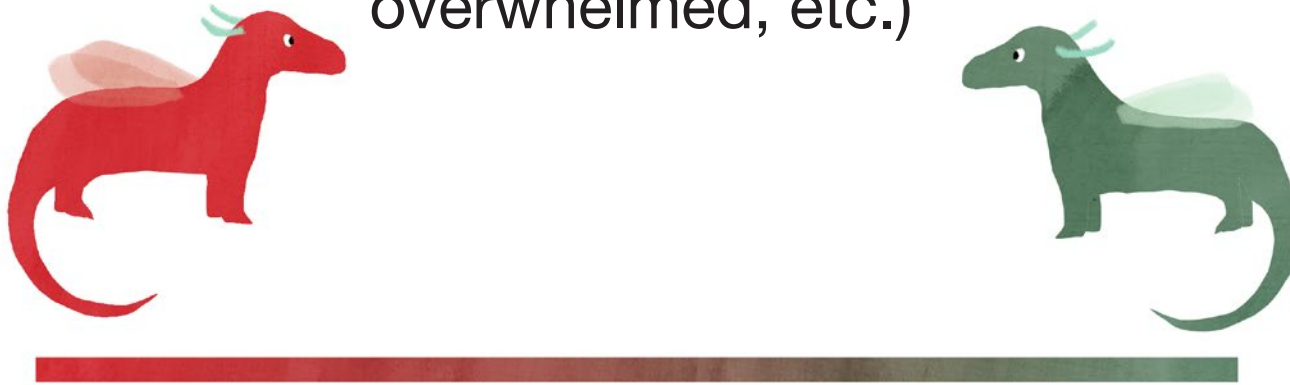
What is it like in your body when anger starts steaming up or building up inside?

Following is a Dragon Breathing Activity which Dragon has found useful for letting off some steam before it builds up.



Dragon Breathing Activity

Let's try a dragon breathing exercise.
Use this when you're feeling BIG emotions (anxious, angry or overwhelmed, etc.)



Imagine like Dragon you are feeling angry and you want to calm down.

What colour do you imagine your body is?

You can close your eyes if you want, or not.

Take a breath in for 4 seconds.

Breathe out for 5 seconds.

Repeat 5 times.

What colour does your body feel like now?