



Benny's Brave Roar

Once upon a time, in a beautiful forest nestled among tall trees, there lived a curious and playful baby bear named Benny.

With his fluffy brown fur and big, innocent eyes, Benny loved exploring the forest with his friends.



One sunny day, as Benny wandered through the forest, he came across a friendly owl named Oliver.

Oliver noticed Benny just sitting quietly and asked, "What's bothering you, little one?"



However, there was something that troubled Benny, he felt too shy to express himself.

While his friends laughed and played loudly, Benny stayed quiet, afraid to let his voice be heard.



As he continued exploring the forest, he noticed a group of cubs playfully climbing trees and giggling.

The leader of the cubs, a confident raccoon named Rosie, stood on a tree stump and barked joyfully, filling the air with her vibrant energy.



**Benny felt a mix of admiration and envy,
wishing he could be as bold as Rosie.**



Suddenly, he heard a faint sound coming from a distance, it was a beautiful melody of hummingbirds singing their cheerful tunes.

Benny followed the sound, he discovered a group of hummingbirds singing in harmony, a magical atmosphere, and Benny couldn't help but smile.



Inspired by the hummingbirds, Benny realised that he had his own unique way of expressing himself, he could hum a sweet and gentle tune.

From that day on, whenever Benny felt happy or excited, he would hum a joyful melody. His friends heard his unique roar, and they all danced and played together, creating harmonious sounds in the forest.



Benny's newfound confidence didn't stop there. One day, when a group of playful monkeys invaded his play space, Benny bravely let out a gentle but firm humming noise.

The monkeys looked down, they were surprised realising that Benny had found his brave roar.



As time passed, Benny's gentle hum became a symbol of courage and friendship in the forest. He was no longer afraid to express himself, and he embraced his unique roar with pride.

And so, in the heart of the enchanting forest, Benny the baby bear discovered that finding his roar didn't mean having to be loud or boisterous.

His hum was a gentle, special way of expressing his joy and courage, and it brought harmony and happiness to the forest and all who lived there.



In this therapeutic story, children between 4-7 years of age, can with adult support, explore the concept of self-expression, self-acceptance and the importance of embracing their unique qualities.

The story encourages children to be confident in their own voices and understand that there are various ways of expressing themselves.

The story promotes the idea that finding one's roar is about embracing individuality and discovering the beauty of our own special talents and strengths.

Notes

Meet Benny, a baby bear who loves exploring the forest with his friends. Benny feels sad because he can't roar like the other bears.

Benny meets Oliver, a wise owl who encourages him to find his own unique way of expressing himself.

Benny sees his friends, including Rosie the raccoon, roaring loudly and wishes he could be as bold as them.

Benny follows the sound of hummingbirds and discovers that he can hum a sweet and gentle tune.

Benny starts humming whenever he feels happy or excited. His friends appreciate his unique roar, and they all play together with joy.

When playful monkeys take over Benny's play space, Benny bravely hums to scare them away.

Benny's gentle hum becomes a symbol of courage and friendship in the forest. He learns to be proud of his unique roar.

Benny realises that finding his roar doesn't mean being loud but embracing his own special way of expressing himself.

The forest is filled with harmony and happiness as Benny's gentle roar brings joy to everyone around him.