Dante and the Magic of Calm



Once upon a time, in a cheerful little town, there was a boy named Dante. Dante had brown curly hair and bright blue eyes. Sometimes, when things didn't go his way, Dante would get very, very angry.



One day, while playing with his toys, Dante got upset because his tower of blocks fell down. "Why won't it stay?" he shouted, his cheeks turning red like tomatoes.



Dante's mother gently came over and knelt beside him. "Dante, when you feel angry, take a deep breath," she said kindly. "It can help make the anger go away."



Dante tried it. He took a deep breath in and blew it out slowly. Suddenly, he didn't feel so angry anymore. He smiled at his mom and gave her a big hug.



After that, whenever Dante felt angry, he remembered his mother's words. He would breathe deeply and feel the anger disappear like magic.



One day, while playing at the park, Dante saw his friend Sarah getting upset because she lost her ball. "Watch this," Dante said, smiling.



"Take a deep breath like this," Dante instructed. Sarah did as Dante said and felt her worry float away. "Wow! I feel better!" she exclaimed, thanking Dante with a big grin.



From that day on, Dante and Sarah knew how to make their anger disappear with just a simple breath. They shared this magic with all their friends. Dante was happy to know that his trick helped make everyone's days as bright as the sun!



And so, whenever you feel upset, just remember: Take a deep breath. You'll feel the magic work, just like Dante did. "And that helps us all feel calm and happy," Dante would say with a twinkle in his eye.



The end.



