

Elijah Finds His Calm



By [Shane Connelly](#)'s [AI Childrens Book Generator](#)

Once upon a time, there was a boy named Elijah. Elijah was feeling very angry today.



Elijah didn't know what to do with his big, big feelings. Mommy said, 'Let's go outside, Elijah.'



Outside, the sun was bright and the air was fresh. Mommy showed Elijah how to take deep breaths. 'Breathe in, breathe out,' she said.



Elijah felt the warm sunshine on his face. 'Breathe in, breathe out,' he whispered.



Elijah began to feel a little better. Mommy gave him a pinwheel.
'Watch it spin,' she said.



Elijah blew on the pinwheel and watched it twirl. His anger began to float away with the wind.



'Breathe in, breathe out,' Elijah said to himself, feeling totally calm.



Elijah and Mommy walked home feeling happy and calm. He knew just what to do next time he felt angry.



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