



The Magic Volume Knob

By Shilpashree C M



Pip felt like a giant drum
was beating inside him.
Boom, boom, boom! His
feelings were so big and so
red that they wanted to
burst right out of his toes
and his nose. He felt like he
might explode into a
million pieces.





His big brother, Bodhi, saw
Pip's wiggly hands and
huffy breath. Bodhi didn't
get scared of the big storm.
He knelt down so he could
see Pip's eyes. "Do you have
a Big Noise trapped inside?"
Bodhi asked gently.





Bodhi led Pip by the hand to the very back of the garden. There, under the big oak tree, stood the Shouting Stone. "This is the place for the loudest sounds in the world," Bodhi explained. "The stone loves to listen."





"Stand tall," Bodhi said,
stepping back to give Pip
room. Pip climbed onto the
Shouting Stone. He took a
giant breath, filled his chest
like a balloon, and let out a
LOUD, "RAAAARRRR!"



Pip roared again, even louder this time! The sound bounced off the trees and flew up to the clouds. He let all the "big and red" feelings fly out of his mouth until his throat felt tingly and his tummy felt lighter.





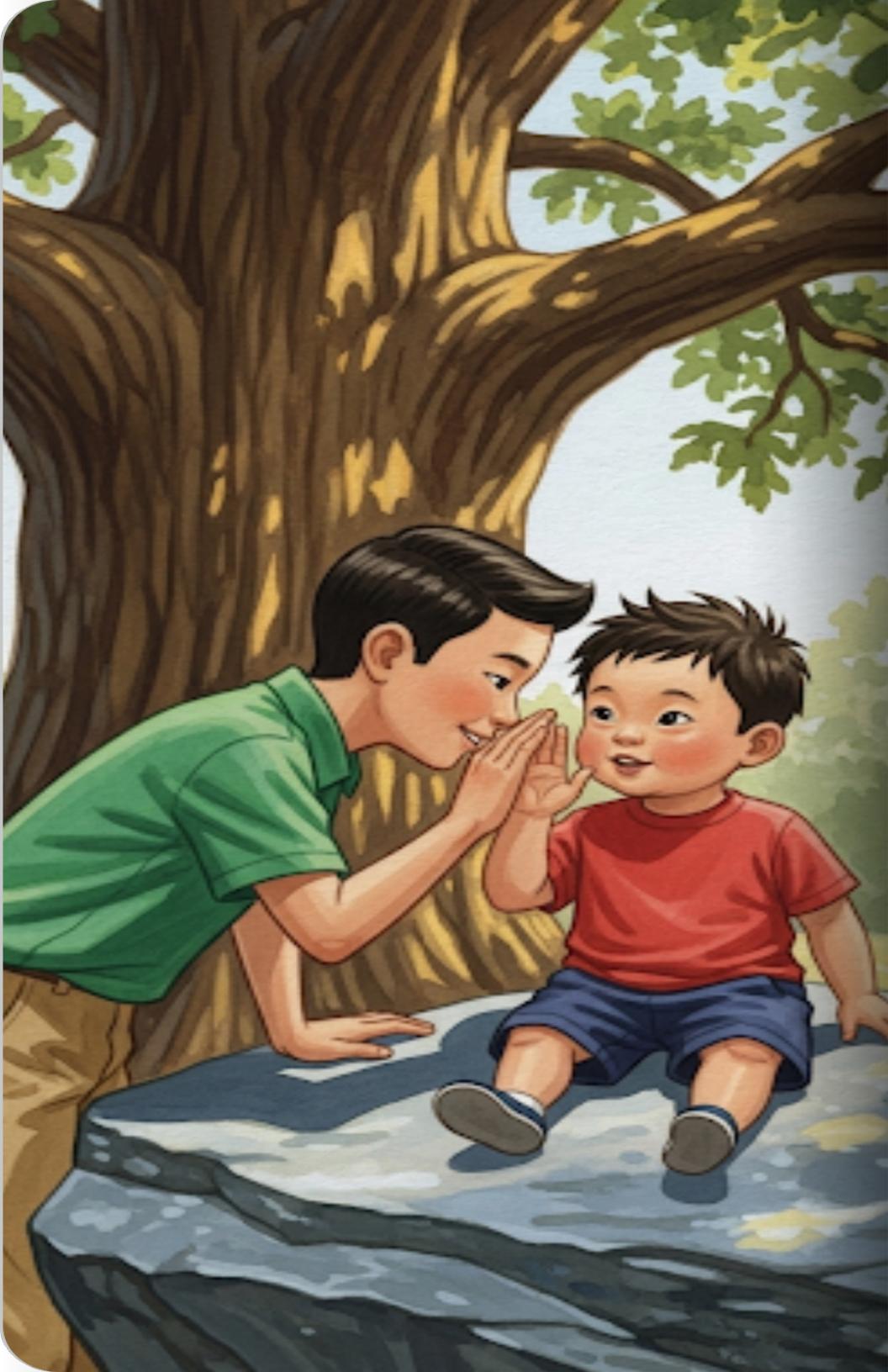
THE SHOUTING STONE

Bodhi clapped his hands softly. "That was a very big sound! Now, let's see if we can turn the volume knob down just a little bit." Bodhi put a finger to his lips and made a gentle "shhh" sound.



Pip sat down on the cool stone. He tried to use his "inside voice," the one he used to tell a story or ask for a snack. "I am standing on a rock," he said in a steady, medium voice. He noticed his hands weren't wiggling anymore.





Bodhi leaned in close to the stone. "Now for the magic," he whispered. "Can you make a sound so quiet that only the ladybugs can hear it? Can you make a sound as soft as a falling feather?"



Pip hopped off the Shouting Stone and gave Bodhi a big hug. His big feelings were still there, but they weren't shouting anymore. Pip knew that even when he felt like a storm, he could choose to be the quiet after the rain.

