

# Let Us Smell the Flowers



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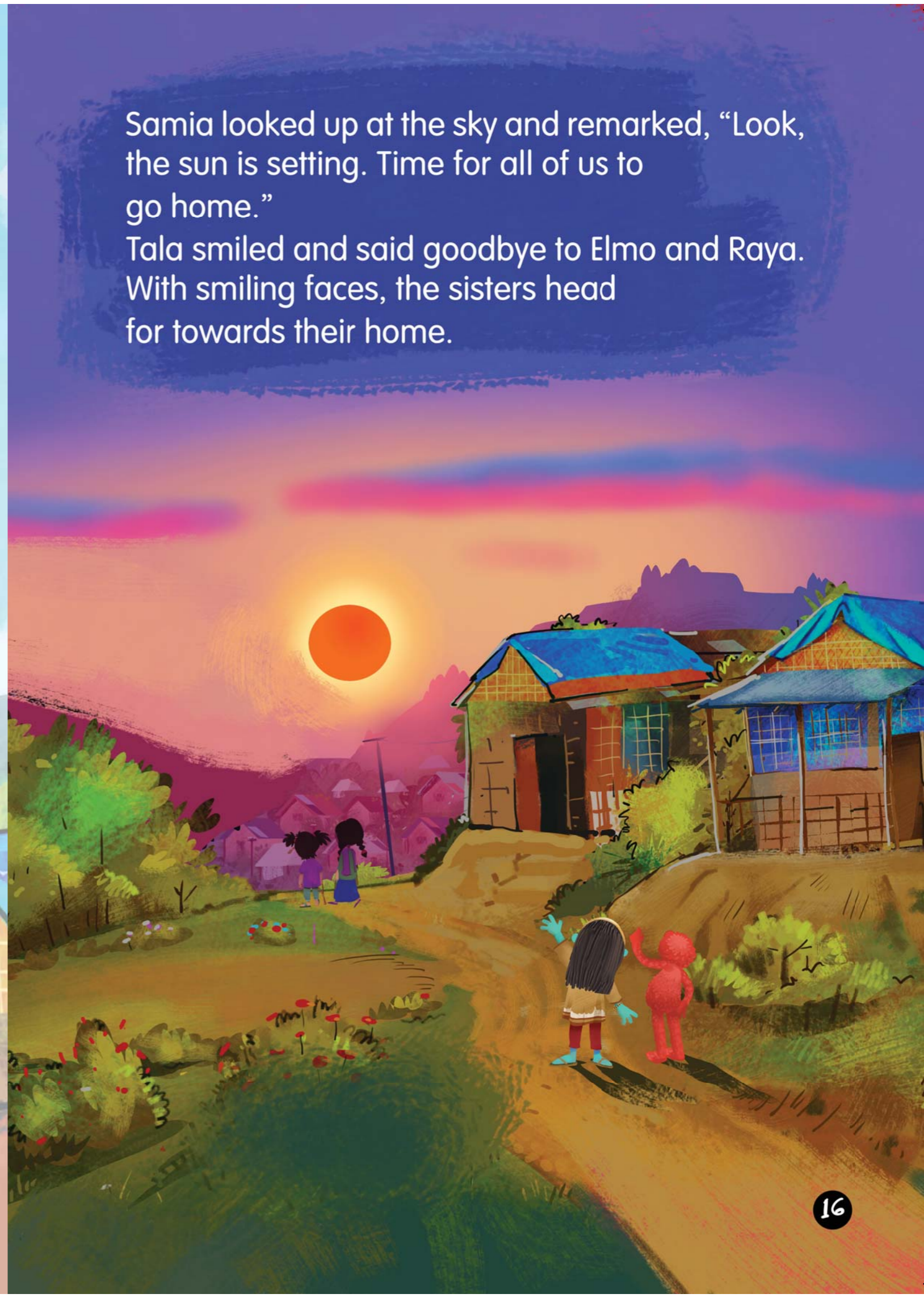






Samia looked up at the sky and remarked, “Look, the sun is setting. Time for all of us to go home.”

Tala smiled and said goodbye to Elmo and Raya. With smiling faces, the sisters head for towards their home.





# Let Us Smell the Flowers

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Raya, Tala and Elmo are friends. In the afternoon, they play in the garden behind Raya's home. It's their favourite play place.







Raya and Elmo live close to each other, but Tala lives a little far away. Tala visits Raya and Elmo with her elder sister Samia. Samia accompanies Tala whenever she wants to play in the garden with Elmo and Raya. While they all play, Samia speaks to Elmo's mother.



Today, Tala is a little late in coming to play. Elmo starts looking here and there. “Will Elmo, Tala and Raya play today?” he asks. Suddenly, Raya says, “Hey look! Tala and Samia apa are coming!”







Tala seemed sad. She is not speaking, nor is she playing. "What happened, Tala?" Elmo asked, "why are you crying?"

Tala didn't reply for a few minutes and kept silent. Suddenly, she started crying. Samia was amazed! She exclaimed, "Why are you crying?" Tala sobbed, "we are shifting to a new place which is a little far away so we cannot play anymore!"



Samia says to Tala, "Oh! That is why you are feeling sad? Tala, leaving your friends will be hard. If you want, sometimes I can bring you here to play with Elmo and Raya. In the new place, there is also a Play Lab! You'll get to make new friends and talk about them with Elmo and Raya."





Tala felt better hearing this, though she was still a bit sad knowing that she won't be able to play with Elmo and Raya everyday. Everyone was wondering how they could help Tala feel better.

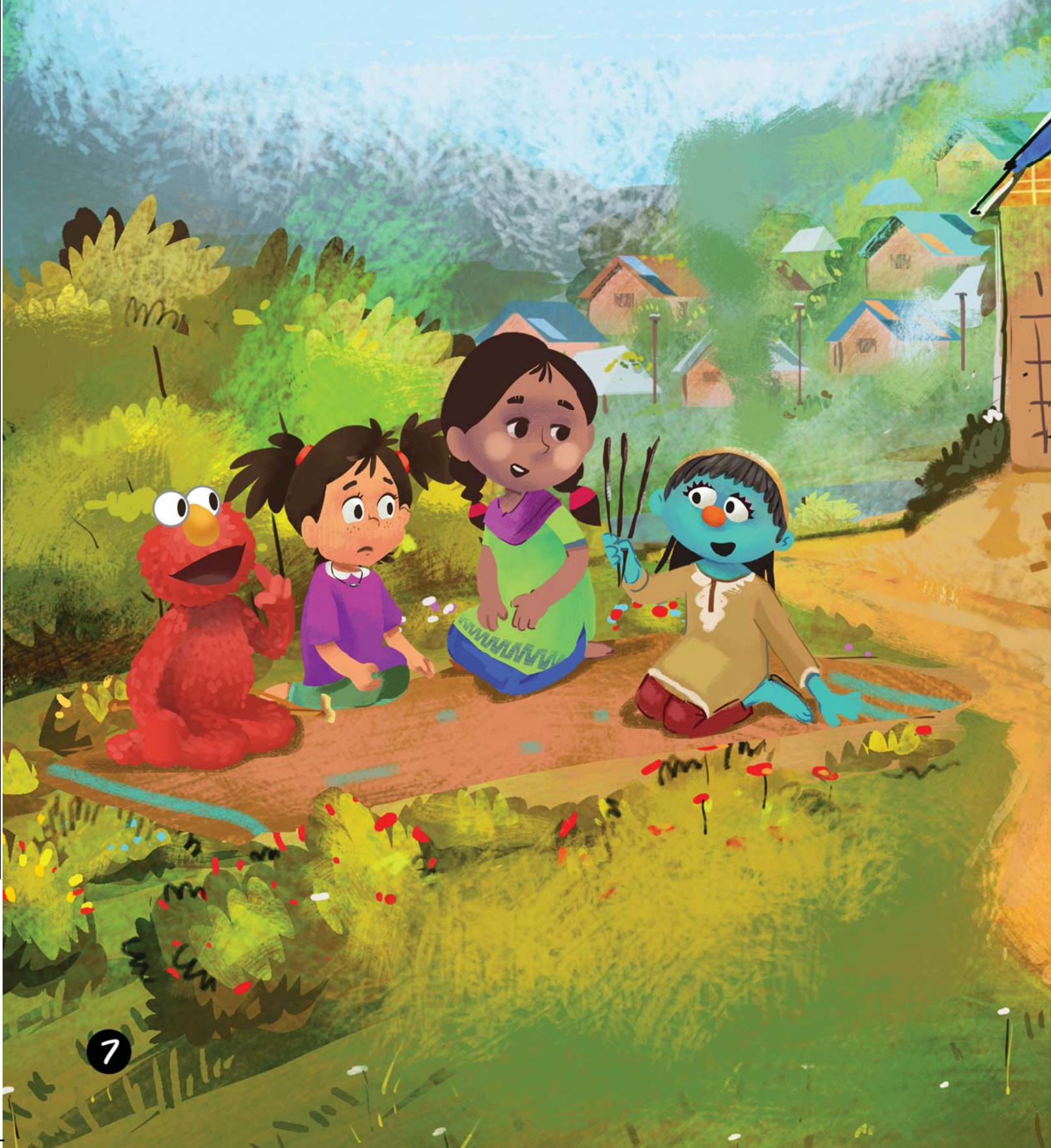


Samia exclaims, “I know! Let’s all draw what we think Tala’s new Play Lab will look like,” Samia says. Raya runs and brings 3 sticks. “This sounds fun!” Raya says.

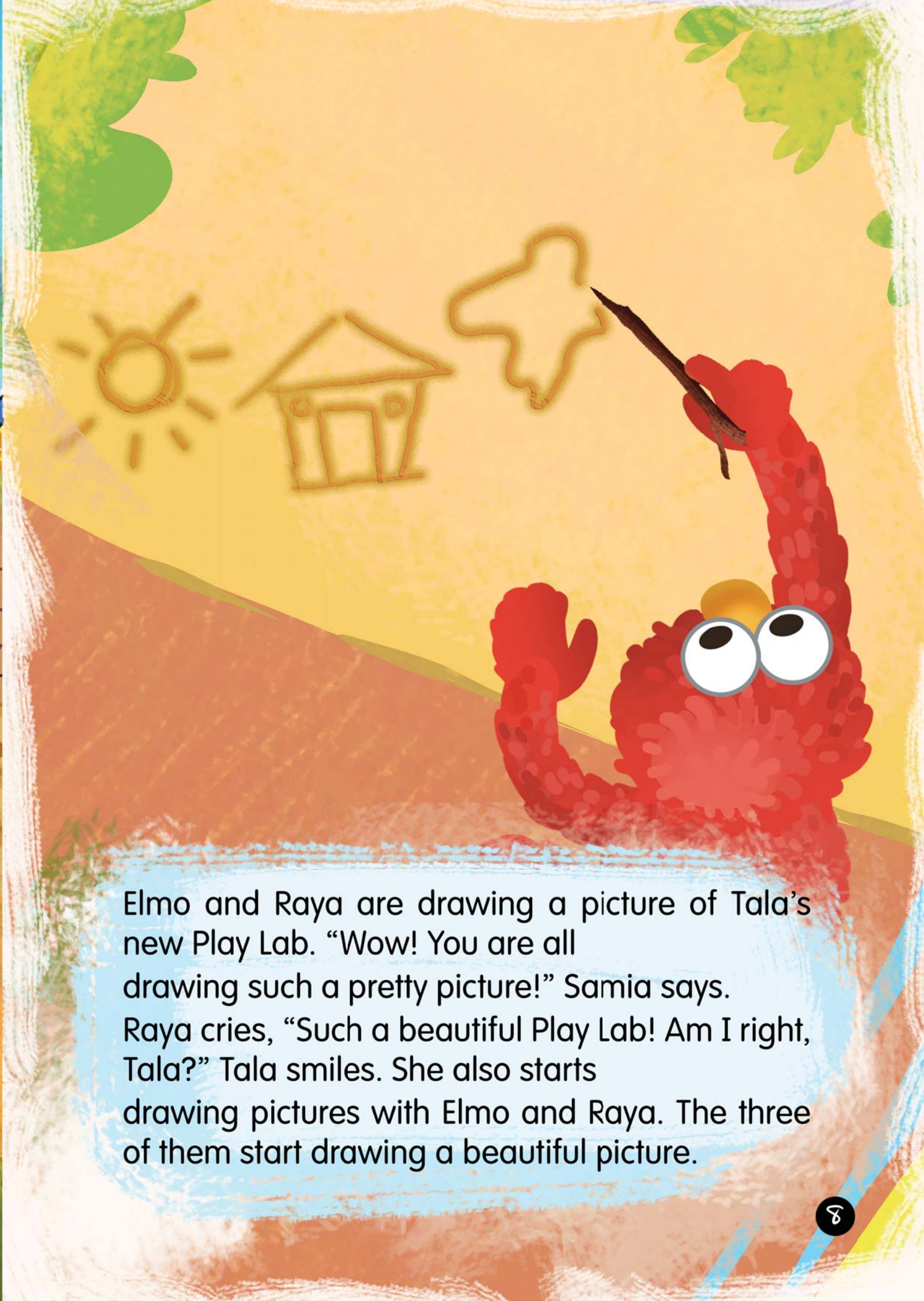


“What are you going to do with the sticks?”  
Samia asks, confusedly.

“We will draw Tala’s new Play Lab on the ground  
with sticks!” Raya says.

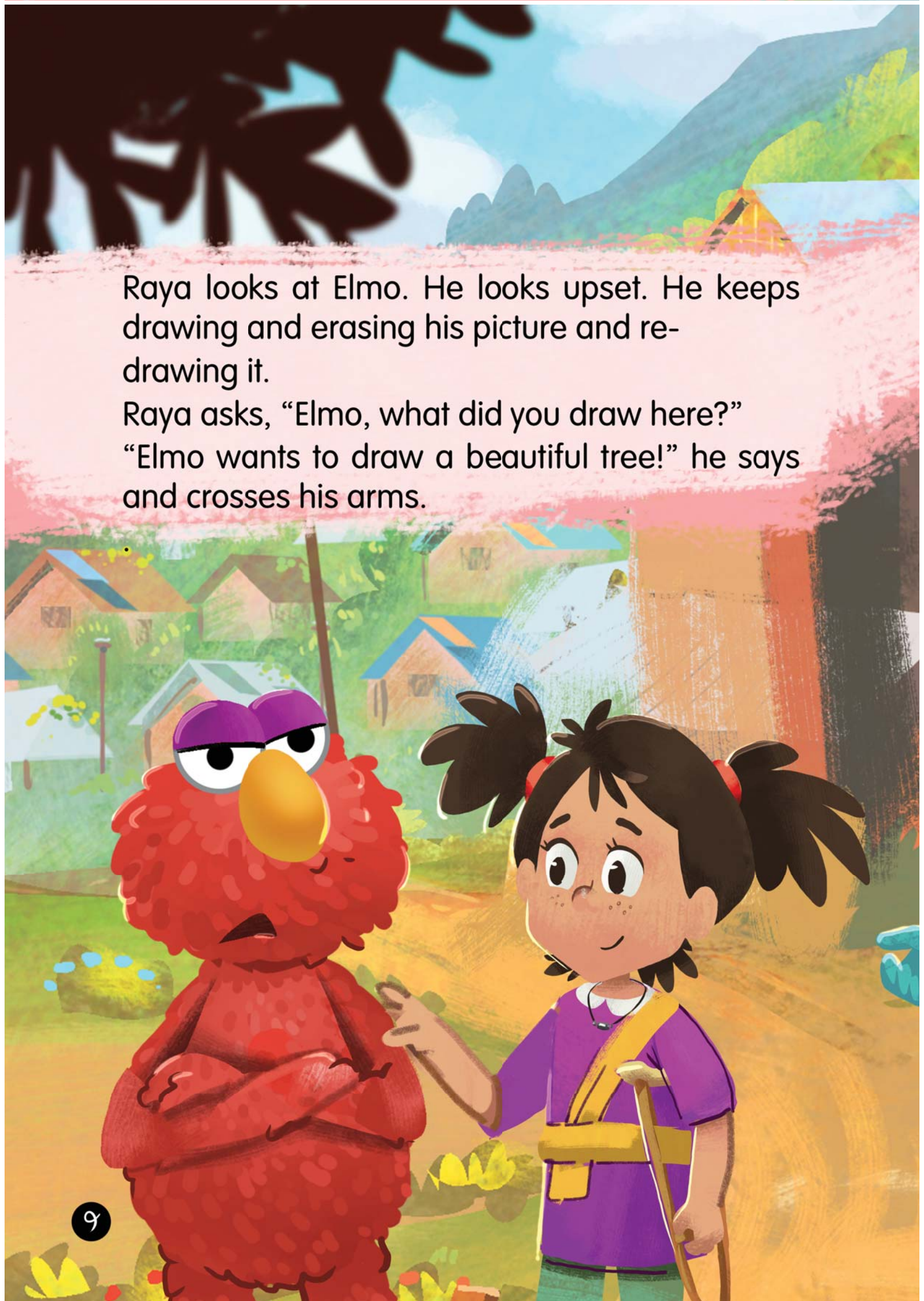






Elmo and Raya are drawing a picture of Tala's new Play Lab. "Wow! You are all drawing such a pretty picture!" Samia says. Raya cries, "Such a beautiful Play Lab! Am I right, Tala?" Tala smiles. She also starts drawing pictures with Elmo and Raya. The three of them start drawing a beautiful picture.





Raya looks at Elmo. He looks upset. He keeps drawing and erasing his picture and re-drawing it.

Raya asks, “Elmo, what did you draw here?”

“Elmo wants to draw a beautiful tree!” he says and crosses his arms.



Raya and Tala are startled! “What happened Elmo? Tala asks. “Elmo feels angry. Elmo couldn’t draw the tree!” Elmo huffs.





Samia says, “Elmo would you like to take a break? Let’s play a fun game. Everyone sit comfortably.







Now, imagine we are all in a flower garden. You have your favourite flower in front of you. Now, breathe in the sweet smell of the flowers.”  
Everyone imagines smelling their favourite flower. They breathe in deeply through their noses.



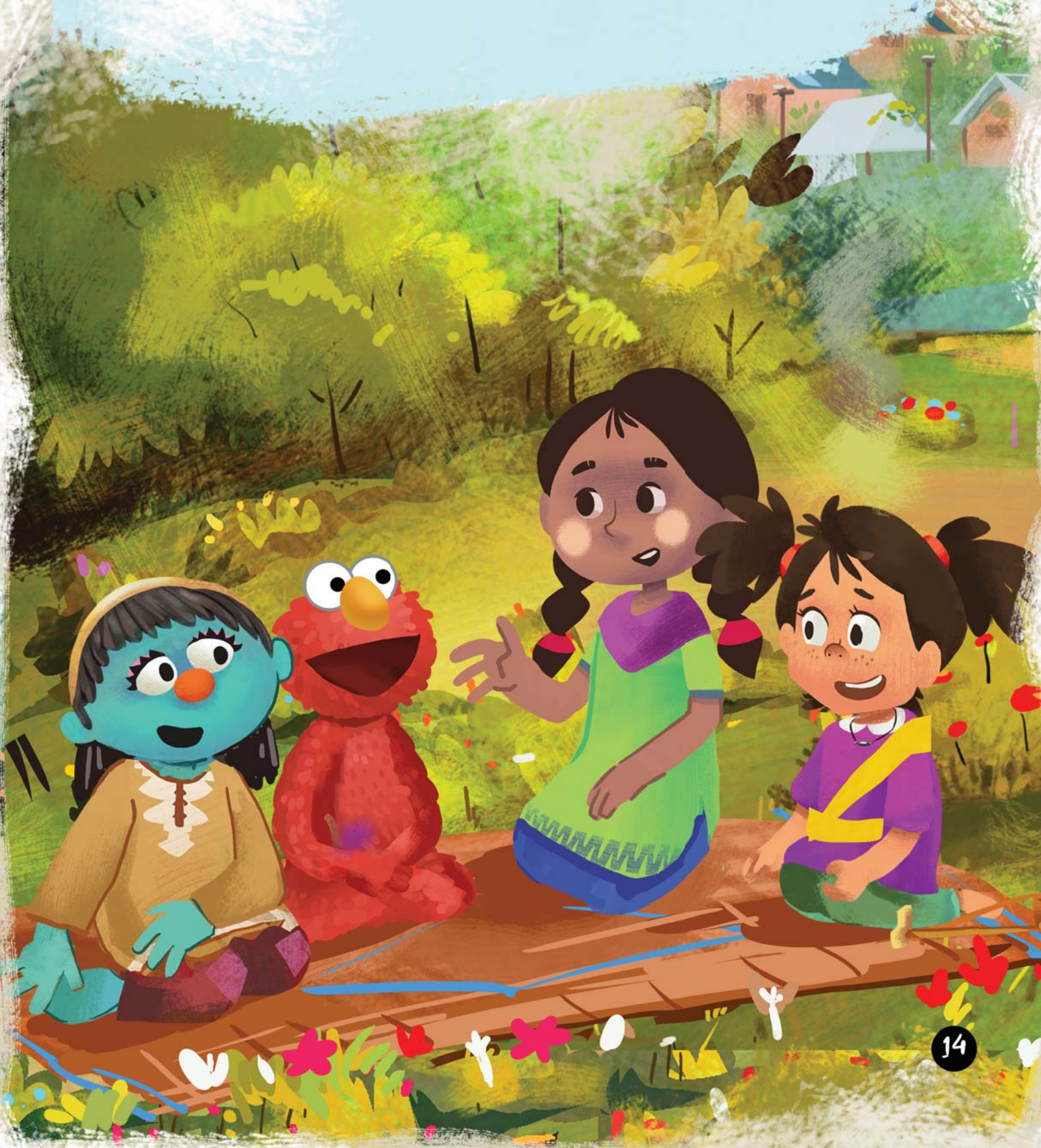


“Now imagine that there’s a candle burning in front of us. We will now blow out the candle with a “Phoo!” Samia says. “Phoo...” They all breathe out from their mouths. “Now smell your favourite flower again.” Samia says. “And again, blow the candle out with a “Phoo...” Samia says steadily. They breathe out together.





Does everyone feel a little better now?" Samia asks. "Elmo feels a bit better now!" Elmo says. Samia smiles and says, "We can play this flower smelling game whenever we feel sad, angry or hurt for any reason."





“Everyone is feeling better now after smelling their favourite flower, isn’t that right?”

Samia asked.

“Elmo feels that Elmo can draw the tree now.”

Then Elmo draws a tree. “You have drawn an excellent picture, Elmo! It looks so amazing now.” both Raya and Tala exclaimed. The three of them completed the drawing.

