

Kindness Koala's Kind Karma



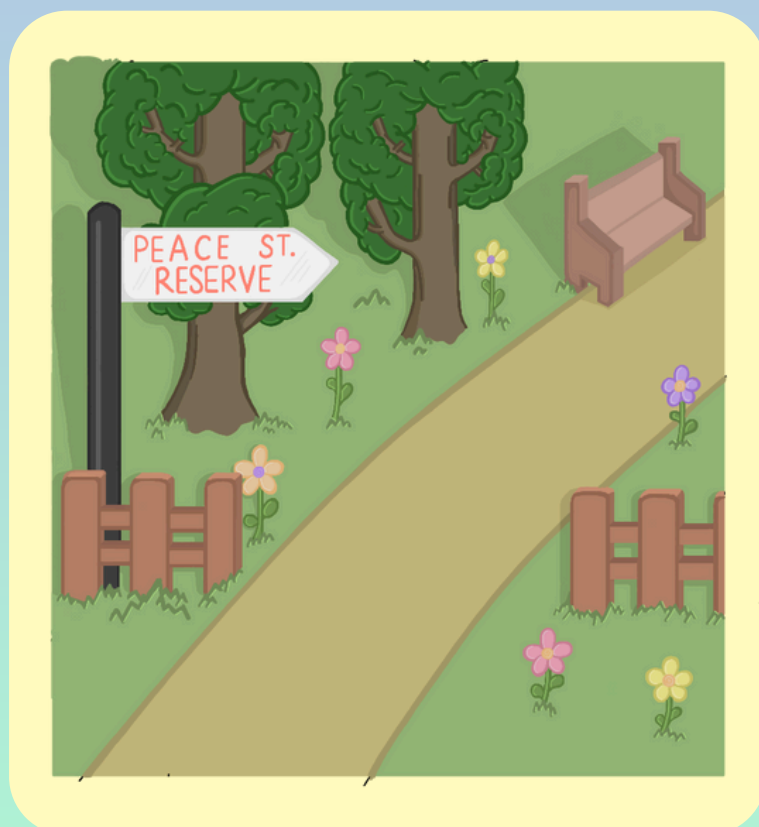
Written and illustrated by Olivia Smith.

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Resting among the branches in the tall trees of the Peace Street Reserve was Kindness Koala.

Kindness Koala was joined by their koala **friends**, Lottie and Noddy.

Kindness Koala felt the warmth of the sun, shining through the leaves. Nestled in the tree, they **appreciated** their **environment** and all the small **details** they could **see** and **hear**.



“Ahhh,
it doesn’t get any better than this,”

Kindness Koala said,
in a state of **bliss**.



Lottie and Noddy chimed in with
agreement.

The koalas **loved** being up in the trees.

After a big morning of jumping
among the branches to gather the
eucalyptus leaves,
it was time for the koalas to have
their midday **rest**.

Full of **warmth** and **serenity**,
Kindness Koala began to doze off.

ZzzZzzZzzZzz

Just as Kindness Koala fell **asleep**, they were woken by the sounds of Lottie and Noddy playing a game on the ground below.

“Come and play, Kindness Koala!”

Shouted Lottie.

“Yeah, come down and play with us!”

Noddy added.

Kindness Koala looked down at their friends playing, and back up at the glowing leaves, **softly** dancing in the wind.

Kindness Koala was too **tired** to **play** and was **happy** resting in the tree.

“I’m going to stay up here and keep resting. You two have **fun** though!”



Kindness Koala replied,
ready to go back to **sleep**.

“Aw, come on! Get down here”

demanded Noddy.

Lottie chimed in,

“I really want us to play together.
It will be fun!”

Kindness Koala once again told Lottie
and Noddy that they didn’t **feel** like
playing **right now**,
and that they **might** join **later** after
they rest.

Lottie and Noddy moaned and groaned, and continued to call Kindness Koala to **join**.

Kindness Koala started to feel **pressured** by their friends. They didn't want to **disappoint** Lottie and Noddy, but also knew that they **needed** to do what was **right** for their body.



The **pressure** started to become **overwhelming** for Kindness Koala, and they could feel themselves becoming **frustrated**.

Their **heart** started to **race**, and they wanted to **scream** at Lottie and Noddy to be left **alone**.



Kindness Koala didn't want to act out in **anger** towards their friends, so they needed to **calm** their **body** down.

Practicing **mindfulness** was a **helpful** way for Kindness Koala to **regulate**, so they decided to **practice** their favourite **strategy**, **Bubble Breathing**.

To release some of the **angry energy** in their body, Kindness Koala dropped their shoulders, relaxed their jaw, and uncurled their fist.

Closing their **eyes**, Kindness Koala began to **imagine** a floating **bubble**.

They took a **slow breath in** and **counted**.

1...2...3...4...

The bubble in Kindness Koala's mind started to grow **bigger** as they counted.



Kindness Koala then **counted backwards** from 4 and took a **slow breath out**.

4...3...2...1...

The bubble in their mind became **smaller** and smaller.

Kindness Koala continued breathing in and out for **four** seconds until their body relaxed and their **heart** beat slowed down.

Taking a **moment** to **pause** and focus on their breathing, allowed Kindness Koala to stay in **control** of themselves, and find the **right** words to say to Lottie and Noddy.

Kindness Koala set a firm **boundary**.

I **don't** want to play right now, my body needs to rest. If you keep **pressuring** me to play, I will leave and go home to rest **instead**.”



Lottie and Noddy paused and **reflected**.

“**Sorry**, Kindness Koala,
I **understand** you’re tired.
We’ll let you rest.”

Noddy
responded.

“Yeah,”

agreed Lottie,

“Let us know when
you’re ready to play.”

Kindness Koala was glad they paused
and **expressed** themselves, and **thankful**
their friends **respected** their decision.

The **serene** feeling returned.
Kindness Koala closed their eyes and
drifted into a deep **sleep**.

“When in doubt breathe in,
breathe out!”

