

Brave 'Burra's Building Barrier



Written and illustrated by Olivia Smith.

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“Let’s get **ready** for
blast off!”

exclaimed Peaceful Platypus.

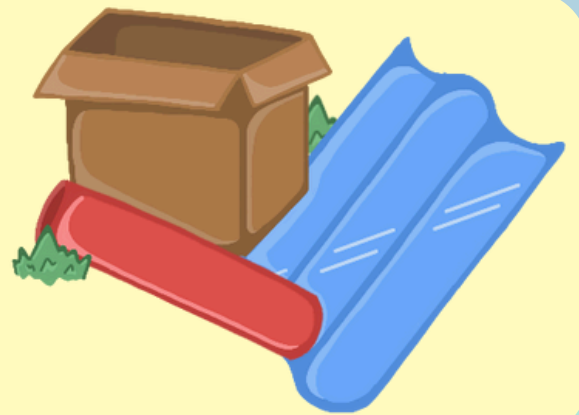
“Chill, Peaceful Platypus,
we’re still a long way away
from blasting into outer space.”

Kindness Koala casually
responded.



The Mates stared at
the piles of recycled
materials scattered
along the yard.

They had gathered a
lot of materials in the
mission of creating
their rocket ship.



Brave 'Burra spent all morning creating a **plan** for how the rocket ship, and was **excited** to **share** it with everyone.



“Alright mates!
I have a plan for how we
can **build** the rocket.”

Brave 'Burra explained their **design**
and the other Mates cheered in
agreement.

The Mates then looked at each other
in **awe** of the big task ahead.

“So...”



said Resilient 'Roo, breaking the
silence among the mates.

“Let’s start building this
rocket everyone, paws in!”

The mates gathered in a **team** huddle,
reached their paws and claws **together**
in the centre of the circle,
and with a huge hurrah they shouted,

“3...

2...


1...

Blast off!”

The mates scurried around the
yard with incredible **energy**,
collecting and constructing
their materials.

Resilient ‘Roo retrieved the planks
of wood to build the base and
Brave ‘Burra gathered all the
string and tape needed to keep
the rocket together.

Up in the tree,
Kindness Koala dropped down the
loose sticks and branches while
Peaceful Platypus gathered them...



...with the occasional
bump on the head with
the sticks Kindness Koala
had lost a grip on.

Hours passed and the mates were
ready to take a step back and **admire**
their **hard work**.

“It’s...”

started Kindness Koala.

“Is it supposed to...”

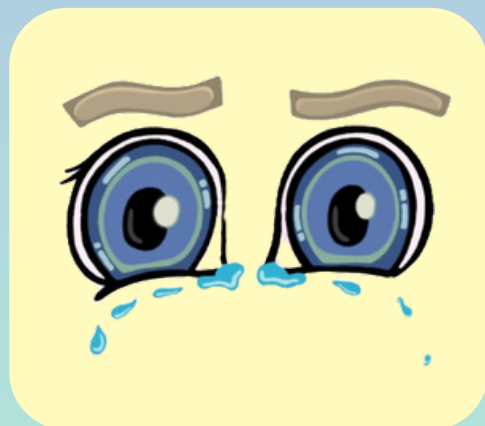
mumbled Resilient ‘Roo.

“Brave ‘Burra,
I think something might have
gone wro-”

Peaceful Platypus was interrupted by the
devastating crumble of the rocket ship,
back into a pile of random materials.



Tears started to well
in Brave ‘Burra’s
eyes, and they felt
their heart sink to
their stomach.



Brave ‘Burra was facing an
upsetting building barrier.

“It’s alright Brave ‘Burra,
we can build it again!”

Reassured Resilient ‘Roo.



“No, it’s not okay, my plan
didn’t work,
and I worked so hard on it.”

Brave ‘Burra replied with a **shaky voice**.

Kindness Koala noticed that Brave ‘Burra
was having a **difficult** time dealing with
their feelings of **disappointment** about
the crumbled rocket ship,
and offered **helpful advice**.



“Brave ‘Burra, do you
want to practice
breathing with me?
I feel **upset** as well and it
could help us **manage** our
upsetting thoughts”.

“Let’s all practice
Mindful Moves, together.”

added Serenity Sloth.



After a moment of **hesitation**, Brave
‘Burra decided that the mates were
right and that deep breathing and
moving their **body** would help boost
their **mood** and **clear their mind**.

With **deep breaths in** and **deep breaths
out**, the mates moved their bodies in
the way that felt best for them.

Resilient ‘Roo ran laps around the yard,
while Peaceful Platypus stretched in
various yoga poses.

Kindness Koala swung from the branches,

and Brave 'Burra
danced and flew
around the yard to get
their **heart pumping**
and the good
chemicals flowing
through their body.



Brave 'Burra began to feel **calmer**
and realised that one **setback** should
not stop them from **working towards**
their **goal**.

With a **deep breath in**,
and a **deep breath out**,
Brave 'Burra gathered the mates
together again and they began
working on their **new plan** to
rebuild the rocket ship.

Many different **ideas** of how the best rocket ship could be built were **explored**.

The mates **listened** carefully to each other to **discuss** what they all believed would be the best plan.

After **compromising** on different ideas and materials, the Mates had **developed** a brand new rocket ship design.

With much **excitement**, they gathered again in their team huddle, hurrahed, and began building their rocket.

Hours had passed again, and this time when they stood back, in front of them was a **glorious**, state of the art rocket ship destined for the moon.

The mates cheered and celebrated their hard work.

Brave 'Burra smiled with pride, looked at the mates and said,

“Alright team,
who is ready for blast off?”

