



Cat and Dog Go With the Flow

Dog worries and worries. What will he ever do to stop worrying?

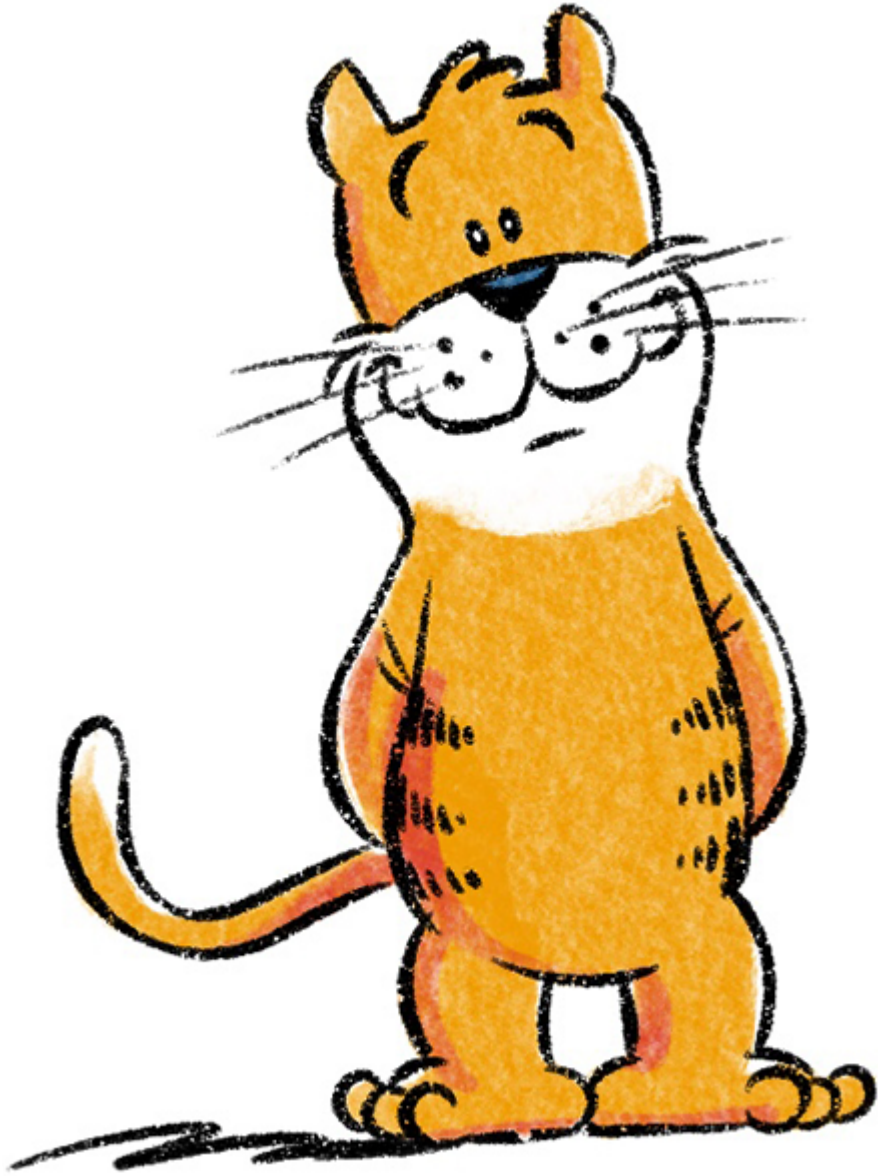


Cat and Dog Go With the Flow
René Leisink



Let's Read

 **The Asia Foundation**



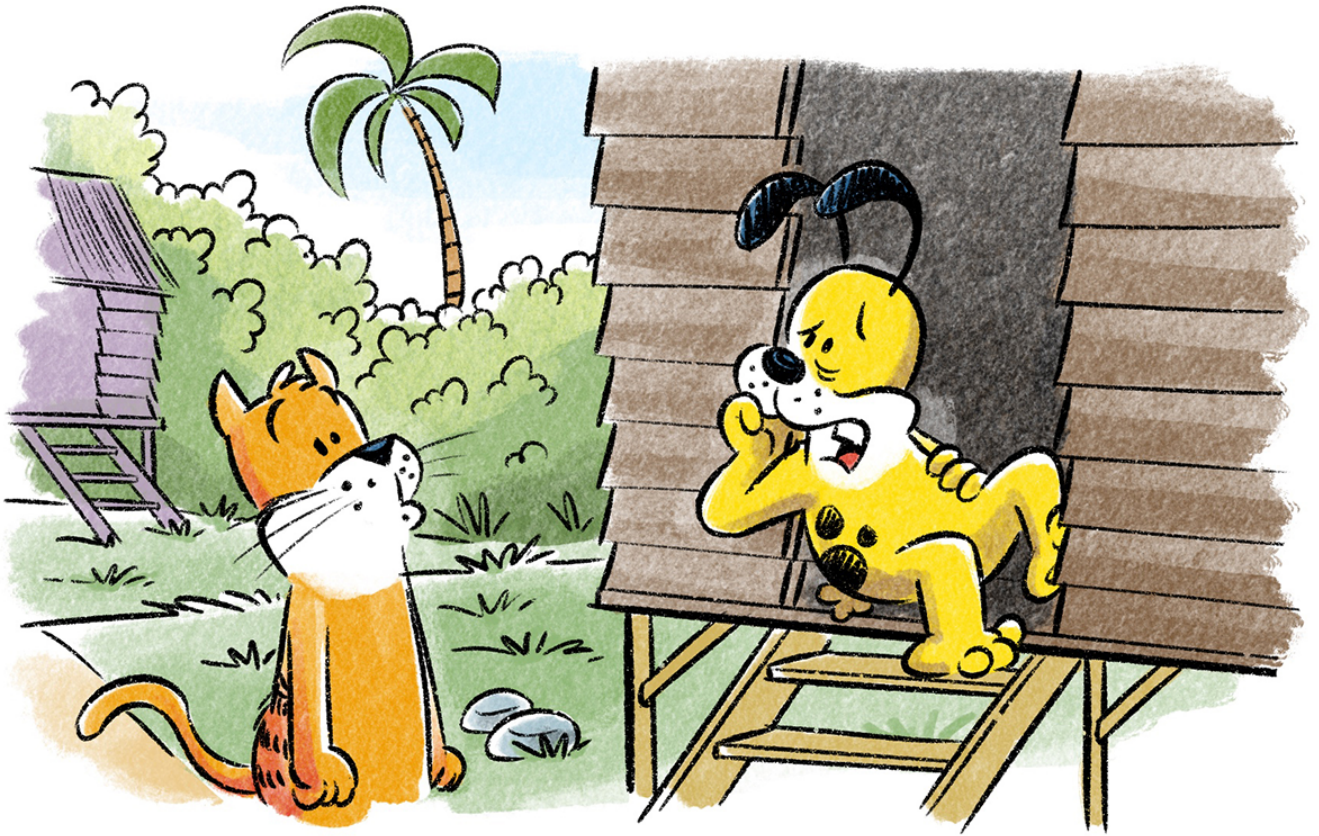
This is Cat.



This is Dog.



It is a new morning. Cat and Dog come out of their houses.



Cat says, "Good morning, Dog!" But Dog looks very sleepy. He says, "Good... mor... ning... Cat..."



Cat asks Dog why he is so tired. Dog says, "I did not sleep last night!"



Dog says, "I worried too much. I worried about my friends. I worried about my family. I worried about the school."



Cat says, "Let us go to Frog. Maybe he knows what you can do to stop your worries."



Cat and Dog walk to the river. There they find Frog.



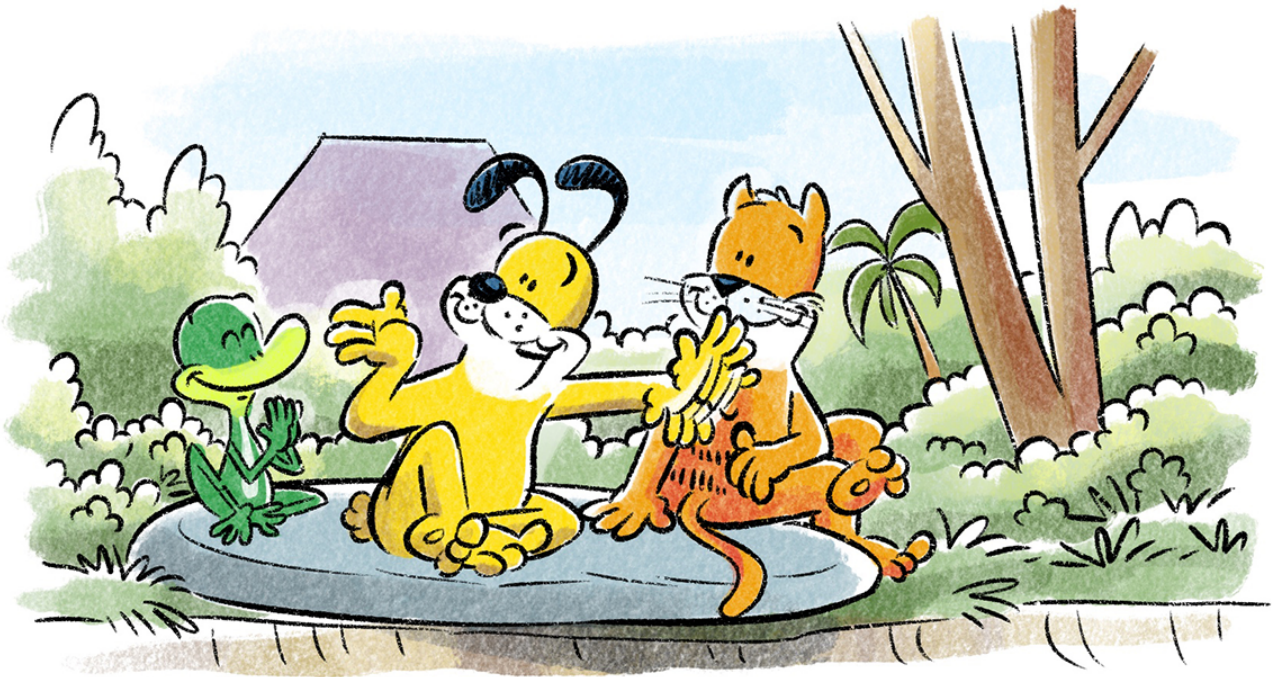
Frog is doing nothing. Just sitting and breathing.



Dog says, "I slept very poorly because I had too many worries. About school, my family and friends..."



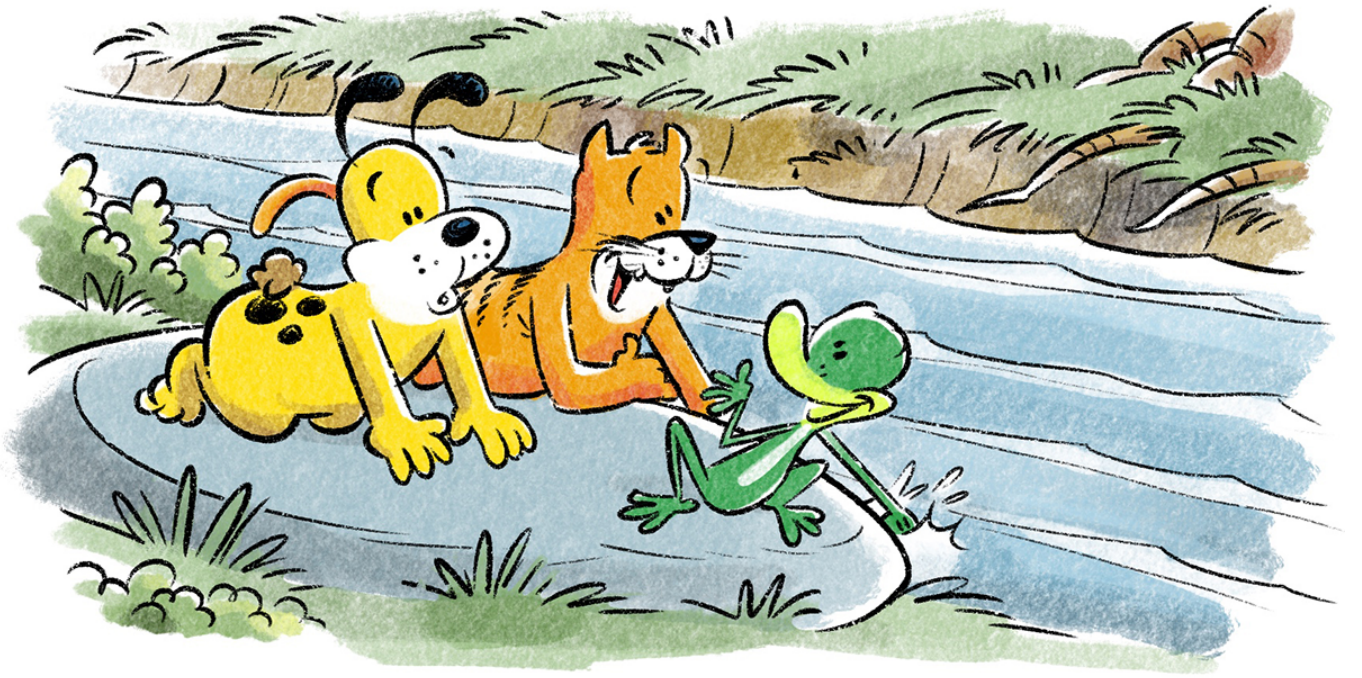
Frog says, "I have the same worries as you. But I choose to think and talk about my worries during day, so they do not bother me at night."



Dog says, "That is a good idea. But I would prefer my worries just to go away!"



Frog explains to Cat and Dog that there are always things to worry about. He says, "Worries are like the water in this river, they come and they go."



Frog says, "You cannot always change your worries. You can change how you react to your worries."



Dog does not understand what Frog means. Then Frog takes a big rock.



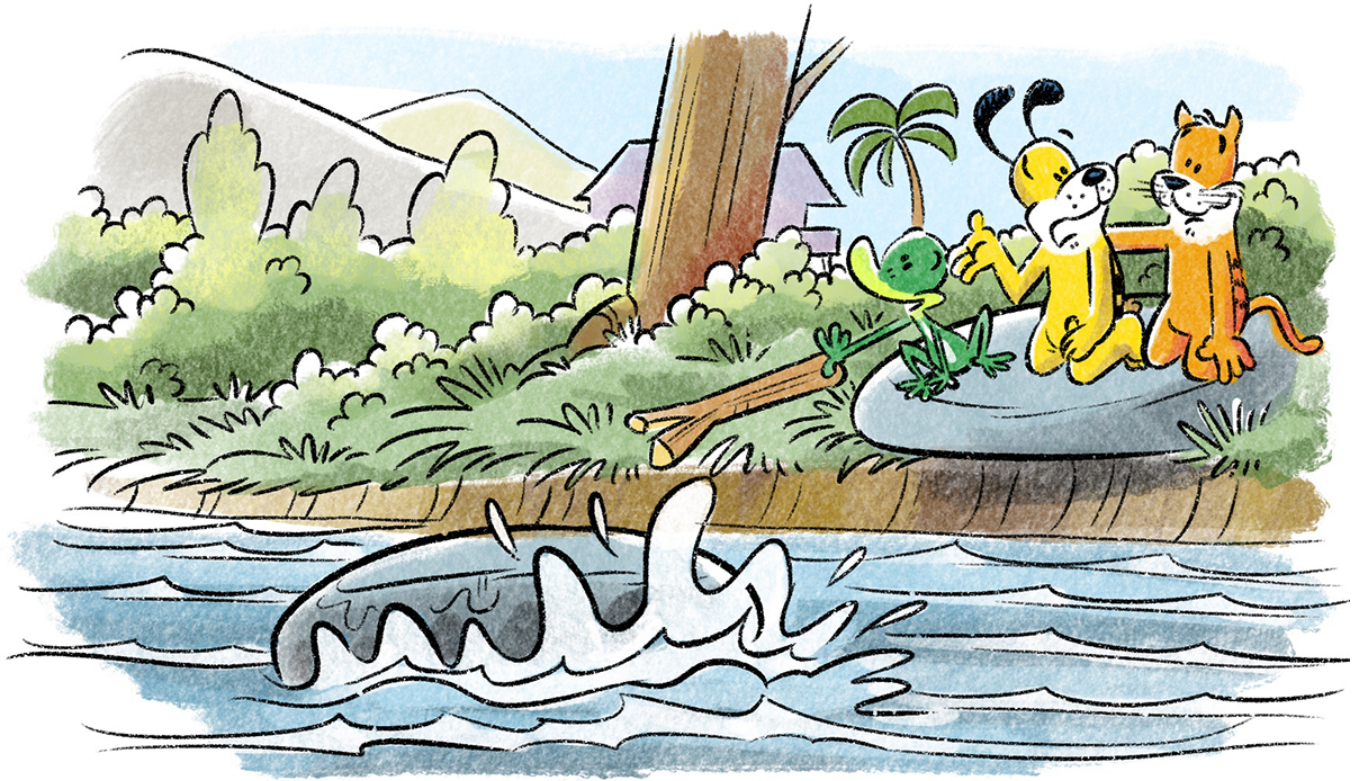
Frog says, "Look at this rock. The rock is heavy and strong. You are trying to be like this rock."



Frog throws the rock in the river.



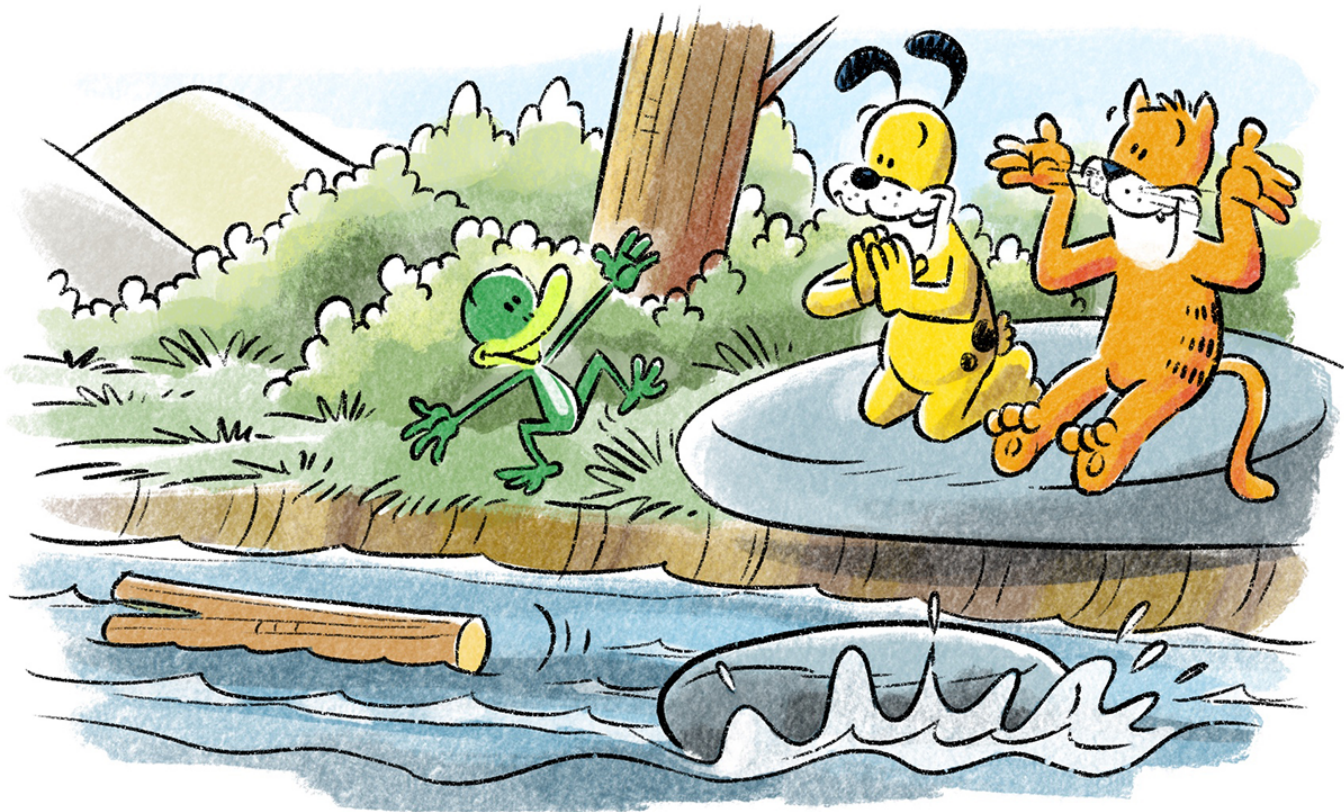
Then he says, “The rock does not want to move. The rock wants to ignore the water. But the water will not stop. So, the water keeps splashing against the rock.”



Dog says, "That is how I felt last night. All my worries splashed against me over and over again."



Then Frog takes a piece of wood. He says, "Try to be like a piece of wood." He throws the wood into the water.



Frog says, "The wood is light and flexible. It floats." Cat and Dog see how the wood gently floats on the water. Meanwhile, the rock is still fighting the water.



Frog says, "The river has moved the piece of wood downstream, but it is now in calm water. The wood lets the rest of the worries flow by."



Dog understands that he should think and talk about his worries instead of fighting and ignoring them. Dog and Frog jump into the water.



And they float. They float on the water. And they float on their worries. Frog says, "You cannot stop your worries, but you can learn how to float."



And Cat? She sits next to the river. Doing nothing. Just breathing.



Bye-bye, Cat. Bye-bye, Dog. Bye-bye, Frog. Bye-bye, worries.

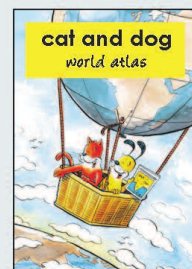
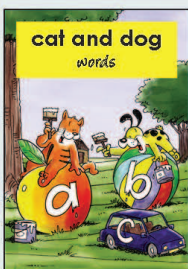
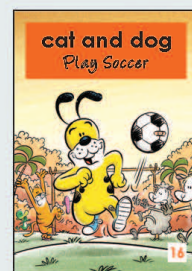
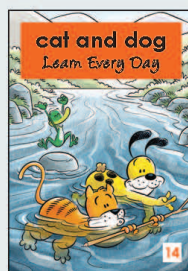
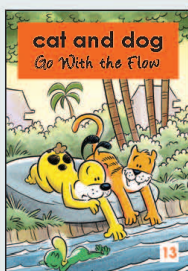
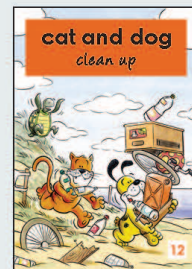
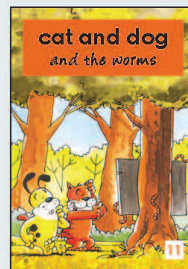
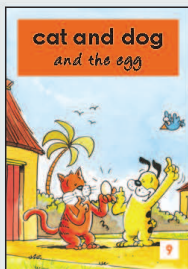
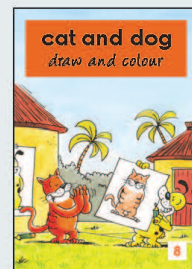
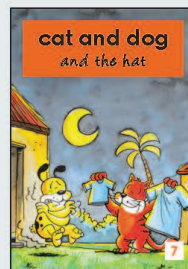
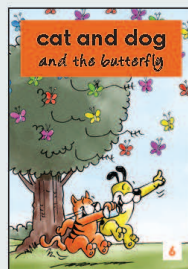
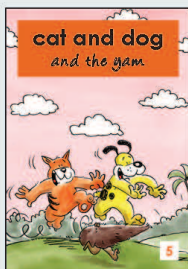
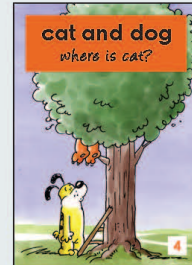
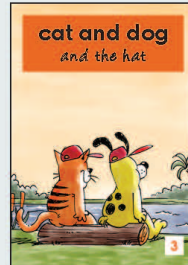
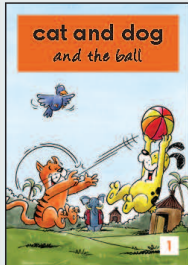


Frog's Exercise Just sit and breathe Sit down. Close your eyes. Breathe in through your nose. Breathe out through your mouth. Focus on your breath Do you hear the sound of your breath? Do you feel the cold air in your nose? Do you feel the warm air in your mouth? Do you feel your belly going up and down? Float your worries away When you are worried or stressed, try to focus on your breath. It can help you relax and think clearly. Then you can talk to a trusted adult.



About Cat and Dog
Cat and Dog were born in 2006 in Wulanyilli (Ghana), on the blackboard of the local school. They helped the children of this small village to write and read. The first Cat and Dog books were printed in black and white on an old xerox machine. Nowadays Cat and Dog books are translated into many languages. They help children all over the world to write and read. And so the story goes on and on. Cat and Dog books are funny and easy to read. Learn only 200 words and start reading the books. For more information, visit: www.cat-and-dog.org

Read all the Cat and Dog books



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