Bobo and the Big Stretch

A story about small steps



MimoMango

Little Adventures. A Kinder Tomorrow.



Every morning, Auntie Mei stretched in the bamboo garden. Bobo watched her reach towards the sky. He wanted to stretch just as far and look just as steady.



He planted his feet, lifted his paws, and tipped sideways. Plop! He landed on the soft grass. "My stretch is a wobble," he said, rubbing his surprised little nose.



Auntie Mei sat beside him. "Your body is learning. We can start smaller." She showed Bobo how to stand with space between his feet and breathe slowly in.



Bobo tried again. This time, he lifted only one paw. His feet stayed planted, and his tummy felt quiet. A tiny beetle walked past without even noticing.



"Now the other paw, if it feels comfortable," said Auntie Mei. Bobo reached gently. He stopped before anything hurt. The bamboo leaves whispered as he breathed slowly out.



A bright butterfly floated overhead. Bobo looked up too quickly and wobbled. He put both paws down. "I lost it!" "You found your balance again," Auntie Mei said.



After a rest and a drink, Bobo chose a little ribbon on a low branch. He would reach towards it without pulling, jumping, or stretching beyond what felt good.



On his first try, his paw came near the ribbon. On his second, it came near again. Bobo sighed. "The ribbon has not moved any closer to me."



"What did your feet do?" asked Auntie Mei. Bobo looked down. They had stayed still both times. Earlier, they had danced all over the grass. That was something new.



Bobo tried once more, slowly and gently. He did not reach the ribbon. But he stood steady for one whole peaceful breath, with his paws reaching towards the sky.



"I did my own big stretch!" he said. Auntie Mei smiled. They rested on the low bench and watched the butterfly settle on a leaf beside the ribbon.



The next morning, Bobo came back to practise. He did not need to be the tallest or bend the farthest. He wanted one comfortable stretch, and perhaps another tomorrow.



The end

What small change did Bobo notice?

What is something you enjoy practising?

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