

Anna and the Day of the Strong Wind

Once upon a time, there was a nine-year-old girl named Anna, brimming with energy that lit up every corner of her school. But one day, the wind blew stronger than usual, stirring not only the leaves of the trees but also Anna’s feelings.

That afternoon, while playing on the playground, a misunderstanding with a classmate caused Anna to feel a surge of anger as strong as the wind. Without thinking, her hands acted on their own, and suddenly, the teacher, who rushed to calm things down, ended up being accidentally hit. Anna’s heart leaped, and remorse began to fill her young mind.

The teacher, with a reassuring smile, led Anna away from the shouting and running, to a quiet place under the generous shade of a large tree. There, she explained that everyone feels anger from time to time, but what truly matters is how we manage that powerful wind within us.

“Anna, imagine your anger is like the wind blowing right now. Can you see how the leaves are flying wildly?” The teacher paused, pointing to the turbulent sky. “But if we learn to be like the tree, which remains rooted and firm despite the wind, we can weather any storm without

losing control.”

Anna listened attentively, looked at the tree and then at her own hands. She understood that she didn’t want to be like the leaves flying aimlessly, but like the tree that, nevertheless, remained firm.

The teacher showed her some breathing exercises, counting slowly to ten each time she felt anger beginning to take hold inside her. Anna practiced, feeling the wind of anger gradually subside with each breath.

As the days passed, Anna began to use this new technique whenever she felt anger trying to make her fly away like a leaf. She shared this secret with her classmates, becoming a master of anger management, helping others to stand firm like the tree, despite the wind.

Thus, Anna learned that we all have strong winds within us, but with help, patience, and practice, we can learn to keep them at bay, allowing the garden of our hearts to grow peacefully and full of happiness.