



Kim and the waves

In a little seaside village surrounded by golden beaches and blue water lived Kim. He was five and loved surfing. Since he was very small, he had enjoyed visiting the sea and learning to ride the waves on his board, always with an adult beside him.

Despite his age, he had learnt to observe the ocean. He listened to the wind, watched waves forming and knew he must respect their strength. But one thing still puzzled him: his nerves.

Before each surfing lesson, his tummy fluttered. His heart beat quickly, his hands felt sweaty and his legs shook a little. He wanted to understand those feelings so he could enjoy himself.

One bright morning, as sunshine began lighting the sea, he took his board to the beach with his grandfather. His nerves followed like restless butterflies.

Far out, he saw large, powerful waves. Feeling more nervous, he remembered his grandfather's advice. "Breathe slowly and picture a leaf floating gently on the water."

Together they chose a place with small waves suitable for him. Kim entered with help and felt the water rocking him. He concentrated on



breathing and watching the waves appear and fade away.

Then a wave a little bigger than the others approached. Kim hesitated. Beside him, his grandfather said, “When you face a challenge, breathe and trust what you’ve learnt. And if you aren’t ready, we can wait.”

Kim decided to try. He paddled and felt his board rise with the wave. Then he slid down, enjoying a wonderful feeling of freedom. His nerves began to loosen.

He understood that feeling nervous did not make him a bad surfer. Those feelings showed that something mattered to him. He could take small steps, ask for help and choose when to try.

From then on, he kept learning about the sea, always with company and respect for the water. When the butterflies returned, he breathed, talked about his feelings and prepared for another little adventure.