

Lluna and the shadow monster

Long ago, there lived a girl called Lluna. She was very brave during the day, but at night a strange feeling in her chest made her hands and legs tremble. It was fear. Every evening she imagined a shadow monster hiding beneath her bed or behind the wardrobe door.

One night, after her parents tucked her in and switched off the light, Lluna saw a large, dark shadow moving across her room. Frightened, she pulled the blankets over her head and squeezed her eyes shut. But that night, curiosity was stronger than fear, so she decided to find out where the shadow came from.

She slowly opened her eyes and saw it moving closer.

“Who are you?” she asked, her voice trembling.

To her surprise, a soft, husky voice answered:

“I’m the shadow monster, but you don’t need to be afraid of me.”

Lluna shivered, although the voice did not sound very frightening.

“Why shouldn’t I be afraid?”

The monster sighed.

“Because shadows aren’t bad. They’re only shadows. I exist because I’m afraid of being unseen and ignored. When people are frightened of me, I grow big and dark. But if you look closely and talk to me, I become small and harmless.”

Lluna thought about his words. Until then, she had always seen him as something unknown and terrifying. Now that he was speaking, he did not seem so terrible. She decided to face her fear and switched on a little lamp beside her bed.

In the light, the monster changed. The huge dark shadow became a small, harmless shape. It looked more like the shadow of a little rabbit than a monster!

“Well!” Lluna said with a smile. “You’re not as scary as I thought. You’re only a shadow.”

The monster smiled too.

“Exactly, Lluna. Things we don’t understand can frighten us. When we get to know and understand them, they often seem much less scary.”

From then on, whenever Lluna felt afraid at night, she turned on her lamp and greeted her new friend. She learned that fear was a feeling she sometimes had when she did not understand something. Looking at it more closely could help her discover that what frightened her was not as terrible as it seemed.

And so Lluna stopped being afraid of the dark and learned to live peacefully with the shadows. She knew that sometimes the scariest things needed only a little light and understanding to become friends.

And that is the end of our story.