

## Lila and the Forest Camp (FK 2.8)

Lila was feeling nervous. Her mom and dad told her she had to go to a special camp. "Why do I have to go?" Lila asked. "Because of the fox fright," her mom explained. "It will help you feel better about it." Lila sighed. "I don't want to think about foxes anymore."



At camp, Lila met lots of kids. They all wore green shirts that said,

"Brave Hearts." Lila's parents helped her find her cabin, then waved goodbye. Inside, the kids sat in a circle. Their counselor, Jake, said, "Let's share what we're afraid of. I'm scared of snakes."



One by one, the kids talked about their fears. Some were afraid of thunder, others of spiders or heights. When it was Lila's turn, she said, "I'm Lila, and I'm afraid of foxes."

Jake smiled. "Thanks for sharing, Lila. Admitting your fear is the first step." Then Jake took them to do some breathing

exercises to help them relax.

Camp was busy. They woke up early for morning stretches. Jake said, "A strong body helps a strong mind!" After breakfast, they wrote in journals. Lila mostly drew pictures. Then they faced their fears. They made clay animals, learned to read maps, and climbed trees.

Lila was okay with these activities. But when it was time to face her own fear, she felt nervous. She whispered to herself, "Stuffed foxes are soft and cute. They can't hurt me."

Her friend Mia said, "Everyone is scared of something. I'm scared of balloons!"

Lila laughed. "Balloons?"

Mia nodded. "Yes, and my brother Max is scared of carrots!"

Lila giggled. "Carrots? Like the vegetable?"

Max nodded. "A friend of ours had a bad experience with carrots once."

Jake came over. "Time for Fear Facing," he said. Lila took a deep breath.

Lila practiced with a stuffed fox. She petted it, held it, and even slept with it. One morning, she woke up and said, "I didn't have a bad dream!"

Jake said, "That's great! But we still need to work on real foxes."

Lila remembered getting lost in the forest and finding a small den. She went inside and fell asleep, only to wake up to a fox's face. It scared her so she screamed and ran away.

Two weeks later, Jake gathered everyone by the campfire. "Tomorrow is your last day," he said. "But first, a final test."



"What do we have to do?" Max asked.

"Follow me into the forest," Jake said.

Lila was scared. "But it's dark," she said.

"Remember our motto," Jake said. "Brave hearts."

They walked into the woods. It was dark, and Lila heard strange noises. Suddenly,

she saw a shadow. "A fox!" she screamed.

Jake held her arm. "Not a fox. A raccoon."

Lila was relieved. "Oh, okay."

Jake turned on a flashlight. The raccoon waved. Behind him were other campers, but they weren't human. There was a rabbit, a fairy, a gingerbread girl, and a small fox. Lila gasped. "I know him! He scared me at the den."

Jake said, "He's scared of you, too."

Lila was surprised. "Really?"

Jake nodded. "Everyone has fears."



Lila and Baby Fox talked. They both liked berries with honey. They laughed and shared stories.



When they got back to camp, Jake gave everyone a certificate. "You did it!" he said.

Lila felt proud. She wasn't scared of foxes anymore. Jake said, "Now, let's celebrate with a treasure hunt!"

Lila laughed. "I'm ready for anything now!"