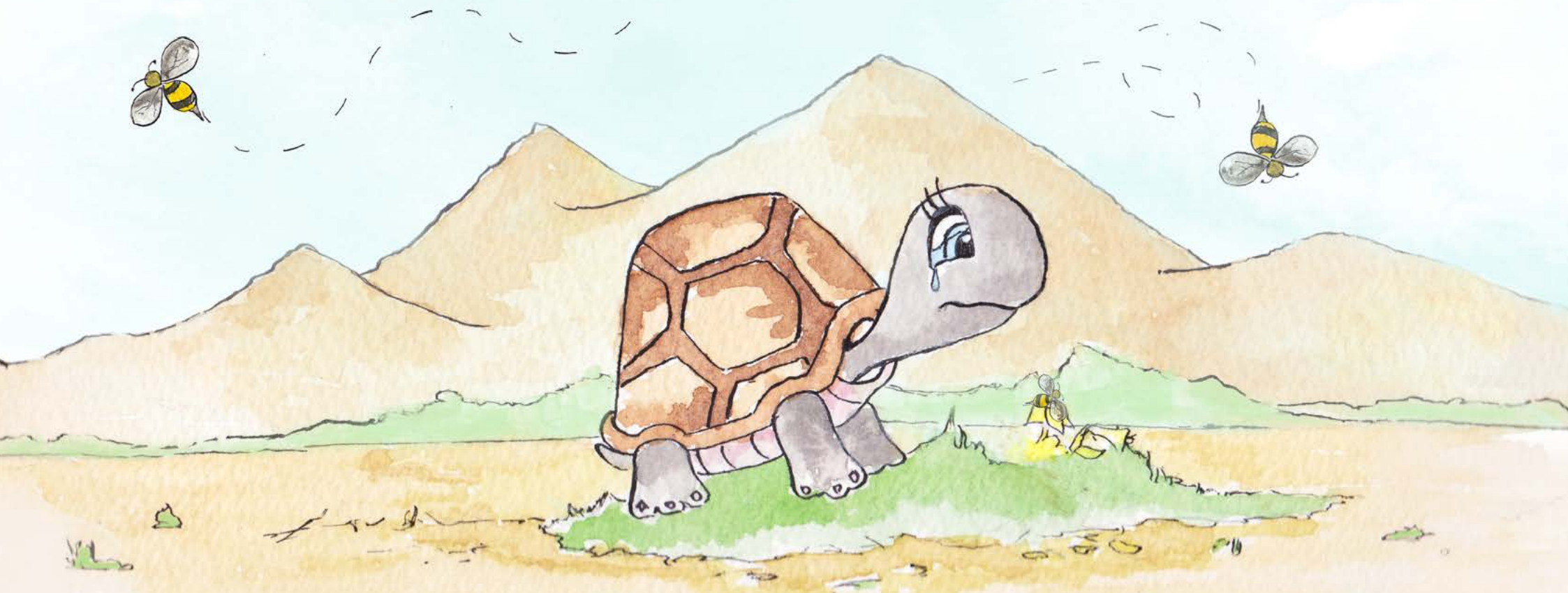# SHELLY IN SHOCK

No. 1 of seven in the Shelly and Friends book series

Heart to Heart

Shelly and Friends books are written for adults or older children to read to children aged 4-9.

This is quality time. It can lead to helpful conversations about emotions that build friendship.

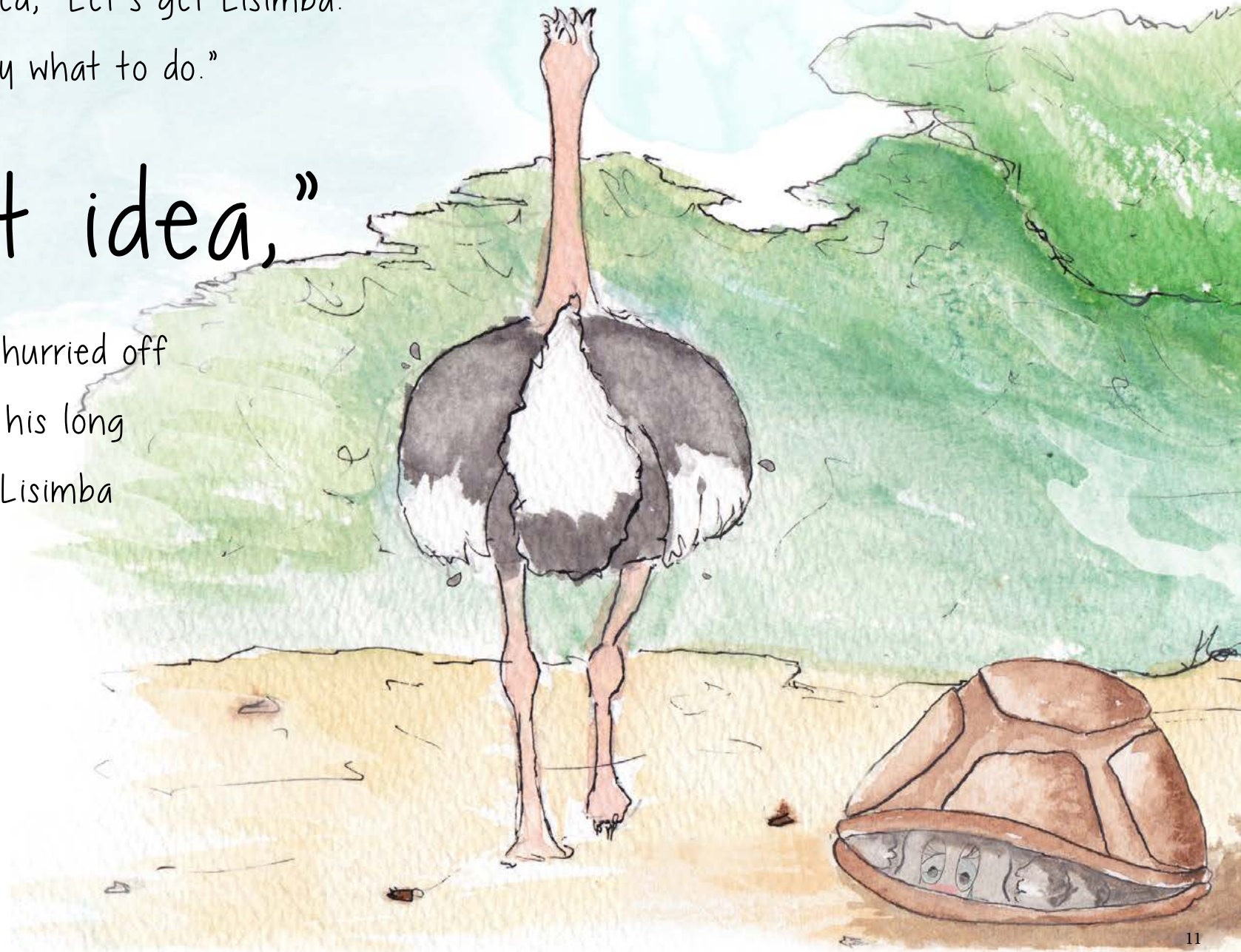Young children may then read them on their own to advance their reading and understanding.

Monte, Esther and Gemmie (Books 5, 6 & 7) together describe an emotional growth cycle,

by which people learn how to grow stronger in difficult situations. Shelly, Ollie, Reggie and Zora

(Books 1-4) describe the emotional steps sometimes needed to get to that personal growth cycle.

Zora hated seeing her friend so sad. She thought for a while and then suggested, "Let's get Lisimba. He'll know exactly what to do."

"Great idea,"

agreed Ollie, who hurried off into the bush on his long legs in search of Lisimba the friendly lion.

As soon as he heard the news, Lisimba came. He was brave, strong and wise. He was the king of the Savannah after all!

Monte leaped up and down in the air as he exclaimed to Lisimba,

"Oh my gosh!"

"Can you believe it, Lisimba? She's been in her shell since yesterday afternoon!

YESTERDAY AFTERNOON!"

"She won't come out to play," said Ollie ostrich.

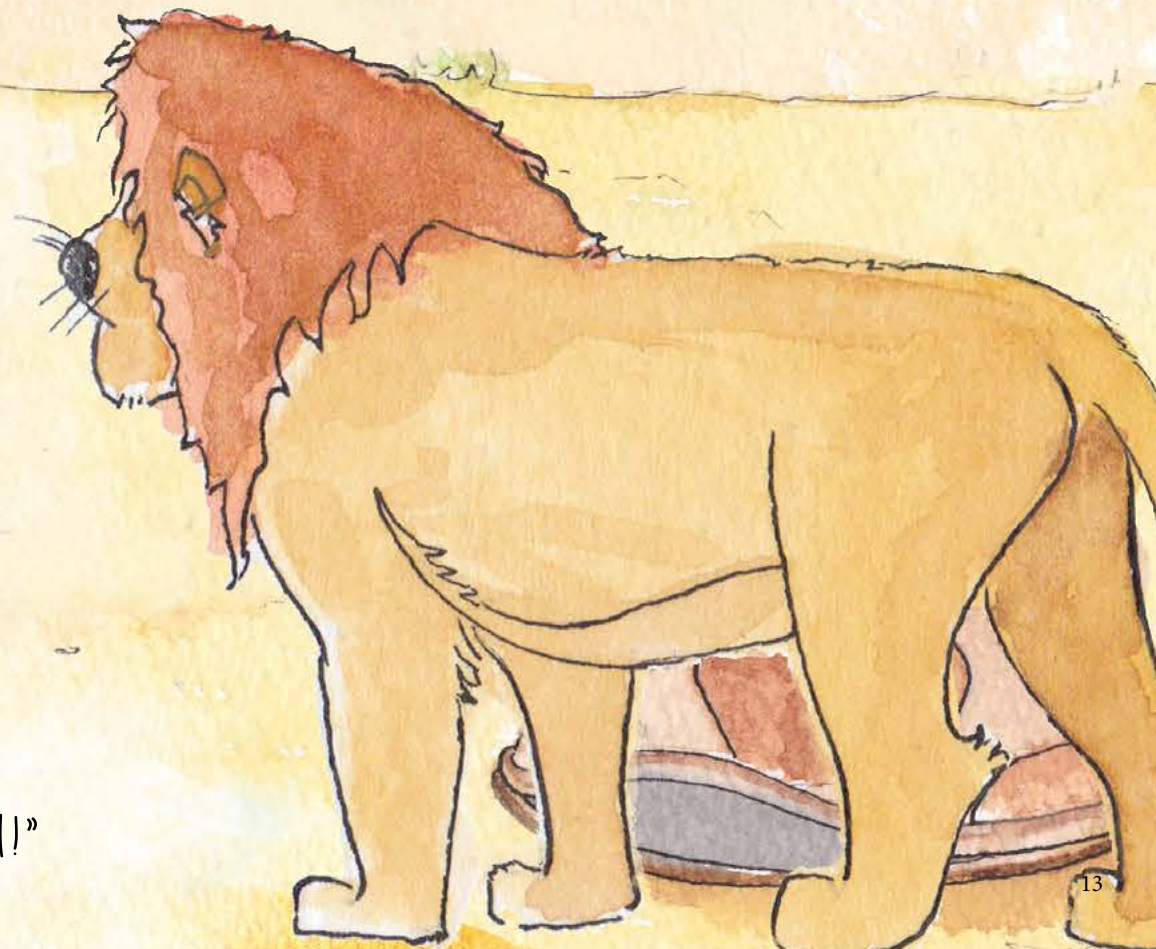"She won't even sit by her favourite flowers," said Zora.

"Mmmmmmmmmmmmm," murmured Lisimba.

"Sounds like shock to me."

"Oh no. Oh no – this isn't good!" cried Ollie.

"I wonder if she is hiding from something?" continued Lisimba. "She probably feels safer in her shell, but now she doesn't know what to do next!"

"That sounds bad," said Zora, "Oh... really bad!"

Lisimba looked at Shelly's safe shell and slowly gathered everyone close around.

"Well, friends, I know it sounds bad, and it definitely feels bad,
but shock can be really useful too."

Lisimba looked at the puzzled faces around Shelly. He knew he needed to explain…

THINGS TO THINK ABOUT!

1. Lisimba said Shelly's shell was a safe place to have a really good think. Where would you go to have a really good think?

2. Who could you talk to, who could help you to make a plan to get life moving again?

3. What did Shelly also get back when she acted on her plan to get just one thing back?