



“Making Magic Tea”

Once upon a time, there was a young wizard named Will. One day, Will was playing a magical card game with his friends. During the game, he kept losing, and his thoughts turned very pessimistic. He thought, "I'm terrible at this game, and I'll never win."

His emotions became as gloomy as a rainy day, and he felt sad and frustrated. His actions showed his feelings too, as he kept making mistakes and even wanted to quit playing.

But then, Will remembered his TEA potion! He decided to change his thoughts. He thought, "I may not be great at this game yet, but I can learn and get better with practice."

His emotions transformed into hope and determination, and he felt excited to keep playing. His actions followed his positive emotions, and he kept playing the game with a smile.

And guess what? With his new optimistic thoughts, he improved, and he won some games too! Will even asked his friends for help to better understand the game, and they were happy to share their magical knowledge.

Now It's Your Turn! Think of a time when you can use your TEA potion to turn a gloomy moment into a bright one. Try it out, ask for help when you need it, and see how your magic TEA can work for you! ✨🌟