

THE CALM IGUANA

Izzy was an iguana who lived in a sunny desert garden. She loved basking on rocks and watching the world around her.

One hot afternoon, Izzy wanted the biggest piece of lettuce in the garden. But another iguana, Leo, reached for it at the same time. Izzy felt frustrated and wanted to grab it quickly. Izzy took a deep breath and counted to five. She waited patiently. Then she smiled and said, "Let's share the lettuce." Leo nodded, and they both enjoyed the cool, green leaves together. Izzy felt proud because she stayed calm and controlled her feelings.



- 1 What problem did Izzy face, and what did she do?

- 2 What is the story mostly about?

- 3 How do you know Izzy was practicing self-regulation?

- 4 Where did Izzy live?

- 5 Can you think of a time you stayed calm instead of getting upset?
