Barnaby Bear

and the Volcano Belly

A rhyming story about big feelings, and three ways to cool them down



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Ages 4-8



Barnaby Bear
and the Volcano Belly

A read-aloud with a question on every page

By Aashif Shaikh

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Barnaby Bear and the Volcano Belly
Free digital edition, 2026. Please share it with other families.

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How this book was made. Made with The 2026 Author Blueprint. The story was first drafted with AI, then rewritten and line-edited by a person for rhyme, logic and meaning (every change is logged). The illustrations are flat vector drawings built in code, not made with an AI image generator; the code was written with AI assistance.

A note on feelings. This story offers simple calm-down ideas for young children. It is not a substitute for professional support. If big feelings often feel unmanageable, talk with your child's doctor or a counselor.

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For every little one with a big feeling,
and every grown-up who sits down beside them.



Barnaby Bear lived deep in the pines,
Where honey-gold sunlight spilled down in long lines.
Most days his heart felt soft as moss,
But some days his temper got tangled and tossed.

ASK Have you ever felt happy one moment and grumpy the next?



His sister Pip snatched his pinecone toy,
The one he twirled with such careful joy.
His paws grew tight. His cheeks turned pink.
Something hot rose up. He couldn't think.

ASK What happens in your body when something upsets you?



Deep in his belly, a rumble began,
Low as a drum and as hot as a pan.
It bubbled and simmered and hissed as it grew:
His Volcano Belly was ready to spew!

ASK What does your volcano belly feel like: warm, tight, or shaky?



His paws balled up. His breath came fast.
Steam puffed from his ears in a whistling blast.
"GIVE IT BACK!" he wanted to roar,
As sparks skipped over the forest floor.

ASK What words or sounds come out when you feel this way?



He opened his mouth to let it fly,
A roar so loud it could shake the sky.
But just before the fire burst free,
A soft voice said, "Wait. Come sit with me."

ASK What do you think happens next?



Grandma Bear sat down by his side.
"I see your volcano is bubbling inside.
Let's cool those rocks before they blow.
Come, little one. I know where to go."

ASK Who helps you when your feelings get big?



"Picture this river, cool and blue,
It moves so slowly. So can you.
Breathe it in and let it flow through:
In through your nose, then out, slow and true."

ASK Can you take a slow breath in through your nose right now?



Barnaby breathed in the cool river air,
He held it a moment, just resting there.
Out it went, slow as the tide,
And the rumble inside began to subside.

ASK Try breathing in for three counts, then out slowly for four. How does it feel?



"Now count the stones along the shore:
One and two and three and four.
Each number cools a fiery spark
And turns hot orange back to dark."

ASK Can you count five things you see around you right now?



One pebble, two pebbles, three in a row,
The fire in his belly burned soft and low.
Four pebbles, five, and the rumbling grew still,
Like rocks settling down at the foot of a hill.

ASK What could you count when your belly feels hot?



Grandma poured milk, warm and honey-sweet.
"Sip it slow. Feel your paws. Feel your feet.
Let the warmth spread soft and wide,
And melt the last of the fire inside."

ASK What warm, cozy things help you feel better?



The rocks stopped tumbling. The smoke drifted thin.
A garden of calm bloomed softly within.
His paws unclenched. His breath felt light.
Barnaby's belly felt cozy and right.

ASK How does your body feel once the big feeling passes?



He found his sister beneath the tree.
"I stomped and I scared you. I'm sorry," said he.
Pip said, "Sorry I grabbed. It's yours! Can we share?"
They twirled it together, a happy pair.

ASK Is there someone you could say sorry to today?



Every creature, big or small,
Feels a volcano rise and fall.
It's okay to feel the heat.
What you do next makes the ending sweet.

ASK What is one way YOU could cool your volcano belly next time?



So when your belly starts to rumble and roar,
Remember the river, the stones on the shore.
Breathe slow, count slow, sip something warm.
You are the calm inside every storm.

ASK Can you practice your breathing right now, just for fun?

Barnaby's Calm-Down Tools

When your volcano belly starts to rumble, try one of Grandma Bear's three tricks.



1. The River Breath

Breathe in through your nose for 3. Pause. Breathe out slowly for 4. Picture a cool blue river.



2. The Stone Count

Look around and count 5 things you can see. Each number cools a spark.



3. Warm and Cozy

Sip a warm drink (warm, not hot, with a grown-up), wrap up in a blanket, and feel your feet on the floor.



My Calm Plan

Fill this in with a grown-up. Keep it somewhere you can see it.

When my volcano belly rumbles, my body feels _____

It usually happens when _____

- [ ] I can breathe like the river
- [ ] I can count _____
- [ ] I can ask _____ for help.
- [ ] Something cozy that helps me: _____

Draw Your Volcano Belly

What does it look like inside you?



When it rumbles



When it's calm

For Grown-Ups

Anger is a normal feeling. What children are still learning is what to do with it. Barnaby's story gives your child a picture (the volcano), words for what their body is doing, and three tools they can practice.

- **Name it.** "Your volcano belly is rumbling" gives a big feeling a name without shame.
- **Get down to their level, like Grandma.** A calm grown-up nearby helps a child's body settle. Stay close before you teach.
- **Practice when calm.** Try the River Breath and Stone Count at bedtime, so they are easy to reach for in a hard moment.
- **Use the questions.** Each page has one. There are no wrong answers; the goal is talking.
- **Repair together.** Barnaby and Pip both say sorry. Model that repair is something everyone does.

These are general ideas, not professional advice. If your child's big feelings often feel unmanageable or unsafe, talk with their doctor or a counselor.

Barnaby's Breathing Card

Breathe in

1 · 2 · 3

Breathe out

1 · 2 · 3 · 4

Pause for a moment in between. Do it three times. You are the calm inside every storm.

THE END

About This Book

Barnaby Bear was made with The 2026 Author Blueprint, the step-by-step method BookPros tests on real books before anyone buys it. The story was drafted with AI, rewritten line by line by a person, then illustrated and laid out for print. Every step, every fix and every cost is public.

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Barnaby Bear's belly has a volcano in it. When his sister Pip snatches his favorite pinecone, it starts to rumble, bubble, and hiss. With Grandma Bear's help, Barnaby learns three ways to cool it down.



River Breath



Stone Count



Warm and Cozy

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