



PUFFIN to the RESCUE

The 's' sound





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Thanks to Puffin for 12 years of heartwarming memories.
My own small but mighty superhero.

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Illustrated by Richie Williams



To Harry,
Never stop dreaming, smiling
and leading with that kind
heart of yours.



Hi!

This story was inspired by my own bearded dragon, Puffin. For a time, we lived in a pueblo (a small house made out of clay) in the snowy mountains of Taos, New Mexico. Puffin and I spent 12 years together and had many adventures.

Puffin was gentle, kind, curious and loved to jump off high objects.

With love and light,

Gina Britt

M.Ed. CCC-SLP
Speech Therapist
Yoga Instructor



My intentions for this book are to
**spread love, acceptance, diversity and
mindfulness into the galaxy,**
while helping you teach the 'S' sound.



How to teach the 'S' sound

When the 'S' sound is produced by sticking out the tongue between the teeth, it sounds like 'th' (commonly referred to as a lisp). If your child currently creates the 'S' sound in this manner, following the steps below will help correct the problem.

Cue your child to:

- Gently bite down
- Smile
- Pull tongue back slightly behind teeth
- Then say t-t-t-t and gently blow a stream of air over the tip of the tongue to change it into an Ssss sound

Practice these word pairs in front of a mirror:

- Thing and Sing
- Think and Sink
- The and See
- Thumb and Some

If your child's tongue protrudes between the teeth, remind your child not to let their tongue peek out.

Look for the words in **yellow**, they all contain the 'S' sound. Breathe. Have fun!



Puffin was the

friendliest dragon

in the land.

He and the **princess** were **best** friends.

They enjoyed eating cotton candy and

floating on the rainbow clouds.



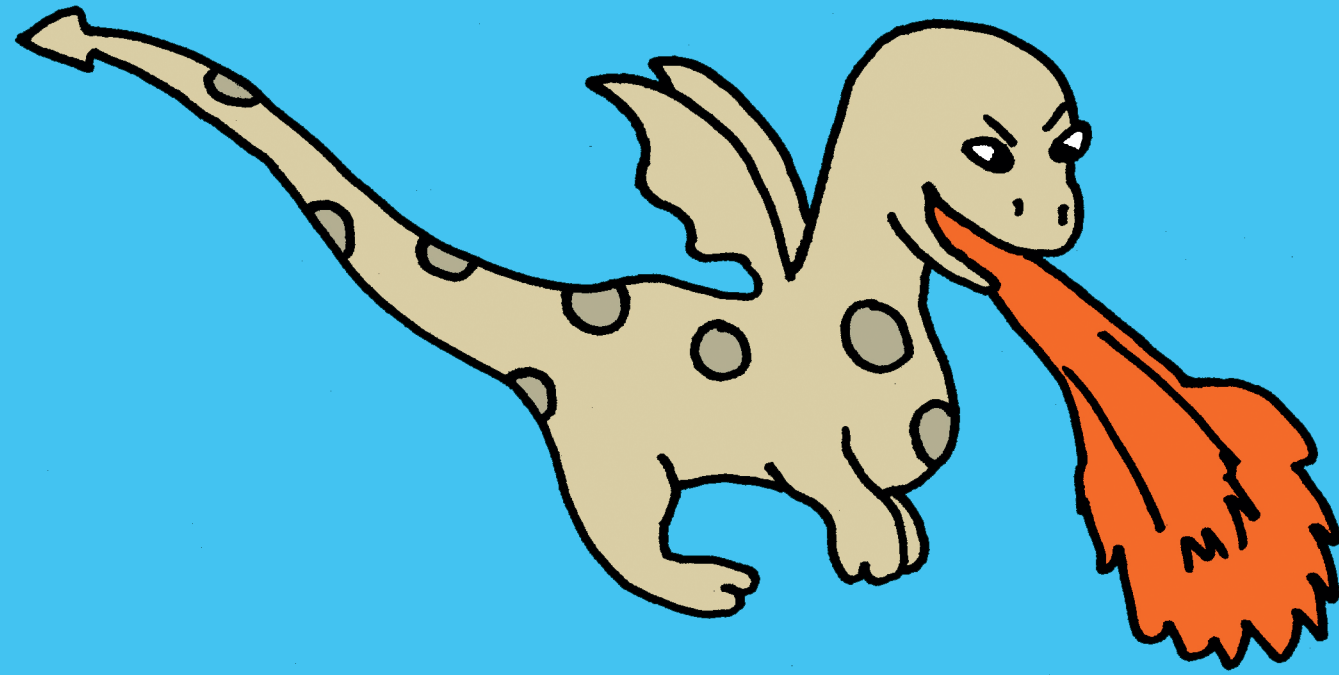
Everyone was happy.

One day,
a mean old man
locked the **princess**
up in his **castle**.



She was
sad and
missed
Puffin.

Puffin was **upset** too!



His **thoughts** were **racing so fast inside** his head.

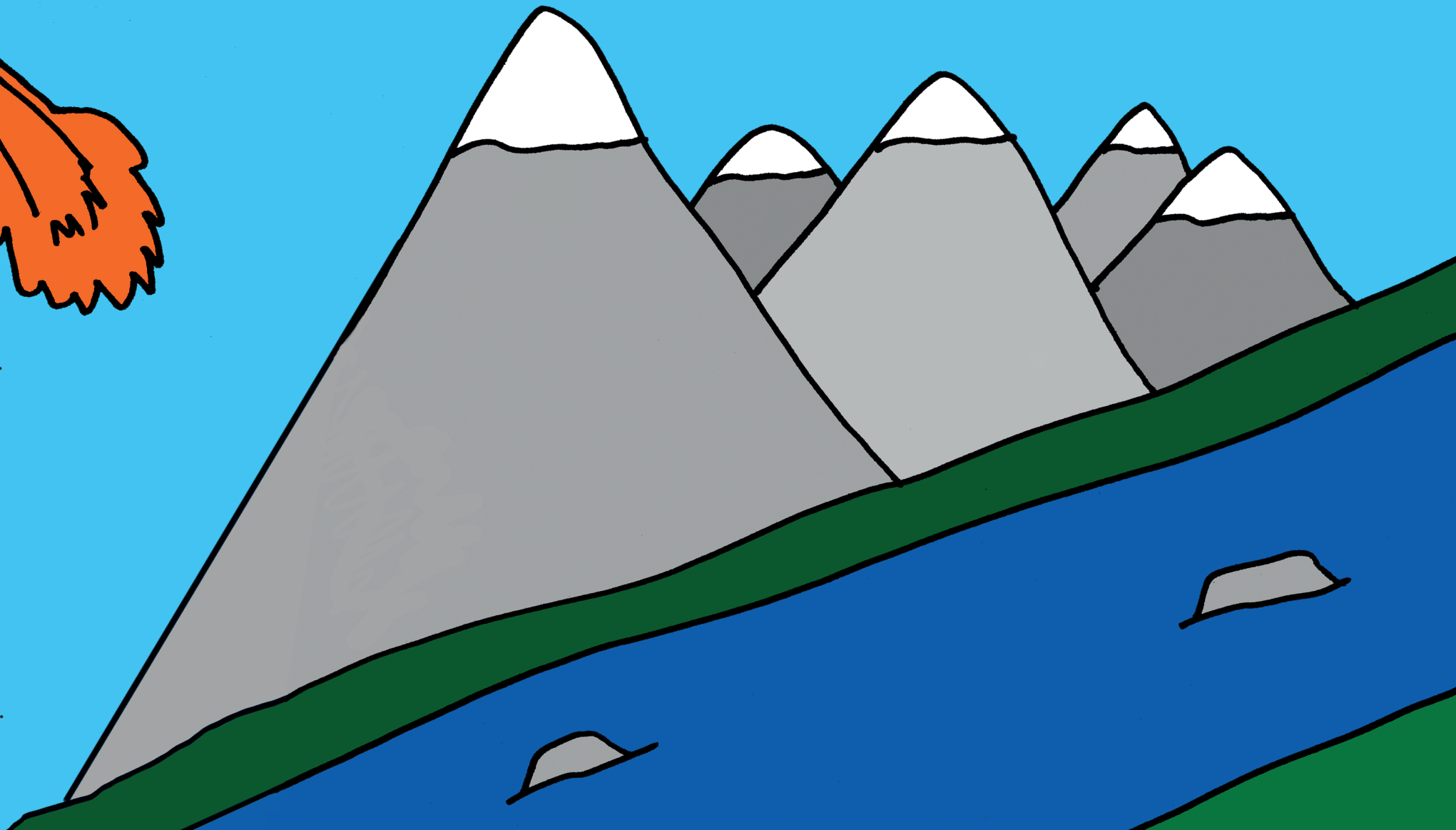
He felt out of control. He was flying so **fast**

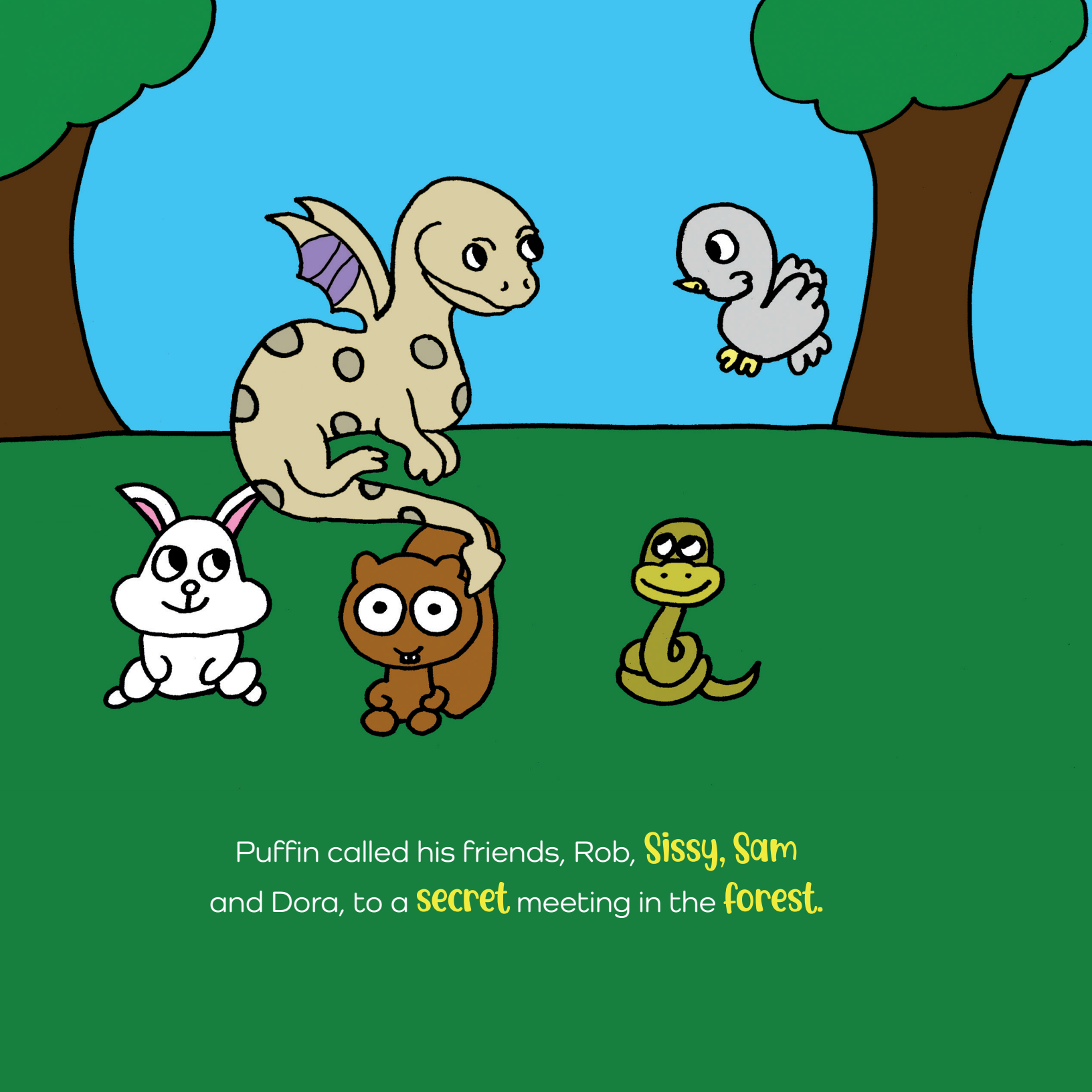
he could not **stop** in time.

BOOM!

His wing hit a mountain.

*I was **so** angry that I **lost** control. Now my wing is hurt, and I can't fly. How will I **save** my **princess**? If I can't fly, how will I reach the **highest** room in the **tallest** tower, where my **princess** is kept?*



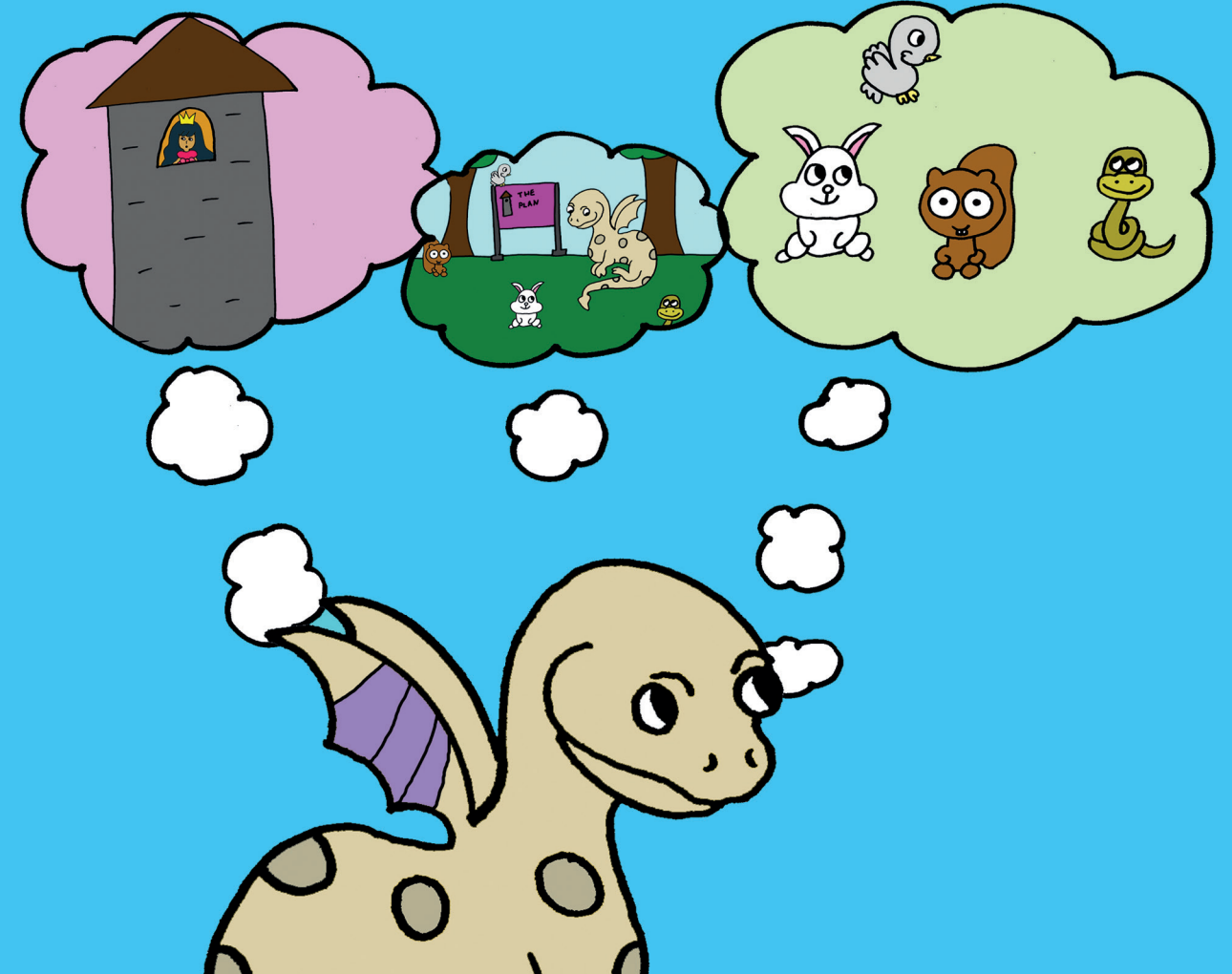


Puffin called his friends, Rob, **Sissy**, **Sam** and Dora, to a **secret** meeting in the **forest**.

Puffin knew that **everyone in the world** had something **special** to offer, and he loved each one of his friends for their **differences**.

Dora the Dove could fly, and Rob the Rabbit could hop.

Sissy the **Squirrel** could climb **fast**, and **Sam** the **Snake** could **slither** quietly.



"Aha,"

said Puffin, as his friends
gathered round.



"Tomorrow eve we will go to the castle.

Rob the Rabbit will knock on the door and
hop around the old man. Sissy the Squirrel
will grab his hat and run away!

Sam the Snake will slither in quietly to look
for the key. Then Dora the Dove will fly up to
the highest room of the tallest tower and
free the princess!"

Everyone agreed that the plan would work.

Now they had to wait for nightfall.

Puffin went back to his cave. He was worried about the **princess** and began to **pace** back and forth. He got more and more worried.

Then he remembered the five magical questions Dora had taught him.



What do you see? What do you taste?
What do you smell? What do you feel?
What do you hear?

He could **see** the cut on his wing. He could **taste** the fire in his mouth. He could **smell** the **smoke** coming out of his ears. He could feel the ground shaking below him. He heard his heart beating **so** hard, it felt like it was coming out of his **chest**.

BOOM! BOOM! BOOM!

Answering the questions helped Puffin to worry **less**.

As he began to calm down, he felt hopeful because he had a plan to **save** the **princess** and great friends to help him!



Finally, eve **struck** and the animals **set** forth on their journey to **save** the **princess**.

"How much longer?" cried Rob the Rabbit.

Sam the Snake was so scared, he **started** to sweat!
Puffin **started** to worry again!

"Take a deep breath in and out,"

said Dora the Dove. "That always **helps** me when I'm worried. Fill up your belly with air and then pretend you are blowing out candles on a cake."



ACTIVITY TIME:

Try belly breathing with Puffin.

Breathe in big for 1, 2, 3 and breathe out slow with round lips for 1, 2, 3, 4, 5, 6.

Now answer these 5 magical questions:

1. What do you **see**?
2. What do you **taste**?
3. What do you **smell**?
4. What do you **feel**?
5. What do you **hear**?

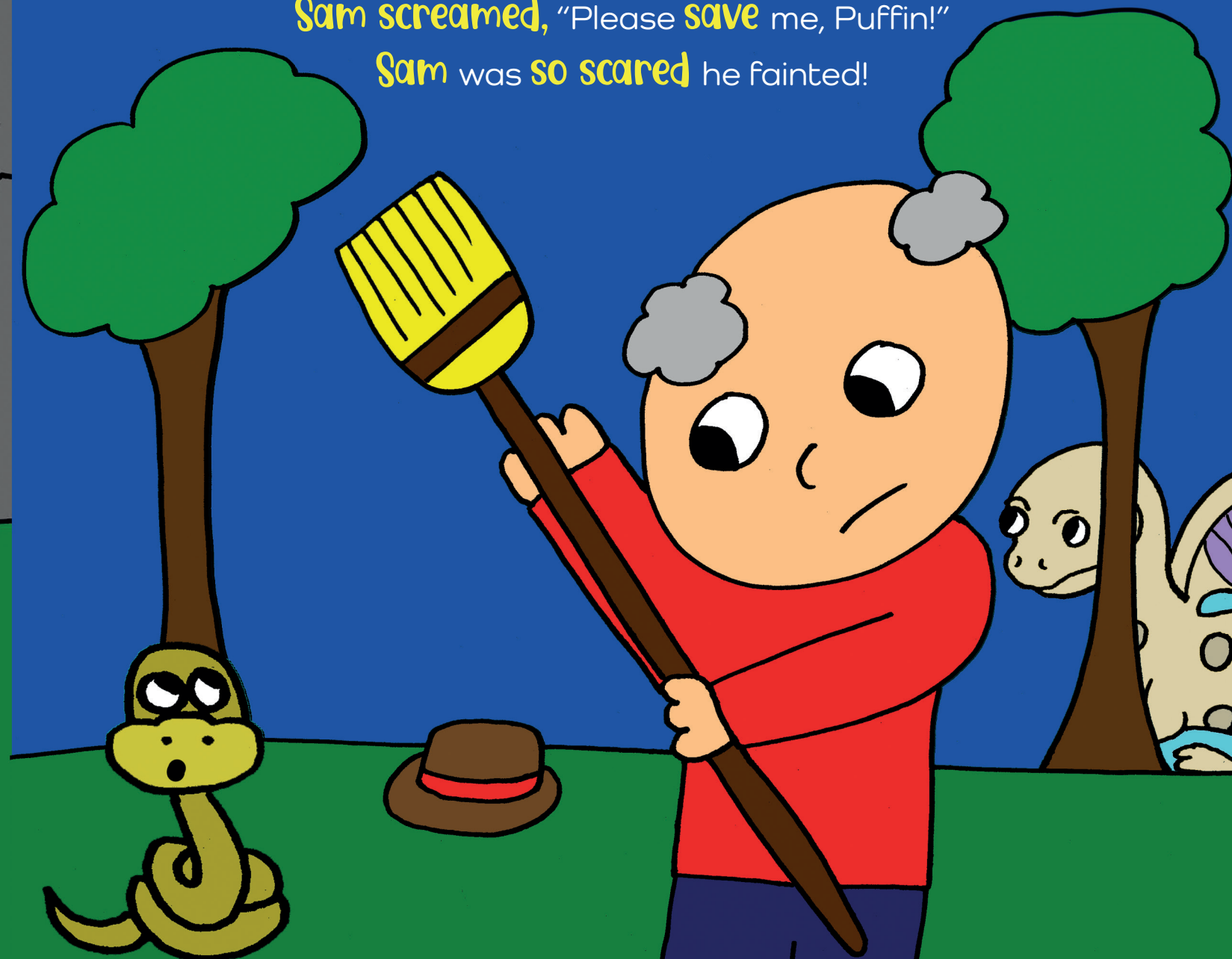


Everyone felt much calmer after they had done Dora's exercise.

As they came **close** to the **castle**, no one **said** a word. Rob the Rabbit rang the **castle** doorbell.

DING DONG!

The mean old man yelled, "Get off my land!"
Sam the **Snake** was **so scared**, he **slid** in early!
The mean old man **saw Sam** and tried to hit him with a broom.
Sam screamed, "Please **save** me, Puffin!"
Sam was **so scared** he fainted!



Puffin was calm and ready to help. He woke **Sam** up by **asking** him the five magical questions. **Sam** jumped up and wrapped **himself** around the old man.



Puffin couldn't wait to **see** his **best** friend. He took in three deep **breaths** to calm his mind.

In that moment, all the other noises faded away and he could hear the **princess's** voice.



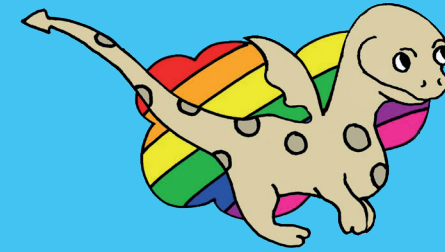
He **decided** if he could not fly, he would climb!

Puffin climbed up the tower, Dora the Dove unlocked the door and they set the **princess** free!

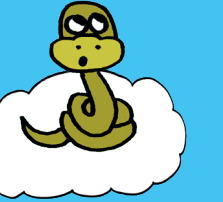
The **princess** was happy to be with her **forest** friends. **Most** of all, she was **excited** to **see** Puffin! She **missed** flying through the rainbow clouds, eating cotton candy and going on adventures in the **snowy** mountains.



Questions



1. What did Puffin do when he **felt worried**?



2. What can you do when **you** feel **worried**?

3. What **five magical questions** did Puffin ask Sam the Snake?

4. Why couldn't **Puffin fly**?

5. Where was the **princess locked up**?

6. What was the **special thing** that Sam the Snake could do?



7. What is **something special** that you can do?

8. What was Puffin **thankful** for?

9. Can you think of something that **you** are **thankful** for?





Answers

1.

Puffin did two things when he felt worried. He **breathed in deeply** and **breathed out** like he was blowing out candles on a birthday cake. He also answered the five magical questions to help his mind calm down.

2.

When you are worried, you can also take **belly breaths** and ask yourself the **five magical questions**.

3.

What do you **see?**
What do you **taste?**
What do you **hear?**
What do you **feel?**
What do you **smell?**

4.

Puffin couldn't fly because he **hurt his wing** when he flew into a building.

5.

The princess was locked up in the **tallest room** of the **highest tower**.

6.

Sam the Snake could **slither quietly**.

7.

Answers may vary.

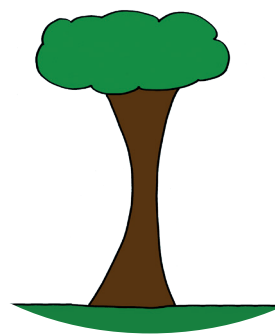
8.

Puffin was **thankful** for his friends.

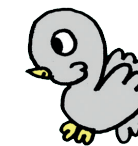
9.

Answers may vary.

Remind the child to focus on their 'S' sound when answering these prompts:



1. One day, I was walking in the forest, and I heard a tree say...
2. If you could choose between flying or breathing under water, what would you pick? Why?



Come up with a story using the following sets of 3 words:

Snow

Motorcycle

Princess

Sand

Baseball

Miss

Sailboat

Lobster

Walrus

After Puffin rescues the princess, what adventure do you think they will go on next?



Meditation

Close your eyes.

Breathe in and fill up your belly.

Breathe out like you are blowing out a candle on a cake.

Then say the following words out loud:

I am loved.

I am safe.

I am enough.

Draw your favorite superhero below:

