



THE WOLF WAS *NOT* SLEEPING


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For more resources and 'little stories about big feelings', visit: www.firefighters.org.nz.



Deep in the forest
one dark winter's night,
In a small cosy bed
by the fireflies' light,

A wolf lay awake.
His loud beating heart
Was thumping in fear
that the howling might start.





Tick tock went the clock,
Twit twoo called the owl,
As he prayed to the moon
that the wolves wouldn't howl.

But the forest stayed quiet
and with first morning light,
“Phew!” Wolfgang said:
everything was all right.



Each night was the same.
His loud beating heart
Would be thumping in fear
that the howling might start.

And if all was still quiet
by first morning light,
“Phew!” he would say:
everything was all right.

But this peace wouldn't last,
and that worried him so,
For when the wolves howled,
his dad had to go.

His dad was a helper.
When they called, he would run —
No matter where, when or how,
he'd be helping someone.





A forest of creatures
can't always be calm –
Sometimes there's trouble,
or danger, or harm.

And if there was trouble,
the wolves let them know:
Their howling would summon
the helpers to go.

Wolfgang imagined
such terrible things,

Like
fire-breathing
dragons
with large
scaly wings,



Monsters in caves,
scary trolls and the like,

Giant trees falling down
from a great lightning strike.



Wolfgang's dad works as a helper: when the wolves sound the alarm, he has to leave to help the other creatures in the forest. Each night Wolfgang worries about what might happen if his dad gets the call. His worries are so bad that they keep him awake, and he is falling asleep in the daytime instead!

Spider leaves a note for Big Dad Wolf to show him how worried Wolfgang is. Big Dad Wolf realises he needs to sit down with Wolfgang to reassure him, and tell him about what happens when he goes to help in the forest. Wolfgang learns that things aren't always as bad as they seem.

There are lots of ways in which we can tell or show people how we are feeling – and if we can *name* a feeling, then we can *tame* a feeling.

