



THE LITTLE BUNNY AND THE THUNDERSTORM

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Once upon a time, there was a small but brave bunny. He was very fond of his forest. His favorite things to do were to run through the trees and play hide and seek with his friends.



One day, the sky darkened. It began to rain, and strong wind shook all the leaves in the trees. Suddenly, there was a flash of lightning and the startling, loud, cracking sound of thunder. The bunny had been playing in the forest on his own, so when the storm began, he was running around alone and was very scared. When he came home, the bunny was shaking with fear.



The next day, when the sun had dried up all of the rain, and began to warm the forest, the bunny did not want to go outside and leave the safety of his bunny home. The next day, and the one after that, he still didn't want to play outside, and leave his safe bunny home anymore. At night, even ordinary forest sounds like the hooting of Owl, or the crackling of dry branches when Fox passed by frightened the bunny. Even the sound of ordinary rain, pattering outside on the dry leaves of the forest floor made the bunny start to shiver.



Mama Bunny tried to help her little bunny be brave, carefree and playful like he was before. She reminded him of the fun games of hide-and-seek he liked to play in the forest with his friends and offered to hide and let him find her. But he still was not ready to leave their cozy home alone. She told him creative stories about the rain, about how fun it can be to play in the rain.



One day she met a friendly, kind and fuzzy bear. She told him about her little bunny's new fears. The bear came to visit the little bunny, and outside the tiny rabbit home, he softly sang a song.

“I met a new friend, and I feel so safe,
We play and laugh, and it's never a race,
We sing silly songs and make up rhymes,
And have fun together all of the time.”



The little bunny was curious, and began to sing too. It was too small for the big bear to come inside their home, so he invited them to visit his big den. He invited the little bunny to stay safely snuggled in his arms, while they traveled through the forest to his cozy den.

It was very spacious in the bear's den and the little bunny felt protected.



There the little bunny was so happy to meet several little bear cubs. They played together and listened to stories the big bear made up about playing in raindrops and splashing in muddy puddles. The little bunny remembered how much he liked stomping and splashing in mud puddles, and laughed imagining how he would get all muddy and make his new friends muddy too.



They sang songs together, but the one he liked best to sing again and again was :

“I met a new friend, and I feel so safe,
We play and laugh, and it’s never a race,
We sing silly songs and make up rhymes,
And have fun together all of the time.”

The bunny enjoyed visiting the bear family, and the next day, he asked his mother to take him there again. This time they played games with water in the sink, making little boats, and creating waves and raindrops.



The next day, the little bunny was up early in the morning, excited to meet his friends in the forest. He was having so much fun, he forgot about his fears, and when clouds gathered and raindrops began to fall, he was excited! He was looking forward to splashing in the mud puddles.



When a few flashes of lightning and cracks of thunder sounded, the big, kind bear gathered the little bunny and the small bear cubs in his warm, cozy paws. Together they sang their song, while waiting under a big oak tree for the rain to stop:

“I met a new friend, and I feel so safe,
We play and laugh, and it’s never a race,
We sing silly songs and make up rhymes,
And have fun together all of the time.”

The storm clouds passed, and the bunny and bear cubs splashed in the mud puddles, laughing and playing until they were completely covered in mud!



When the evening came, all the little animals ran home. The little bunny told his mother how much fun they had in the puddles. She could see herself by the mud that had changed the color of his fur!! But she was so happy that he was not afraid of thunderstorms anymore and was back to being a brave, carefree, happy little bunny.



This story was written in a workshop for Therapeutic Stories with Susan Perrow. This story was written for children aged 3-7 who, as a result of the war, are now afraid of loud sounds. The illustrations were hand-painted by the 13 year old daughter of one of the authors.

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“Rays of Light during the storm”



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