Mr Owl Learns to Relax

By Michelle Wanasundera
Illustrated by Amit Mohanta
Mr Owl Learns to Relax

This edition published 2023
Published by Library For All Ltd
Email: info@libraryforall.org
URL: libraryforall.org

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/.

Library For All gratefully acknowledges the contributions of all who made previous editions of this book possible.

Original illustrations by Amit Mohanta
Mr Owl Learns to Relax
Wanasundera, Michelle
ISBN: 978-1-922991-82-9
SKU03210
Mr Owl was awfully tired.

He’d had such a busy day.

He’d been out delivering mail and visiting the forest animals, giving them lots of advice—they relied on the wise owl when they had problems.

Now, it was time to rest.
Mr Owl fluffed out his feathers and shut his big, heavy eyelids.

But his big, heavy eyelids popped open!

Mr Owl fluffed out his feathers again and shut his big, heavy eyelids again.

And guess what?
Yes. His big, heavy eyelids popped open again.

It was so annoying.

Maybe it was because he had a lot of thoughts spinning around in his head.

Had he delivered the mail to the right addresses? Had he visited everyone he needed to? Had he given the right wise advice today?
“Chip, chip, chip, chip, chip, chip,” came a sound.

Mr Owl knew who that was: Ms Bat.

“You’re still awake, it seems?” said Ms Bat.

“Yes, it seems I’m not so wise when it comes to getting to sleep,” Mr Owl replied.
“Don’t be so hard on yourself, Mr Owl. One cannot be expected to be wise in every single thing,” said Ms Bat, with a smile.

“I did not know that. It is a relief to hear,” said Mr Owl.

“Let me teach you something that someone once taught me. It is a way to relax your body, and you can do this anytime—it’s not just for sleeping.”
“Turn your eyes to the light of the moon,” she began.

Mr Owl turned his eyes to the light of the moon.

“Place one wing on your belly and the other on your heart. And sit up straight, Mr Owl.”

And he did.
“Take a deep breath in, and a deep breath out, counting to five on the breath in, and counting to five on the breath out.”

Mr Owl did what she said. He took long slow breaths in and out. And counted in his mind, 1, 2, 3, 4, 5.

“Now, stretch your body up tall. Put your wings right up to the twinkling stars.”

A small smile appeared on Mr Owl’s face as he stretched and breathed deeply. He was relaxing.
“Now, look at the moon and imagine its light on your forehead—this also works if the moon is not full, just simply imagine the light, Mr Owl.

Feel the light melt into your forehead until your whole head is filled with a warm glow.

This is a very special light because where there is this light, there is no darkness, none at all,” said Ms Bat.

“It feels lovely,” said Mr Owl.
“Nothing but happy thoughts are allowed in the bright light, Mr Owl. Isn’t it wonderful? Keep breathing in for five and out for five.”

Mr Owl’s heavy eyelids were becoming even heavier.
Ms Bat continued in a calm voice, “The special light travels down past your ears, so you can only hear the lovely sounds of the night.

It moves down past your beak, so you can only speak lovely words.

It goes down past your neck and shoulders until the light flows into your heart.

Now, you only feel good feelings.

Don’t forget to breathe in and out slowly, Mr Owl.”
And then, as if Mr Owl couldn’t feel any happier or more relaxed, something amazing happened.

All the good feelings in his heart floated out. Like glowing sprinkles, the good feelings fell down on to all the animals in the forest.

Mr Owl was sharing his happiness.
Some of the animals who were sprinkled with good feelings turned over in their beds and fell into a deeper happier sleep.

Before long, Mr Owl fell asleep, too.

Ms Bat, of course, was only just waking up, as she liked to sleep during the day. She quietly left Mr Owl to his slumber and flew off to enjoy the night.
Why don’t you try breathing like Mr Owl? 

Taking deep breaths and learning to focus our minds on an image or idea, like the light of the moon, help us manage our moods and feelings.

Find a comfortable place, close your eyes and breathe in deeply while you count slowly from one to five.

Pause for a moment, thinking about a beautiful colour or a warm light.

Now breathe out slowly—1, 2, 3, 4, 5.

You can do this again and again if you need help to sleep, focus on your work, or calm yourself down while you play.
You can use these questions to talk about this book with your family, friends and teachers.

What did you learn from this book?

Describe this book in one word. Funny? Scary? Colourful? Interesting?

How did this book make you feel when you finished reading it?

What was your favourite part of this book?

download our reader app
getlibraryforall.org

About the contributors

Library For All works with authors and illustrators from around the world to develop diverse, relevant, high-quality stories for young readers. Visit libraryforall.org for the latest news on writers' workshop events, submission guidelines and other creative opportunities.
Did you enjoy this book?
We have hundreds more expertly curated original stories to choose from.

We work in partnership with authors, educators, cultural advisors, governments and NGOs to bring the joy of reading to children everywhere.

Did you know?
We create global impact in these fields by embracing the United Nations Sustainable Development Goals.

libraryforall.org
What type of Library For All reader are you?

- **Learner** - Beginner readers
- **Level 1** - Rising readers
- **Level 2** - Eager readers
- **Level 3** - Progressing readers
- **Level 4** - Fluent readers

**Middle Primary** - Curious readers

Discover your world through science and stories.

**Upper Primary** - Adventurous readers

libraryforall.org
#lettheworldlearn

ISBN 978-1-922991-82-9