



Hello. Amber and I thought you might like to hear a story about something that happened a few weeks ago. Everyone comfortable? Good, then we'll begin.

It was Tuesday and Amber's class at puppy school were going to their first swimming lesson. Amber had never been to a swimming pool before and was feeling a bit nervous. When the class arrived at the pool they went inside. A new building, with new smells and new sounds. Amber didn't like this at all and began to get quite scared.

Once they'd got changed into their puppy swimming costumes and arm-bands, the class made their way out to the side of the pool. Amber looked at the other puppies and they seemed really excited about going in the water.

'How come I'm not excited?' thought Amber. 'How come I'm so afraid?' The rest of the puppies jumped in but Amber stayed on the edge. There was so much noise and some of the bigger puppies were splashing and laughing loudly, which startled Amber.

It was all starting to get a bit overwhelming, but then Amber thought, 'Who is my Anchor person? I know - my teacher.' Amber went over to the teacher, who asked what was wrong. Amber explained that being in such a noisy, splashy, new place was a bit scary.

Amber's teacher was very reassuring. 'It's OK to feel scared, Amber. Everyone feels scared sometimes, especially in a new place like this. Just remember you might be scared, but you are safe.'

Amber thought about this and said 'Yes, you're right. Even though I am scared, I want to learn to swim and I am going to try.' Feeling comforted and a lot more confident, Amber got into the pool at the shallow end and then joined the other puppies. Amber's teacher kept a good eye on them all and gave Amber lots of reassuring smiles.

When they were back in school, the teacher asked how Amber was feeling about swimming now. Amber smiled and said, 'Still a bit nervous, but much happier than earlier. I'll definitely be back for more next week.'

The End