



TUNDRA FRIENDS



Tuka's Big Dance



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Tuka's Big Dance



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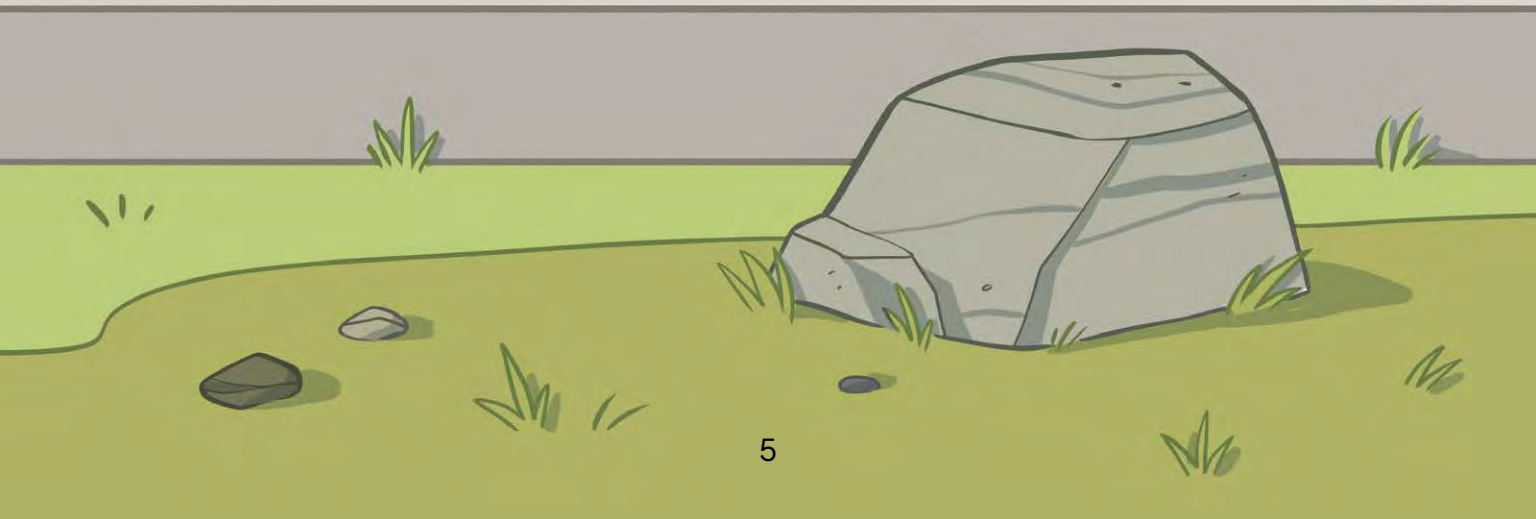
Amiel Sandland

Tuka is getting ready for the community talent show. He is performing a dance. He loves dancing. He has been practising his dance for weeks. He is almost ready for the show.





On the day of the talent show, Tuka meets his friend Nauka after school. He wants to show Nauka his dance. Tuka looks around to make sure no other students can see. Then he starts his dance for Nauka.



Tuka keeps dancing. He does some of his best moves. He is feeling good. Nauka claps along.

Then Taqu comes around the corner. She sees Tuka dancing. She laughs a little, but not in a mean way.





Tuka stops dancing. "Oh, hi, Taqu," says Tuka.

"Tuka! I didn't know you could dance! Are you performing your dance in the talent show? Have you been practising long? Will you practise more before the show?" Taqu says excitedly.

Just then, someone calls Taqu. "Oh, gotta go!" says Taqu, waving and running away.

Tuka starts to feel worried. *Why was Taqu asking how much I had practised? Do I need more practise? Why was Taqu laughing?* he thinks.





“Can I see the rest of your dance?” says Nauka.

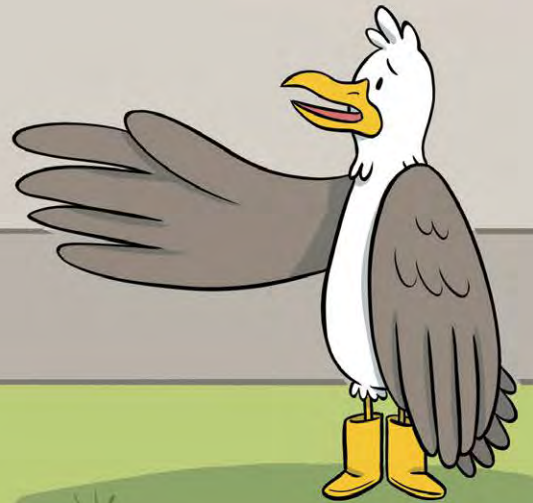
“Oh...no, I don't think I can do the dance. Taqu was right, I haven't practised enough,” says Tuka, looking nervous and walking back and forth.

“What? But I think your dance is great! I can tell you’ve practised a lot,” says Nauka.

“But Taqu laughed. What if everyone laughs at me?” says Tuka. “The show is in two hours. I’ll never be ready by then!”







“Tuka, you sound worried. When I worry, my dad tells me to stop and think,” says Nauka.

“What does that mean?” asks Tuka. He is still walking back and forth, looking nervous.

“I’ll show you. First, stop walking. Take some deep breaths,” says Nauka.

Tuka stops. He and Nauka both breathe in very slowly, then out very slowly. Tuka starts to feel calmer.





“Now think about how you feel and why you feel that way,” says Nauka.

“Hmm....” Tuka thinks for a moment. “I feel nervous,” he says. “I’m nervous everyone will laugh at my dance at the talent show.”

“Now you’re supposed to think of what you can do to become less nervous,” says Nauka.

“I have to quit! I just won’t do my dance,” says Tuka.

Nauka frowns.





“Do you really want to quit?” asks Nauka. “You worked so hard on your dance. And I think it’s great!”

Tuka thinks. “Well...I do still want to do it. I love to dance. But what if everyone laughs like Taqu?”



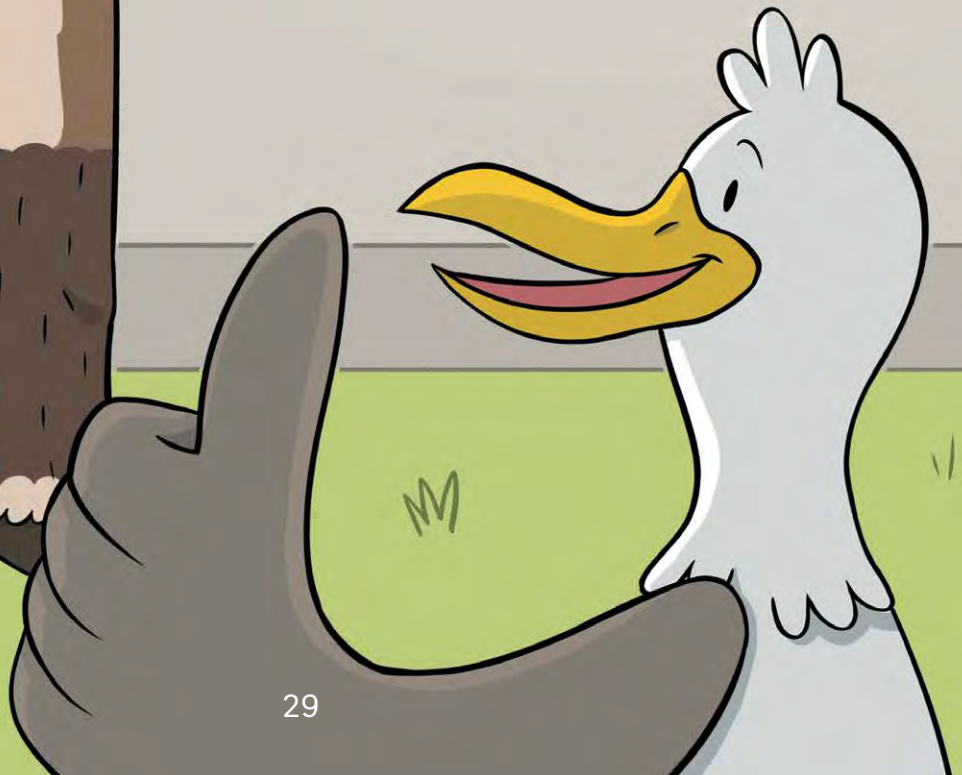
“Taku sometimes laughs when she’s happy or enjoying something. I think she just really liked your dance and wanted to know more about it,” says Nauka.

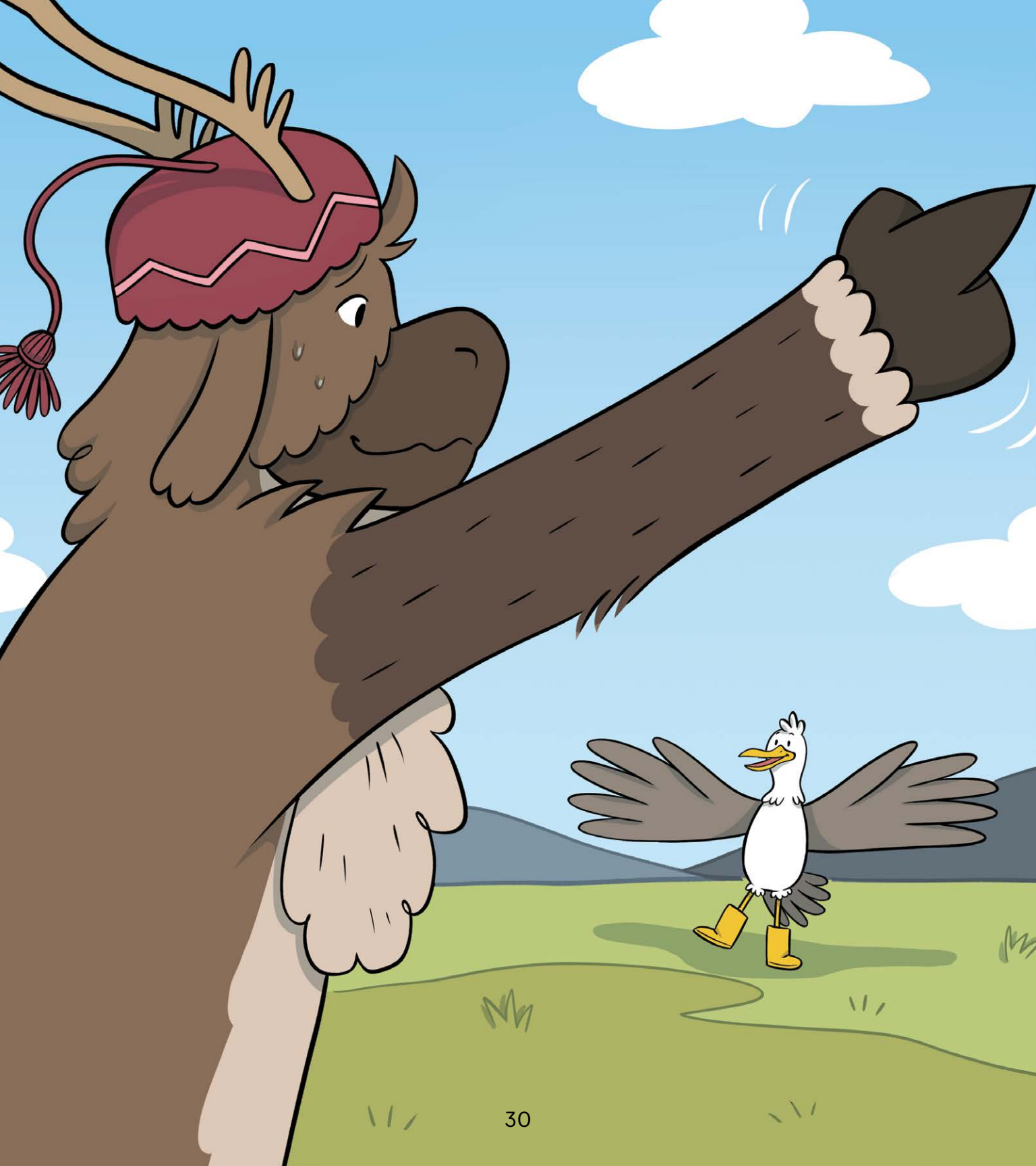
“Oh, maybe you’re right,” says Tuka.



“Okay, I’ll still do it then. Can I show it to you one more time?” asks Tuka.

“Yes!” says Nauka. “And just remember, if you start to worry, stop and take some deep breaths. You got this!”





Tuka shows Nauka his dance one more time. This time, he makes it to the end. He is nervous at first, but once he starts dancing, he really gets into it. By the end of the dance, he feels much better.

Nauka claps. "That was amazing! I really liked the moves at the end," says Nauka.

"Thanks, Nauka!" says Tuka.

Tuka is feeling calm and ready for his performance. He's glad Nauka taught him to stop and think when he feels nervous.





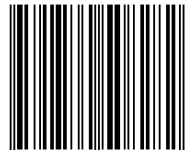
TUNDRA FRIENDS



Tuka is excited to perform his dance at the community talent show. He has practised hard for weeks. Before the show, his friend Taqu laughs when Tuka performs his dance. Tuka becomes nervous. Does Taqu not like his dance? What if everyone makes fun of him during his performance? Tuka is so nervous he stops dancing. Can Tuka find a way to work through his fears before the show starts?



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