

Episode 3: Kiko Calms Herself

~ Read Aloud Script ~

The tide is turning, and the water swirls around Kiko and her pod. As they swim, Kiko notices that the ocean feels different against her body.

“Why does the water feel so wiggly today?” she asks.

Koba explains that the tides and ocean swells are moving the water. Kiko does not like it. She swims faster, trying to escape the wiggly feeling, but the faster she moves, the more water presses and swirls around her.

Calima asks Kiko not to swim away, especially in a strong current. Kiko snaps that she did not swim away. Her voice grows louder, and as her frustration takes over, she accidentally bumps into Grandma.

Grandma does not scold her. Instead, she says, “I am going to take a few big, deep breaths. Ocean-deep breaths. Breathing helps me when I am upset.”

Kiko tries, but one breath does not make the anger disappear. “That helped a little,” she says, panting, “but I still feel angry.”

Calima reassures her that big feelings do not always disappear right away. Kiko wants the water to stop moving. Koba gently points out that the ocean does not usually take instructions.

“Well, it should!” Kiko shouts, flicking her tail and darting ahead again.

The current pushes back. The swells roll beneath her belly. The water is still wiggly.

Grandma says, “Sometimes the ocean calms first. Sometimes we do.”

Kiko does not know how to calm herself, so her family stays close and helps. Calima invites her to notice what is around her. At first, all Kiko can see, hear, and feel is the annoying, wiggly water.

Grandma asks her not to fight the feeling or force it away. “What if the water is simply saying hello?” she wonders. Kiko does not have to like it. She can simply meet the moment as it is.

Kiko pauses. She feels the rolling water against her skin. She hears it swishing. The ocean has not changed, but something inside Kiko begins to shift.

Calima asks whether Kiko would like to breathe together. They take one slow breath, then another. This time Kiko does not demand that the anger vanish. She gives it room to soften.

At last, Kiko turns toward Grandma. "I'm sorry I bumped into you. I didn't mean to."

Grandma tells her that everyone does their best, and sometimes emotions take over before there is time to calm down. Kiko apologizes to Calima for yelling, too.

Calima reminds her that even kind, loving orcas have big feelings that sometimes come out in ways they are not proud of. What matters is noticing, calming, repairing, and trying again.

The pod continues through the moving sea. The swells still rise and fall, but Kiko no longer fights every motion. She closes her eyes and takes another slow breath. The ocean moves around her, and Kiko moves with it.

THE END

Optional discussion: What helps your body feel safer when a big feeling arrives?