

## 01 How to Stop Bullying

Have you ever experienced bullying? Bullying can affect everyone — those who are bullied, those who bully, and those who witness bullying. Bullying has become a hot topic all over the world. It can cause physical, emotional pain and ongoing mental harm. It can happen everywhere and to everyone, but it most commonly happens at schools and among school-aged children. Children who are bullied may suffer from depression, loneliness, insecurity or suicidal thoughts and behaviors. School bullying is so painful and have such huge impact on children.

School staff , parents, and children themselves should face up to the problem and take action to stop it. But how to stop bullying? I think "prevention is better than cure." The best way to prevent bullying is to stop it before it starts. School staff , parents, and children play different roles and need to work together. At school, teachers should teach children what bullying is, the results of bullying, and pay attention to

warning signs. At home, parents should model how to treat others kindly and respectfully because children learn from adults' actions. If parents could treat others well, children will learn from it. More importantly, Children should learn how to face bullying situation. There are some tips.

Children should maintain their anger first, and then ignore the behavior of bullies. When the bullies find their bullying actions don't work, they will feel bored and stop it. Please remember that if you don't feel like you can handle the situation alone, talk to someone else or ask a school leader to help. Whether it is a teacher, guidance counselor, or school psychologist, these professionals can provide guidance and support for everyone involved.

Bullying is unacceptable and it must be stopped and extinct.

To do so, all of us should stand up for it.

## 02 The four dragons

Once upon a time, there were no rivers and lakes on earth, but in the Eastern Sea, four dragons lived in it. They were 'the Long Dragon, the Yellow Dragon, the Black Dragon and the Pearl Dragon'. One day the four dragons flew from the sea into the sky.

"Come over here quickly!" the Pearl Dragon cried out.

"What's up?" asked the other three, looking down in the direction where the Pearl Dragon pointed.

They saw many people putting out fruits and cakes, burning incense sticks. They were praying!

"Please send rain quickly, God of Heaven, to give our children rice to eat." said a woman.

"How poor the people are!" said the Yellow Dragon. "And they will die if it doesn't rain soon."

The Long Dragon nodded. He suggested, "Let's go and beg the Jade Emperor for rain. "

The crops on earth are withering and dying. I beg you to send rain down quickly!" The Long

Dragon said to the Jade Emperor.

The Jade Emperor pretended to agree while listening to the songs of the fairies. Ten days passed, not a drop of rain came down. The four dragons felt very sorry.

The Long Dragon had an idea. He said "Is there not plenty of water in the sea where we live? We should scoop it up and spray it towards the sky."

"Good idea!" said the other dragons.

The Black Dragon and the Pearl Dragon scooped up water in their mouths, making the sky dark all around. The sea water became rain pouring down from the sky.

"It's raining! It's raining!" the people cried with joy.

"How dare the four dragons bring rain without my permission!" said the Jade Emperor.

The Jade Emperor ordered the heavenly generals to arrest the four dragons. The Mountain God used his magic power to make four mountains fly there. The four dragons turned themselves into four rivers, so China's four great rivers were formed.

## 03 Big Surprise

Mama Bear lived in a very beautiful forest. She was so kind and considerate that everyone loved her very much. It was a nice warm afternoon.

Mama Bear was trying to take a nap when someone knocked on her door. It was Cindy Rabbit. "Hello, may I borrow some sugar?" Cindy asked. "I don't have much sugar today," Mama Bear said, "But you may have all of it." "Thank you," Cindy said and went away.

When Mama Bear closed her eyes, someone else knocked on her door. It was Robin Raccoon. "Good afternoon. Mama Bear. May I borrow two eggs?" Robin asked. "I don't have many eggs today," Mama Bear said, "But you may have two." "I'm sorry to bother you." said Robin. "It's OK." said Mama Bear. "Thank you." Robin said and went away.

"Oh, I'm so tired," said Mama Bear. When she closed her eyes, someone else knocked on her door. It was David Turtle. "May I borrow some flour, Mama Bear?" David asked. "I don't have much flour today," Mama Bear said, "But

you may have all of it." "Thank you," David said and went away.

When Mama Bear closed her eyes again, someone else knocked on her door. It was Linda squirrel. "May I borrow four apples?" Linda asked. "I don't have many apples today," Mama Bear said, "But you may take four." "Thank you," Linda said and went away.

"I hope no one will bother me again," said Mama Bear and went to sleep for four hours!

When she woke up, she heard a knocking at her door. "I wonder who it is," said Mama Bear. She opened the door. "SURPRISE!" shouted Cindy Rabbit, Robin Raccoon, David Turtle and Linda Squirrel. "Today is your birthday. We used your sugar, eggs, flour and apples to make a cake for you!" they said. "Happy Birthday!" "I am so happy," said Mama Bear, "Come inside and we can have the delicious cake together. This is the happiest day of my life."