



SYNOPSIS OF THE SERIES OF THREE STORIES

Wangari and Mulu are two curious and adventurous little siblings, who one night while walking through the woods, met a strange-looking but kind astronaut who offered to take them on their next adventure. Together, they will live the most incredible situations traveling through the emotional planets, where they will learn about their feelings, emotions and how to recognise and manage them. What for? Well, to live a better happy life.

Join them on this third adventure on the planet of **Sadness**.

CHAPTER #03: THE PLANET OF SADNESS

Wangari and Mulu were on the E-Motion Ship on a new adventure, this time on the planet of **Sadness**. They were **tense** because Stella the Astronaut told them that having known this planet had made her understand several things she had thought and that is why she felt super **excited** to share this new trip with them.

When the ship finished its descent to the planet, the first thing they noticed was an environment filled with gray mist and an almost imperceptible sunlight. It was as if the planet was extremely **sad** and they both **wondered** what would happen in such a gloomy place.

This planet **scares** me a lot -Mulu said **anxiously**- It makes me want to cry... He stated with watery eyes. **Calm** down, little brother, if you want to cry, do it, -Wangari said to **reassure** him, although deep down she wasn't very convinced.

-Exactly Wangari, crying is not bad. In fact, tears soothe the soul. It is as if they cleaned it slowly and took with them the **sad** things that has happened to us -The astronaut told them, while she adjusted her spacesuit and began to walk around the planet. The children followed her, advancing slowly.

As the three of them walked, they noticed that both animals and plants lived in the planet seemed to be **nostalgic**. There were enormous trees, whose leaves fell from their branches just like tears.

-They are weeping willows- said the astronaut- but unlike the ones on earth, these really cry... listen.

The children remained silent and, indeed, they noticed that a **sorrowful** voice came inside the tree.

-Let's give our friend a hug to make him feel better -Stella told them as she wrapped her arms around the great trunk of the tree that was lamenting. Come, come, I can't get around it by myself. -The children surrounded the tree at the same time just like she did. When suddenly, they noticed that a **loving** warmth emanated from the tree.

-How strange, I feel that he hugs me too -Mulu said a bit **confused**.

-It's because affection generates **gratitude**, Mulu. The tree wants you to know that it thanks you for your **love** and helps him not to feel so **sad**. But come on, we still have a long way to go -The Astronaut told her as she began to walk again.

Soon after they found a strange being that lamented in silence. It was kind of a koala bear, gray and hairy, hanging from another of these willows with a deep expression of **discouragement** and **despair**.

Seeing her, the children ran up and **worriedly** asked what was wrong with her?

-Buuu, buuu... answered **Mama Bear** -And every time she uttered a sound, the sky darkened and clouds became denser and heavier.

-Let's see, let's see, let me alter your communication devices. E-motion, adjust the transmitters to understand the language spoken on this planet -Stella ordered her ship through the intercom.

-Gooo...d mooorning. I feel **sad** because my little bear disappeared a few days ago... I don't know what to do. I move very slowly to get down from this tree, and the darkness of the sky does not let me see if there are any footprints... could you help me?

-**Calm** down **Mama Bear**, I will help you. Tell me when she got lost -Mulu responded **courageously**.

Thank you, little creature, -**Mama Bear** replied, with a cracking voice. He had never gone this far. He said he had seen a message in a nebula in the sky, but I did not pay attention because I was distracted eating a leaf from this delicious tree, yum, yum... and when I turned towards him, he was gone... It has been several days and nights and he doesn't come back. Buuu, where is my little bear? -Her mother cried inconsolably.

-I think the communicator began to fail -Mulu said.

-Maybe is not like that -Wangari said- She's really crying... and I am going to start crying too, this situation is **devastating**.

Wangari and Mulu realised that **sadness** was an emotion of great intensity that could touch all of them at the same time and, spontaneously decided to help **Mama Bear** overcome the **pain** and began talking to her.

While sharing memories and **happy** moments with her little bear, they noticed that the **sadness** she had felt, began to fade little by little.

Thank you -said **Mama Bear**- I am beginning to feel more **positive** and **hopeful** that she will return soon.

-We're going to find him. Don't worry -Stella replied... and they left the strange creature that suddenly stopped crying and began a new search in that thick and leafy forest.

Minutes later, the sky seemed less heavy while a small flash of light illuminated one of the weeping trees.

As they continued their exploration, they found other **sad** animals like thousand-year-old turtles and a huge elephants.

They began to help them in the same way: listening carefully and thinking internally how they would feel if something like this happened to them.

Suddenly they realised something **surprising**. A little baby bear was hanging from one of the elephant's legs.

-Wiii, wiii, wiii-, the bear shouted **enthusiastically**, while over and over, the elephant's foot advanced along with the rest of the herd.

Look, there's the little bear! -Wangari screamed **scared** because she didn't know if the little one was okay-.

She's hanging from one of that elephant's legs. Let's try to take him down.

-Wait, let me try something- said Stella the Astronaut adjusting the buttons of her spacesuit once more -Ready!- Hellooo Mr. Elephaaant. -They heard her through their intercoms. She apparently was communicating with him in an elephantine funny language.

-The little one that is on your right paw got lost from his mom and she is very **worried**. Would you help us return him?

-Welcoome -Said the elephant. -The little one climbed on my paw and as he seemed to be having so much **fun**, I didn't want to bother him. We have had a very nice time together, haven't we boy?

Yees, -replied the bear.

And so, escorted by the huge elephant, they returned to the willows where **Mama Bear** continued to eat branches.

-Yum Yum Yum. I **love** these branches. Wait a minute, that's not... My son, you're back, teddy bear. -Said her mother slowly turning her head.

-Hi Mom. I met this elephant, climbed on his leg and got lost in time.

-Hmmm, it was only a few weeks... hahaha, said the Astronaut and everyone laughed along with her.

Ready to return to the E-Motion ship and, after spending the day traveling on the legs of their new elephant friend, Wangari, Mulu, and Stella left talking about everything they had discovered.

-I discovered that **Sadness** is not something to fear, but to understand and travel through it without getting depressed or anxious. Just like Mama Bear, who despite being **scared** and **sad**, had the **patience** to wait for her son. -Anna said.

-And I discovered that spending time with loved ones gives us a feeling of **relief** and **hope**, in our hearts -Mulu replied **happily**.

-That's right, Stella said. **Sadness** can cloud our soul and normally it will, but we cannot let it darken everything. We must always try to remain **calm** and **hopeful** to find a solution to our problems. We can always find someone that could help and provide us with **comfort**.

Just like today, you helped that mother and her little bear. I feel so proud of you -And saying this, she hugged them tightly.

Finally, once they were on the ship and after having **happily** helped the creatures of the planet, Wangari and Mulu realized that their own spirit had changed. The **Sadness** they had felt at the beginning of the trip has been transformed into **compassion** and **empathy** for others, even if they were not children like them. They had learned that by taking care of others, they not only felt better but had made many friends.