

Mila the Little Life Warrior

Finds a Friend

A felt story for ages 3–5

1. Mila Feels Alone

Place Mila on the felt board.

Add a small sad cloud above her.

"Mila is a Little Life Warrior.
Most days she feels bright and happy.
Today, she feels a little different."

"Today, Mila feels alone.
She looks around the playground...
but no one is playing with her."

"She feels the sad cloud in her chest.
Her tummy feels tight.
Her eyes feel watery.
She whispers, 'I have no one to play with.'"

Pause.

Let children notice the feeling.

2. Mila Wonders What to Do

Move Mila a little.

"Mila wants a friend.
She wants someone to play with.
Someone to laugh with.
Someone to share toys with."

"But she feels nervous.
She wonders, 'What if they say no?'
Her body feels wobbly."

Add small heart nearby.

"She puts her hand on her heart.
Her heart says, 'Be brave, Mila.'"

3. Mila Tries Something Kind

Add two children on the playground.

"Mila sees two children building blocks.
She takes a slow breath.
She walks over with her brave heart."

Add a sharing basket or toy piece.

"Mila says, 'Can I play too?'
Her voice is small but brave."

"The children smile and nod.
'Sure, Mila! You can add a block.'"

*Remove the sad cloud.
Add a sunshine or smiling heart.*

"Mila feels warm inside.
It feels good to be included."

4. Playing Together

Move the children close together.

"Mila and her new friends build a tall tower.
They take turns.
They listen.
They share the blocks."

"When someone has an idea, they say it kindly.
'Can we make it taller?'
'Let's put a star on top.'
'Good idea!'"

Add a kindness star.

"They work together.
They feel proud.
They feel like a team."

5. A Friendship Problem

Add a "conflict" piece — maybe a toppled tower or a sad face.

"Oh no...
The tower falls down."

"One friend feels upset.
One friend says, 'You knocked it over!'
Another friend crosses their arms."

Add a small storm cloud.

"This feels yucky.
This is a friendship problem."

6. Mila Uses Her Friendship Skills

Move Mila forward.

"Mila remembers her friendship skills."

Show three felt pieces:

- a heart
- a hand
- a kind word bubble

"She touches her heart.
'Let's all take a breath.'"

"She uses her words.
'It was an accident.
We can fix it together.'"

"She uses gentle hands.
'Let's rebuild.'"

Remove the storm cloud.

7. Repairing the Friendship

Add pieces showing the tower being rebuilt.

"Mila and her friends pick up the blocks.
They build again.
This time, even taller."

"They smile.
They say sorry.
They say thank you."

Add a hug heart or repair heart.

"Friends can have problems.
Friends can also fix them."

8. Mila Feels Connected

Place all characters together with a rainbow heart.

"Mila feels happy now.
Her heart feels full."

"She learned she can: make friends, use kind words, share, take turns, and fix friendship problems."

"She is never really alone.
Her brave heart helps her connect."

"And now...
Mila has friends to play with."

End with:

"Who helps you feel calm and safe?"

"What kind things can you do with your friends today?"