

The Story of the **Tired Town** and the Map That Listened



A gentle story about listening, patterns,
and helping little bodies feel safe again.

Once upon a time, there was a little town
where lots of children lived.

They loved to play, draw, build blanket forts,
and chase sunlight.



But something strange was happening.

Some of the children were very tired, even after sleeping.

Some felt dizzy, or had headaches, or their tummies hurt
for no clear reason.

Some couldn't run like they used to,
even though they really wanted to.



The grown-ups took them to many helpers
in white coats.



What no one realized was this:

There were tiny invisible troublemakers floating in the air and hiding in places no one thought to look — in walls, in old buildings, in places where air got trapped and couldn't move.

You couldn't see them.
You couldn't smell them all the time.
But they could make bodies feel confused
and worn out over time.

The trouble wasn't loud or fast.
It was quiet and sneaky.

One day, a listener came along.

She didn't just look at one thing.

She didn't just listen to one grown-up or one test.

She listened to the children's stories,
the places they lived,
the air they breathed,
and the patterns over time.



She noticed something important:

“The children aren’t broken,” she said gently.

“Their bodies are trying to protect them
from something around them.”

So she made a special kind of map.
Not a map with roads and parks —
but a map that showed how places, air, and bodies
were connected.

The map didn't blame anyone.
It didn't say, 'You're sick forever.'
It said,

♥ 'Here is where the body is
getting overwhelmed.'

☞ 'Here is what's making it tired.'

🌱 'And here is how we can help
it feel safe again.'



With the map, the grown-ups
finally knew:



where to let fresh air in, 

where to clean, 



how to help bodies
calm down, 



and how to believe
children sooner. 



Slowly, the children
began to feel stronger.
Not all at once.
Not magically.
But steadily.



And the most important thing?
The children learned this truth:

♥ ‘You were never imagining it.’ ♥

‘You were never weak.’

♥ ‘Your body was speaking — and now we’re listening.’ ♥

And so the town made a promise:

🌿 To listen earlier.

🌿 To look wider.

🌿 To protect little bodies before they had to get so tired.

And for every child still resting, still healing, still waiting —

The map is there now.

☀ And help is coming. ☀



About this book

This story was written by Lejla Tetrick, a mom who spent a long time watching her children feel unwell while being told that everything looked fine.

She searched for a book that could say what she kept trying to explain in appointments: that her children were not broken, that their bodies were trying to tell the grown-ups something, and that sometimes answers take longer to find than they should.

She couldn't find that book. So she wrote it for her children. And now she is sharing it with yours.

*For the children waiting for answers —
and the grown-ups who keep looking.*

Companion resources

Resources for teens, teachers, and families are available at

bg4k.ai

