



# The WRITERS CONTEST PODCAST

## Episode 6: Overcoming Fears

Milly was a little baby (**insert bird species**). She loved being a bird because she was always doing fun activities like living in trees and eating worms! She moved trees a lot, but her favorite tree that she ever lived in was a (**insert tree species**). It was a beautiful green color and the perfect height. The tree's height was very important because Milly couldn't fly. Her lack of flying ability never caused her problems, up until one day at birdie school when her and her friends were playing. They were all in a field playing (**insert game**). During the game, a birdie named Emie came over to Milly and asked her if she wanted to fly to her house to pick out a new game to play. Of course Milly wanted to help, but she said, "Could we walk? I can't actually fly." Emie turned to her and said, "What? How can you not fly?" Milly informed her that it was because she was afraid of heights. Emie told her that she was going to fly home quickly by herself, but she told Milly to meet her at the (**insert place**) on the (**insert tree species**) at 4 o'clock. When 4 o'clock came around, Milly and Emie met up. Emie had brought a (**insert object**) and flying harness. She told Milly that she was going to teach her how to fly. Milly





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stood still while Emie put the harness on her. They made their way up to the lowest branch on the tree, because it was only (insert a small number ) feet off of the ground. Emie showed Milly how to flap her wings correctly and the way to lean in order to stay in the air. After practicing herself, Milly decided to try it out. She did a running jump off of the branch, and before her wings could even go out, she crashed to the ground. "Ouch!" she cried. Emie jumped down to help her and put a pink and (insert pretty color) glittery band aid on the little cut on her foot. "Come on, let's try again" Emie said. Milly didn't want to try again because it didn't go well the first time. However, she agreed because Emie seemed so determined. Milly walked up to the branch again and jumped off. This time around, she was able to soar (insert number of feet) in air and flap her wings before falling to the ground. She landed on top of a (insert flower). But she jumped up with excitement and was ready to try again. With Emie's help, she practiced flying (insert a cool number) more times. After practicing so many times, Milly decided that she wanted to try flying from a branch at the top of the tree. She climbed up, put on a pretty color of (insert color) wing protectors, and ran to the edge of the branch. She jumped





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off and before she could doubt herself, she put her wings out and was flying! At first she got scared when she looked down and saw everything looking so tiny beneath her. She then realized that it was a beautiful view! She soared higher and higher, she could even see the **(insert animals)** running around beneath her. After flying for five more **(insert measure of time)**, she flew back to Emie. “You did it, you flew!” Emie cried. Milly smiled and said, “I’ll never be afraid of heights again!” They hugged and decided to go fly together.

