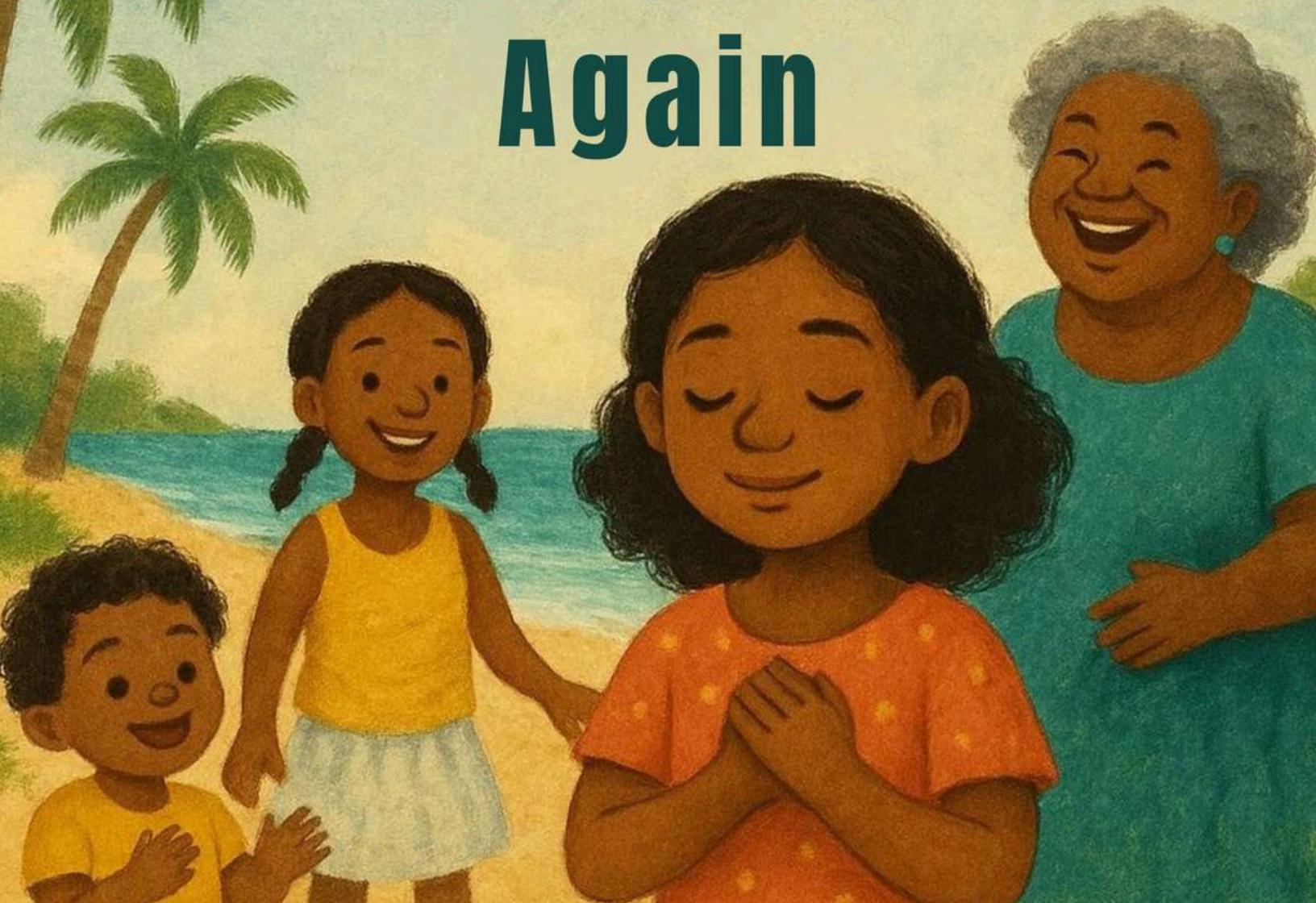


Lani Finds Her Calm Again



Lani Finds Her Calm Again

Written by
Dr. Marsha Smith

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Educators may read this book aloud in classrooms or therapeutic settings.

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This is a work of fiction inspired by real experiences.
Any resemblance to actual persons, living or deceased, is coincidental.

Illustrations by Marsha Smith

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First Edition

Dedication

To the children of Jamaica—

You are the heartbeat of the island, brave and bright even in the face of storms.

May you always know that your feelings matter, your voices are strong, and your resilience runs deep like the roots of our land.

Wherever life takes you, remember this truth: you are loved, you are worthy, and healing is always within reach.

Dr. Smith, PsyD, LCSW
Founder of Bahali

Bahali Press

**Lani lived on a small Caribbean island
where the coconut trees danced in the
breeze, the sea sparkled like turquoise
glass, and the air smelled of mango, salt,
and sunshine.**



**Every morning, she played outside with her
cousin Pam and her little brother Micah.
They loved skipping, chasing butterflies,
and eating sweet guineps from the tree.**



**One afternoon, the wind grew stronger.
The sky changed from bright blue to heavy
gray.**

Grandma said,

**“A big storm is coming. We will stay
together and stay safe.”**

Lani held Grandma’s soft, warm hand.



**When the storm reached the island, the
palm trees shook, and the rain made loud
drumming sounds on the roof.
Lani felt her chest tighten.
Her heart beat fast.**



**Mama leaned close and whispered,
“It’s okay to feel scared, mi love. We are
right here.”**

**Lani remembered what her teacher told
her at school:
“When your feelings feel too big, breathe
low like the sea...
slow in, slow out.**



**Lani put her hand on her belly.
She breathed in like she was smelling
Grandma's hot cocoa tea, and out like she
was blowing gentle bubbles toward the
waves.**

Slow in...

Slow out...

Her body felt a little softer.



Slow In...



Slow Out...

**When the island woke up the next morning,
the storm had left.**

The sun peeked through the clouds.

Roosters crowed again.

But the town looked different.

Fallen banana trees lay across the yard.

Some boats had drifted from the shore.

**People stepped outside, checking on
neighbors.**



Lani still felt a tight, twisty feeling in her tummy.

Everything felt strange and new.

**Papa hugged her and said,
“Your feelings are telling the truth – the storm was big. But so are we.”**



Little by little, the community began to clean up.

Auntie Marcia swept the walkway.

Uncle Wayne helped tie roofs with strong bamboo strips.

Teenagers gathered coconuts from the road so no one would trip.

Lani and Pam helped pick up small sticks and leaves.

Every piece they moved made the island look a bit more like home.



**As they walked toward the beach, Lani
found something tangled in a sea grape
bush –
her colorful Caribbean fish-shaped kite.**

She thought it had been lost forever.

Papa gently freed it and handed it back.

**“It’s a little bent,” he said,
“but just like our island, it can stand again.”**



**When the breeze returned – soft, warm,
and friendly –**

**Lani ran along the beach, letting the kite
rise high above the sea.**

**The tail fluttered in bright colors: coral,
teal, and sunshine yellow.**

**Micah clapped. Pam squealed. Grandma
laughed her big belly laugh.**

**Lani felt something warm growing inside
her –**

**hope returning, just like the sunlight after
a storm.**



**The island still had leaves to pick up
and roofs to mend,
but the community was strong.
People helped each other, shared food, and
whispered kind words.**

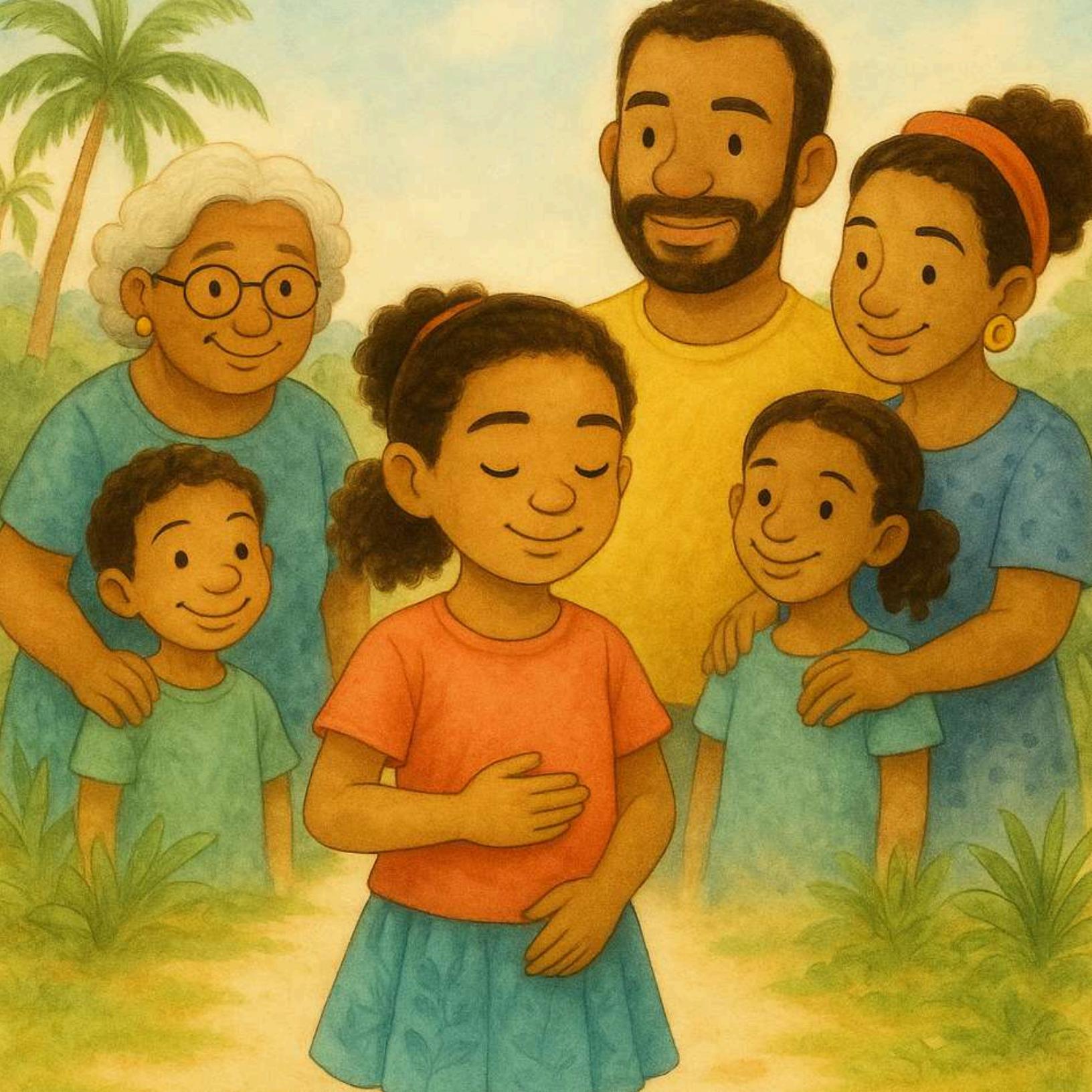
**Lani learned that storms come...
but kindness stays,
and calm always finds its way back.**



Whenever she felt worried, she remembered:

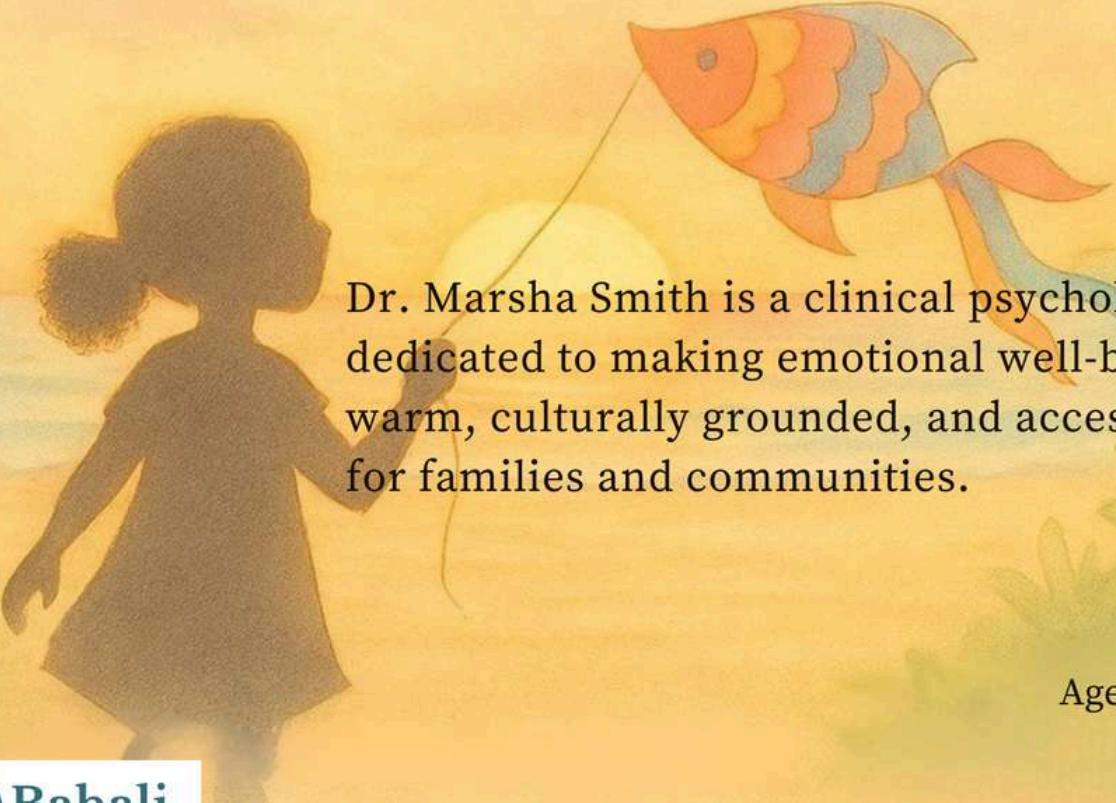
Breathe like the sea, ask for help, and feel safe with her family and community.

The End



When a powerful hurricane sweeps across the island, young Lani learns that calm can return - with family, love, and a deep, gentle breath.

A warm Caribbean story about courage, connection, and finding your center again.”



Dr. Marsha Smith is a clinical psychologist dedicated to making emotional well-being warm, culturally grounded, and accessible for families and communities.

Ages 4-8