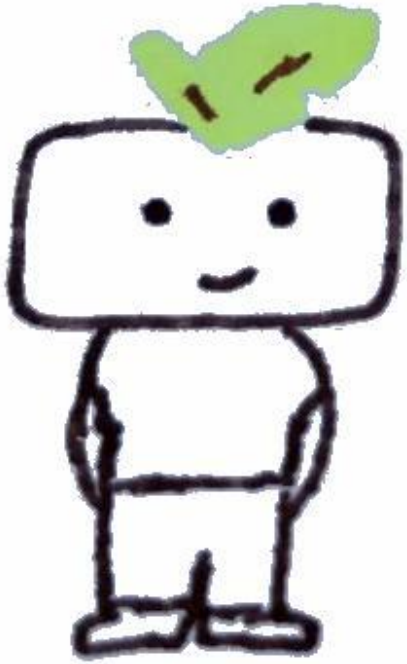
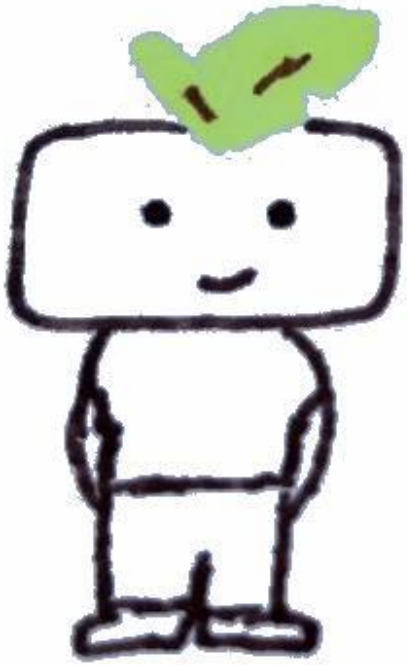
Small Paul



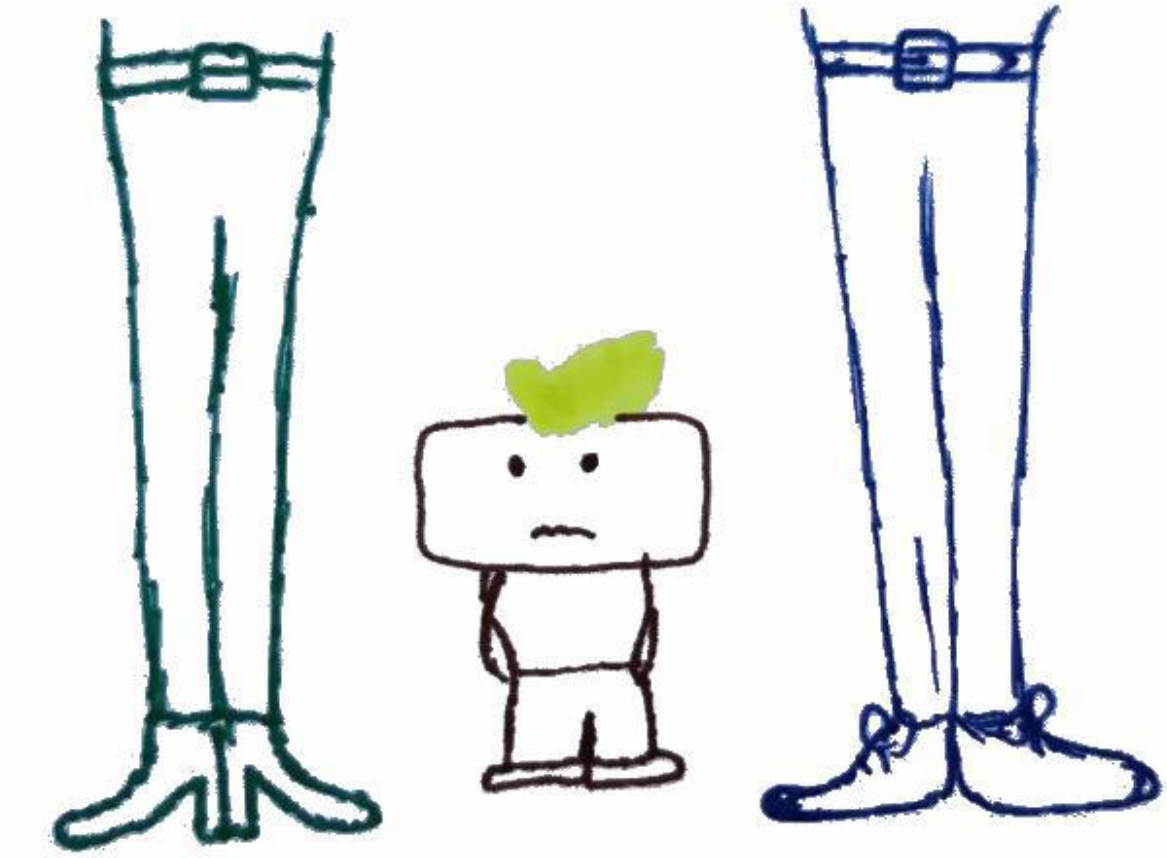
A simple tale of positivity for all the Small Pauls.

By Joshua Massey

Paul was only small.

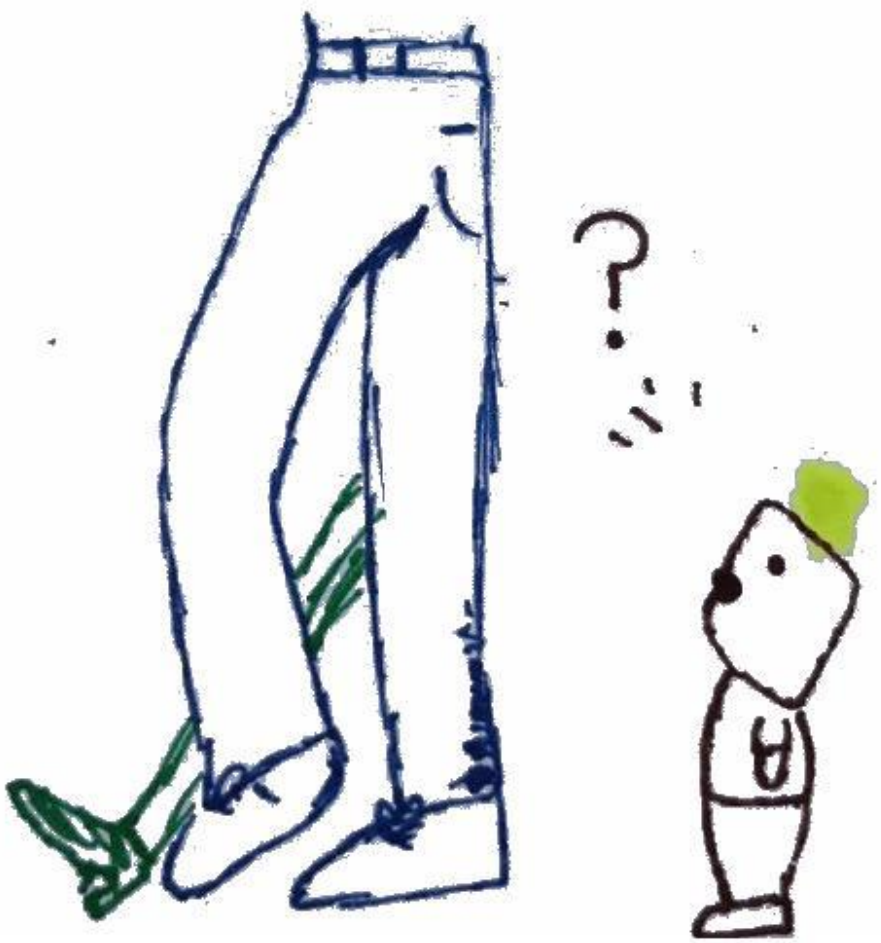


Sometimes, Paul thought that he was so small that the tall people forgot about him.



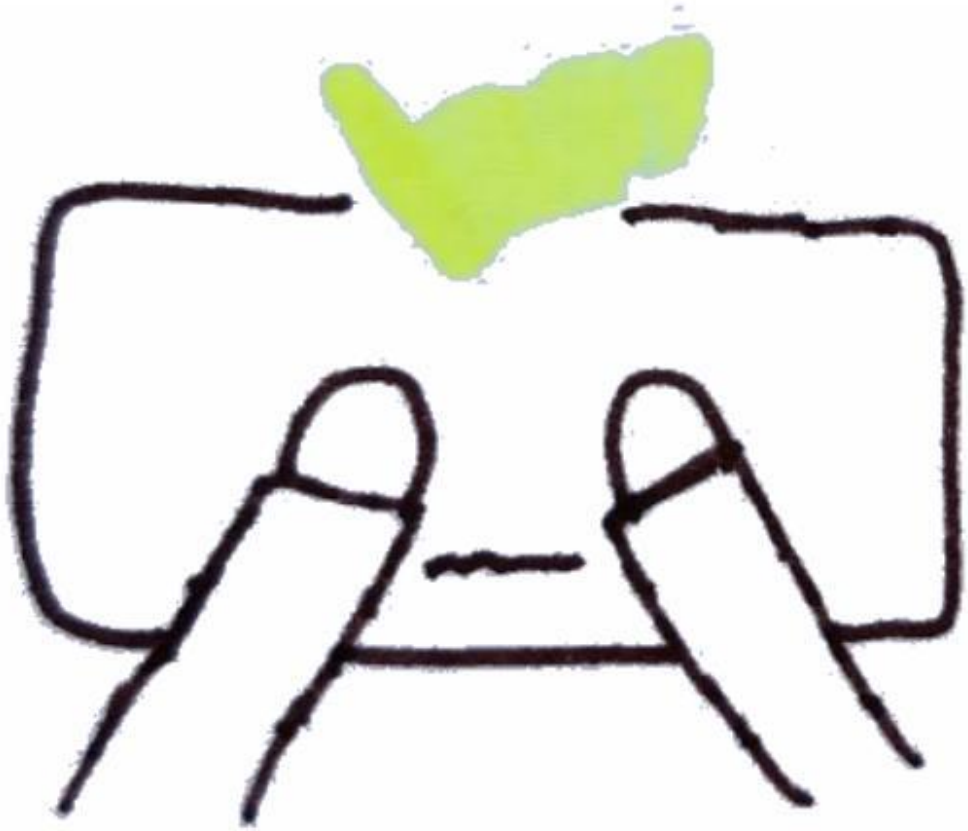
It seemed like important things were happening for the tall people, but nobody took the time to tell Paul what it was.

He tried to ask them - but it seemed like the tall people were always in a hurry.



He tried to listen to them - but the words they used were long and confusing.

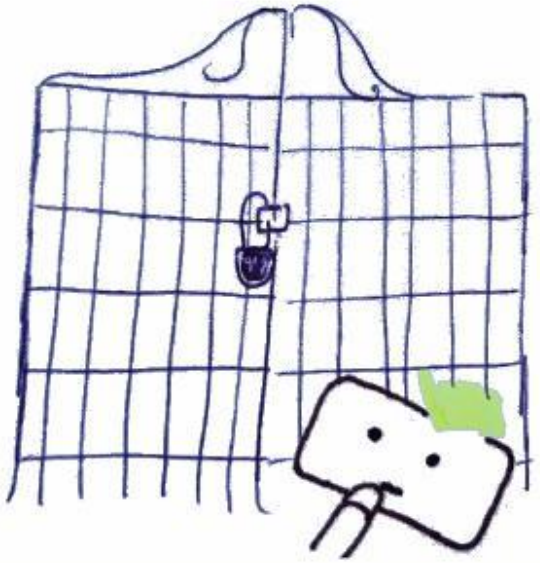
He tried to ignore them - but too many things changed to ignore what was happening.



Before he knew it - everything was changing for Small Paul.

There was no more football practice.

There was no more soft play.



There was even no more school
(which Small Paul quite liked at first).

But all this change began to frighten Small Paul.

The tall people looked frightened too.

The world is a big place.

A big place, with a lot happening.

Too big for Small Paul to know it all.

But the small part that Paul did know had changed too much, and it scared him.

So Paul made a plan to make everything back to normal.

Step One: look after yourself.

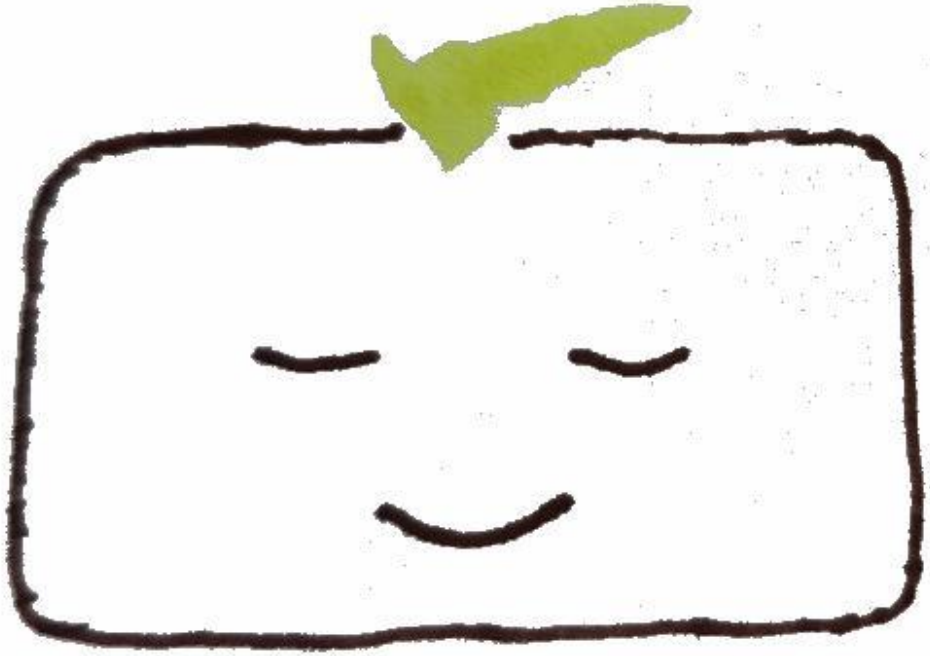
Paul washed his hands more, he kept on exercising and took time to relax his mind with reading and games.

Step Two: look after the ones you love.

Paul started asking the tall people in his house how he could help, and giving them cuddles to help them relax too.

Step Three: be resilient.

Paul was patient, Paul was brave and Paul stayed positive.



The world is a big place.

A big place, with a lot happening.

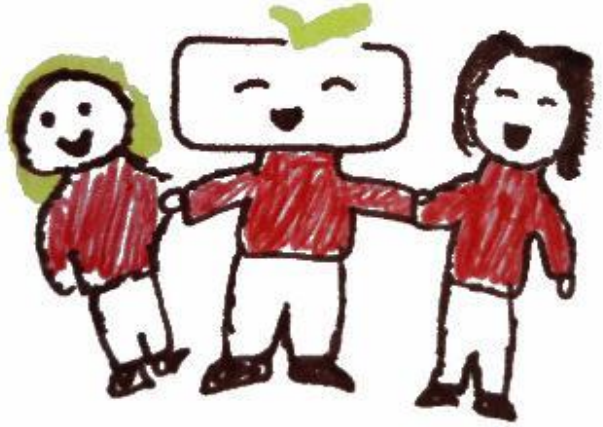
Luckily, the big world is filled with Small Pauls.

With enough Small Pauls looking after the tall people they love, the world's problems began to fix and, **slowly**, Small Paul's world returned to normal too.

He could go to football practice again.

He could go back to soft play.

He could even go back to school with his friends (which made Small Paul very happy).



Are you a Small Paul?

If you are, prepare for some changes - but remember to be **resilient**, **brave** and **positive**, because these changes will end one day soon, and everything will return to normal for you too.

By Joshua Massey