

KING CALM

MINDFUL GORILLA IN THE CITY



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In a Great Big City, there lived a gorilla named Marvin.

Marvin wasn't like other gorillas. He didn't stomp his feet, he never wanted to fight, and he never ever pounded his chest with a thump thump roar!

He noticed things that many gorillas and people missed.



But Grandpa didn't understand.

"When I was your age, we were wild and ferocious!"
said Grandpa. "Your great grandpa climbed a tall
building, pounded his chest with a thump thump roar,
and everyone called him King! So who are you?"

"I'm Marvin. I'm calm. I'm mindful. That's who I am."

"Well, I guess that makes you King Calm,"
said Grandpa, "whatever that means!"

"I'll show you," said Marvin.

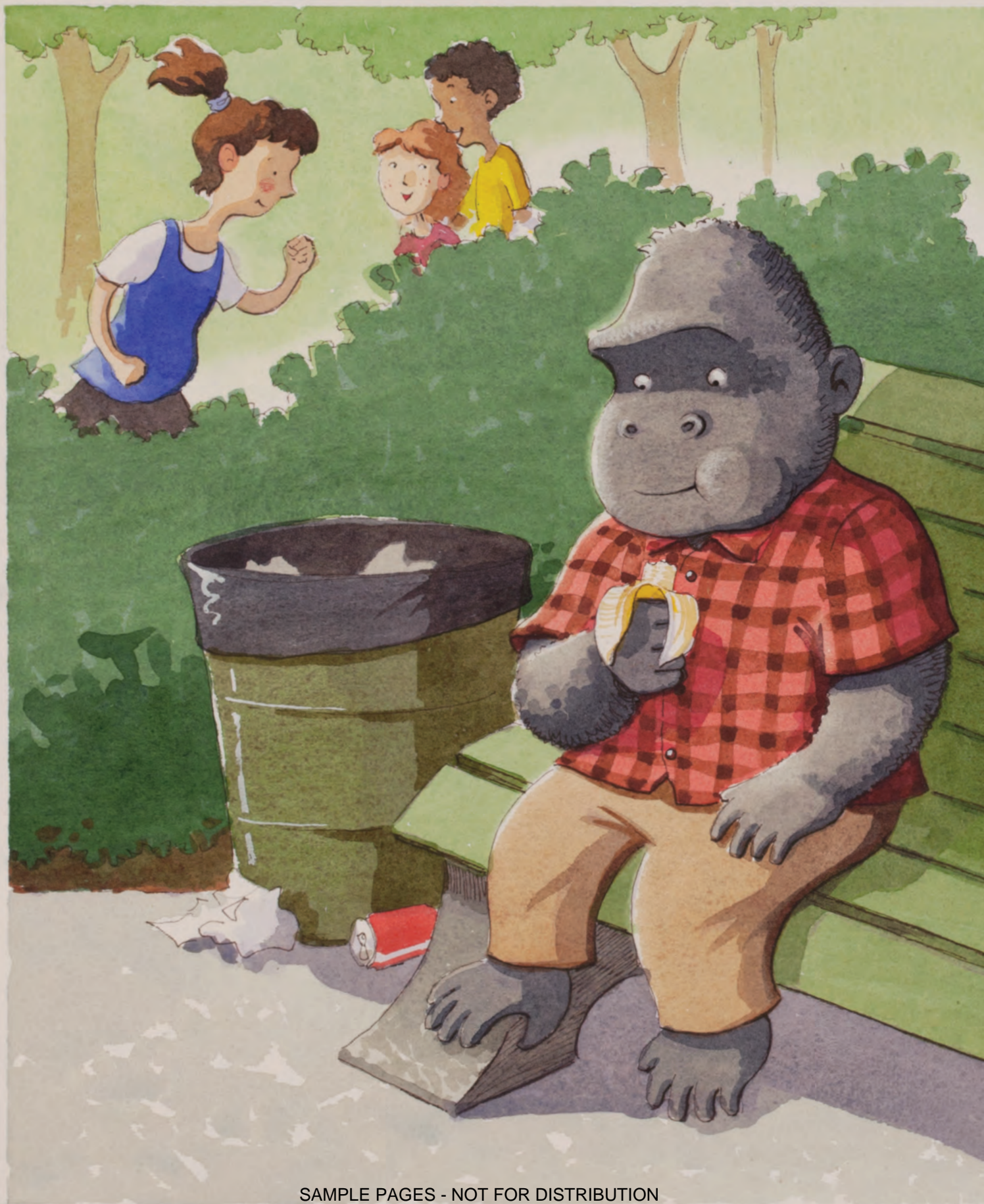




So Marvin and Grandpa headed downtown. The city was busy, loud, crowded, rushed! But Marvin felt calm and quiet inside.

On Monday, they ate bananas. Grandpa gobbled, but Marvin ate slowly, noticing the bright yellow outside and the sweet ripe inside.





“Gorillas never get anywhere staring at bananas all day,” said Grandpa. “Let’s go.”

“But did you really taste it?”

“Of course I tasted it! I ate it, didn’t I?”

Marvin smiled.





KING CALM



Marvin isn't like other gorillas. He doesn't stomp his feet and he never ever pounds his chest with a thump thump roar.

Marvin is mindful. He's focused. He's calm... and he's about to teach his grandpa to be a king of calm, too!

Includes a **Reader's Note** loaded with information about living mindfully and ways to become more calm, focused, and tuned in to the Great Big World around you.



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