

Rosa M. Curto / Aleix Cabrera

The
fairies
tell us about...
Self-esteem

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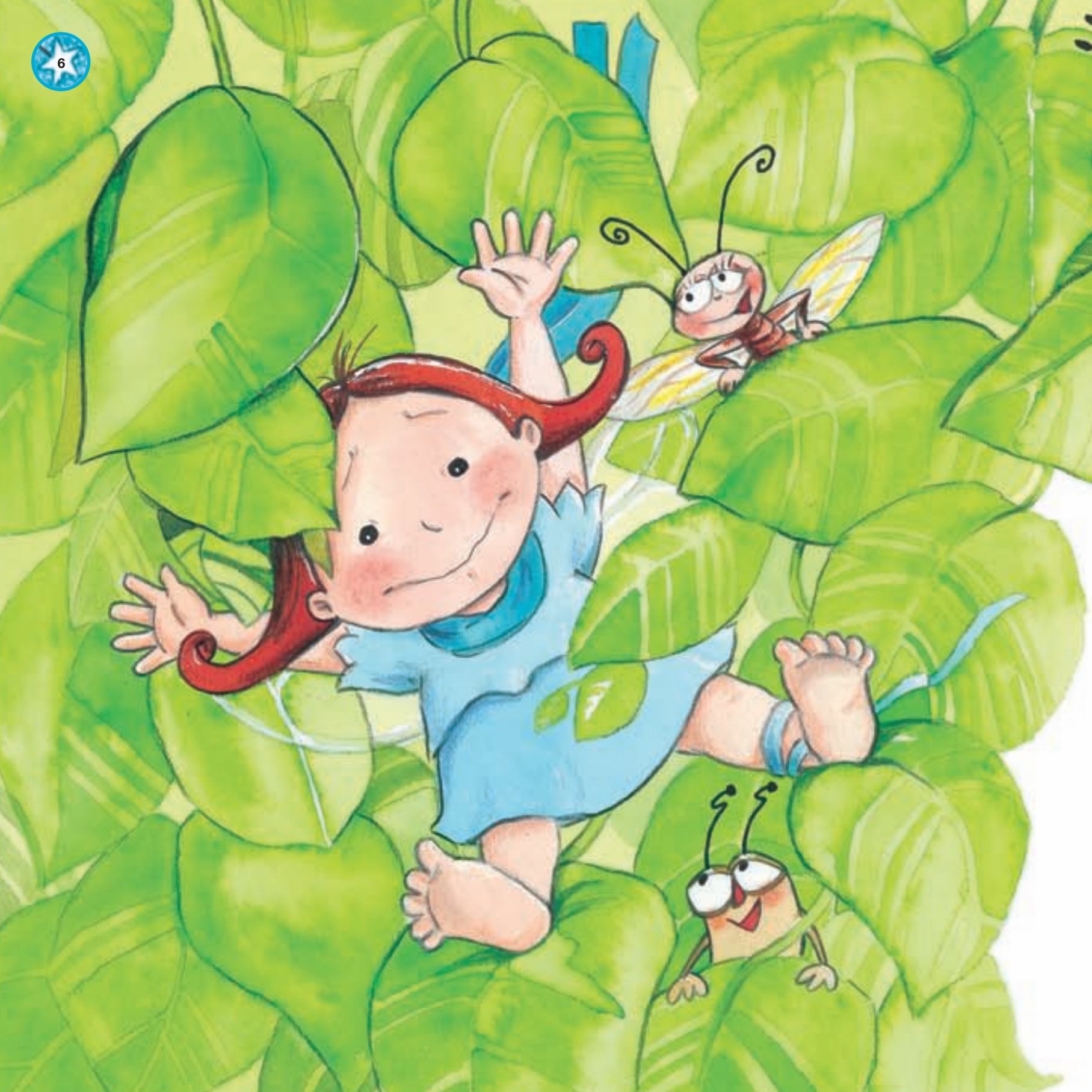
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Every night, after the concert at the pond, the fairies returned home. Each one did so her own way: Ocladia jumped gracefully; Cascabel levitated, barely moving her wings; Egolina crossed the sky as fast as a lightening strike; and Maisa did zigzags.

When she was little, Maisa didn't fly straight either, because she had one wing bigger than the other. She wasn't at all worried about having uneven wings, rather quite the opposite. She rose up with personality and flew in a crazy manner.





As the little fairy didn't have much control over her movements and she went through the leaves of the trees more than once.

"Good morning, Maisa!" exclaimed her neighbors after the startle.

"Very good morning" she said happily.



At school, she never took any notice of the conceited fairies who laughed at her. Maisa suspected that her way of flying puzzled them, especially when they played at catching acorns. Thanks to her unpredictable flight, she always managed to beat the rival team.



On the other hand, she never won at run the lightening. While the other fairies managed to beat the lightening, Maisa was always left behind and arrived with the thunder. Boom! She roared with them. Then the earth trembled and the fairy burst out laughing.



When she grew up, Maisa began to realize that it was not so much fun having uneven wings. As she didn't fly in a straight line, she took twice as long to reach places as had to get up earlier than everybody else. Her white z-shaped trail was the first to cross the sky.





As always, the fairy turned the situation around in her favor. She invented all kinds of tricks to move about quickly: She made a glider from leaves for descents, used half a seed shell for sailing and held tightly onto the back of an eagle if she was in a great hurry.



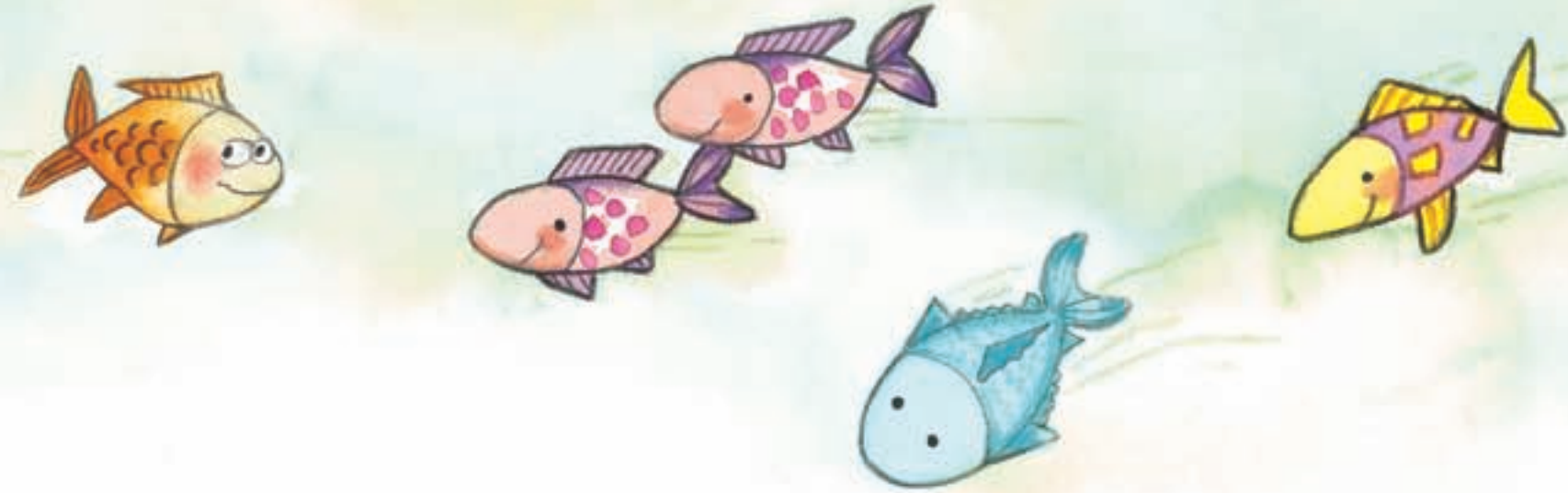


Unfortunately, these inventions did nothing to help her get into the fairy flight school. She had to demonstrate the best abilities in the entry tests: Velocity, precision and elegance. But her flying wasn't fast, accurate or outstanding and they wouldn't let her enter.



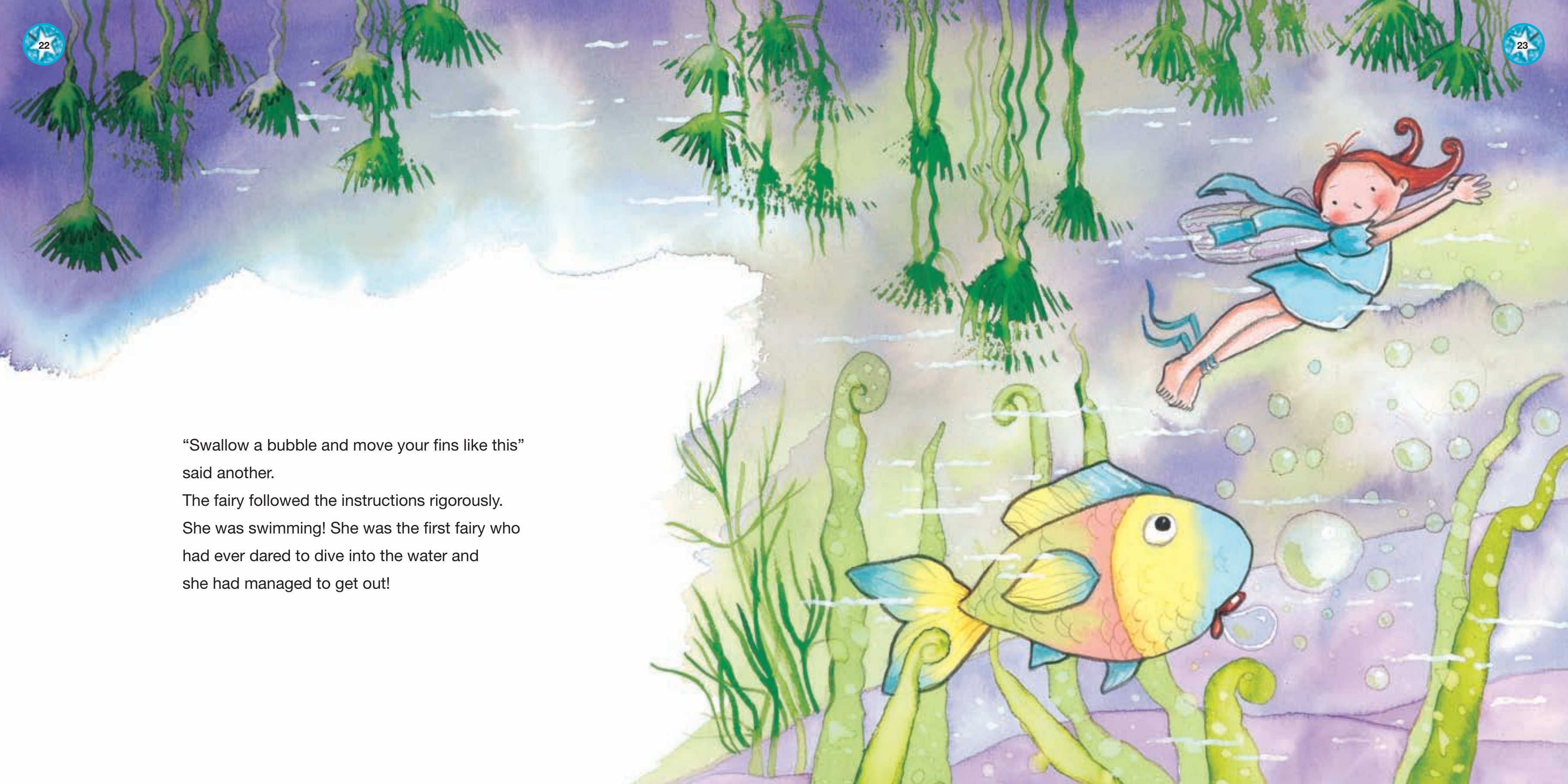
Without shedding a tear, Maisa flew away in rage, as quickly as she could. She wanted to prove to herself that she could do it, but her erratic flight drove her to the waters of the pond. She made a splash as she dived into the water.





“I’m drowning!” she exclaimed scared. Then the fish surrounding her showed her their fins. They had more than two and they weren’t all the same!

“Why don’t you as we do?” suggested one of the fish.



“Swallow a bubble and move your fins like this”
said another.

The fairy followed the instructions rigorously.
She was swimming! She was the first fairy who
had ever dared to dive into the water and
she had managed to get out!



That's how Maisa came to fully accept the feature that made her unique. The new skill she had acquired thanks to her peculiar difference, for which some of her friends mocked her, had become an extravagance.



From that day onwards, Maisa became the water fairy. She was responsible for freezing the puddles in winter, evaporating the water when it was hot and hanging the drops of dew at dawn.



Have ever you noticed that each bird has its own special way of flying? It's more or less the same with the fairies. The flight changes depending on their personality, mood and needs. Here are some examples.

Learning more

The flight of the fairies



In a straight line

This is characteristic of fairies in a hurry. They make lightening movements and if they have to turn, their movements are angular, closed and precise.

Straight descent

The flight is not undulating, but the straight line is suddenly tilted downwards and upwards forming a v-shape. Fairies fly like this when they're sad.

Undulating

This is a subtle and paused flight. The fairies move like this when they're not in a hurry and they want to enjoy the landscape.

Chaotic

In a spiral, chaotic, hazardous, irregular and free. The fairy moves like this when she's happy. It's her way of expressing pleasure and transmitting it to her surroundings.

Making little jumps

Over leaves, water or ice. Characteristic of dancing and conceited fairies.



Water, the source of life

We came from water

Did you know that life began on the planet in the water?

There were microscopic organisms that still had to evolve a lot to give rise to the variety of animal and plant species on the Earth. This goes to show how important water is as a natural resource.

We are water

Living creatures like humans are mostly made up of water.

Consider that two thirds of your body is water and fruit is practically all water! Without water, the body would stop working, but before this happens, it warns us with the sensation of thirst.

Fresh water is not an unlimited resource

Unfortunately, almost all the water on the planet (97%) is salty, as it forms part of the seas and oceans. Only a small proportion is fresh water and that makes it an even more highly valued resource. We find it in the form of gas or water vapor in the clouds, in a solid state in the form of ice and in a liquid state in the rivers, lakes and underground.

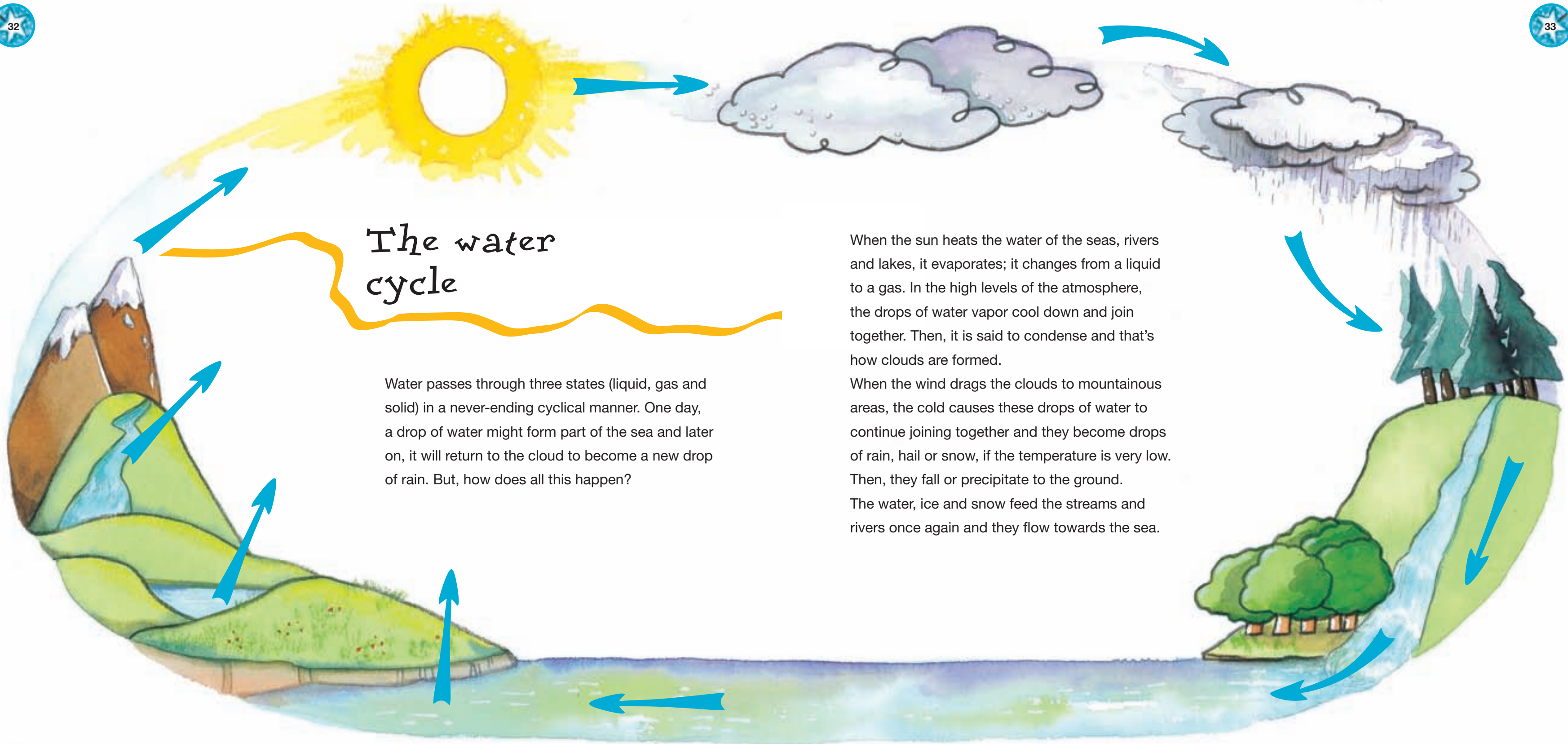


The water cycle

Water passes through three states (liquid, gas and solid) in a never-ending cyclical manner. One day, a drop of water might form part of the sea and later on, it will return to the cloud to become a new drop of rain. But, how does all this happen?

When the sun heats the water of the seas, rivers and lakes, it evaporates; it changes from a liquid to a gas. In the high levels of the atmosphere, the drops of water vapor cool down and join together. Then, it is said to condense and that's how clouds are formed.

When the wind drags the clouds to mountainous areas, the cold causes these drops of water to continue joining together and they become drops of rain, hail or snow, if the temperature is very low. Then, they fall or precipitate to the ground. The water, ice and snow feed the streams and rivers once again and they flow towards the sea.



Self-esteem

Self-esteem or love of oneself is the esteem a person feels towards themselves that causes them to prevent from taking advantage of them. It is the ability to encourage oneself, acknowledge one's virtues and defend oneself when somebody places it in doubt.

You have self-esteem when...

You are able to laugh at your mistakes.

You accept your defects and even convert them into virtues.

You are able to defend your qualities.

A person with a high self-esteem is able to confront the bad moments and criticisms, reply to an insult with intelligence and resist negative stimuli, because on their balance, the qualities always weigh more than the defects.

Self-esteem is highly related with an optimistic personality and the idea that each person has of themselves. It consists in making friends with yourself, like the fairy in the story does. Notice how Maisa always looks for the positive aspect of having one wing shorter than the other and she always manages it.

You lack self-esteem when...

You need somebody else's opinion to realize your virtues.

You don't know what to reply and you are discouraged when criticized.

You place more importance on what others think than on your own convictions.

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