

Rosa and the Rainbow Picnic Quest



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On Saturday, Rosa packed a tiny explorer bag for the rainbow picnic in the park. In her bag were a napkin, a spoon, and her brave, curious heart.



At the picnic table, Rosa spotted a bowl of bright orange roasted carrots. She leaned close and said, “First I look.”



Then she sniffed the carrots.
They smelled warm and sweet,
like sunshine after rain.

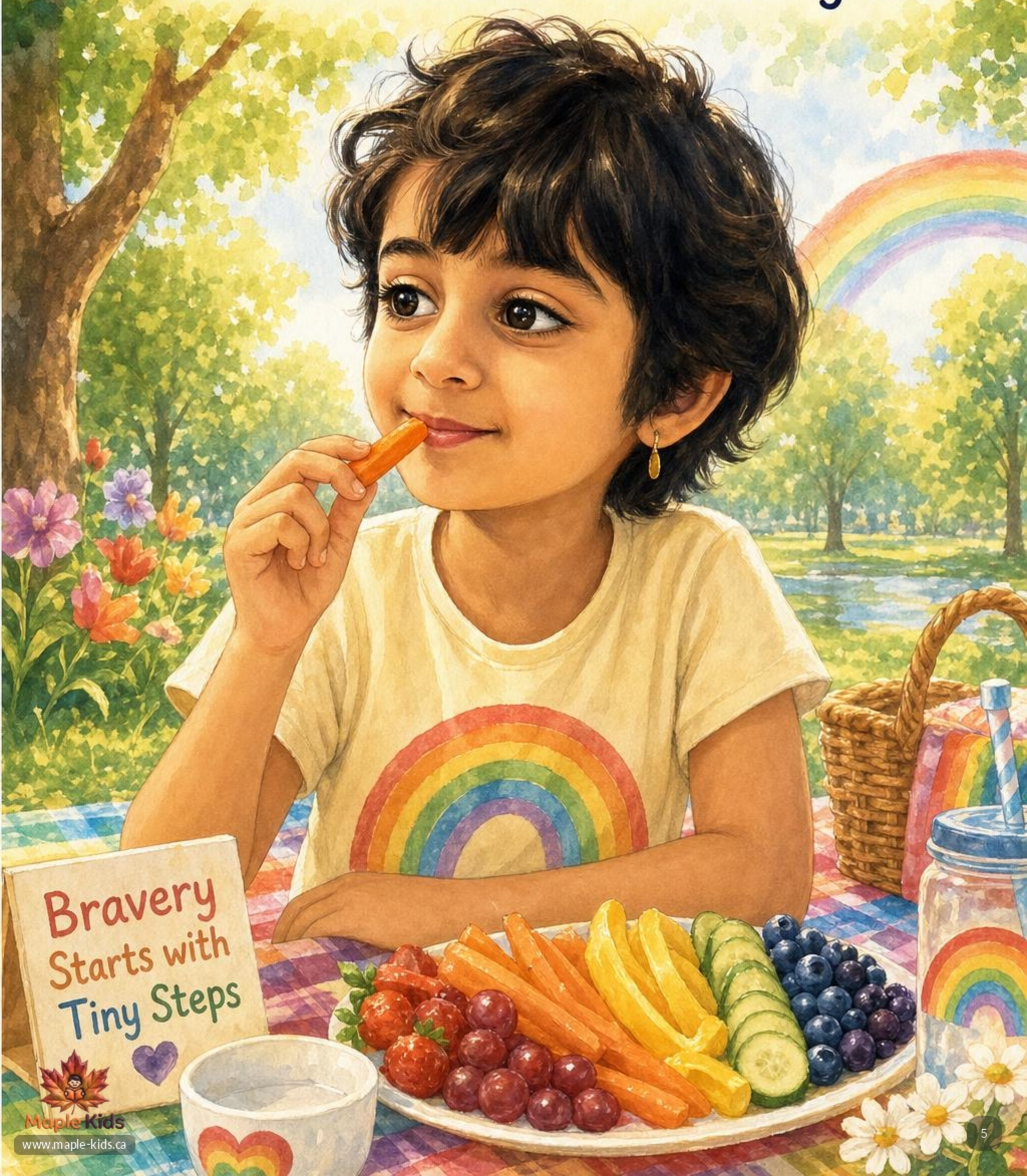


Rosa touched one tiny piece
with her fork.

It felt soft, and she wondered,
“What does this food know?”



She took the tiniest bite
she could. The taste was
new and strange at first,
so Rosa chewed slowly and
listened to her own thoughts.



Bravery
Starts with
Tiny Steps



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Rosa did not have to love it right away.
But she smiled when she realized
she had explored the food
like a real food detective.



On the way home, Rosa skipped beside the path and said, ‘I can try new things one small step at a time.’ And that made the whole day feel bright.

