

# Tiempo Tranquilo

## Podcast Script, Episode 1

### Fear: When Your Heart Beats Fast

*\*the host, Cecelia, is the only speaker in this episode*

<<music>>

**Cecelia:** From KERA Kids in Dallas, Texas, this is Tiempo Tranquilo. A podcast where we talk about the big feelings inside of us and share a new idea for managing our emotions. I'm Cecelia, the host of this show. I live in Dallas, Texas. It's a big city in the United States. I live here with my mami and my papi, my brother and sister, and my abuela. I have a really big family, and we love to spend time together.

<<music fades>>

I know we just met, but I can already tell that we'll become great friends. Now, let's talk about a big emotion. I want to share a time when I was feeling scared.

<transition sound, magic wand>

It happened when I was playing with my abuela.

<vibrant music plays>

I love to spend time with my abuela. She's smart and funny and makes me laugh so much! One thing we love doing together is playing pretend. We pretend that we're mermaids...

<splash sound>

or veterinarians...

<dog barks>

...or even chefs with our own TV shows!

<cooking noises followed by applause>

*<<music fades>>*

A few weeks ago, we decided that we would pretend to be astronauts.

*<magic wand noise, followed by mysterious music>*

We built a spaceship in our back yard using boxes from our new refrigerator.

*<construction sounds>*

We painted the boxes and drew pictures on them. Abuela cut out windows and put on wings. It looked *REALLY* cool. We crawled into our rocket ship and started pretending that we were getting ready to blast into outer space.

*<sound of a metal door closing>*

We checked that everything was working, turned on our computers and strapped on our seatbelts. We checked the rocket's computer one last time and then it was time to blast into outer space.

*<sounds of computers starting up, followed by mysterious and ethereal music>*

Let's imagine blasting off together. Let's close our eyes and think about outer space. La luna, las estrellas, and taking off on a rocket. Okay, here we go.....

...Ten....nine.....

*<a voice counts backwards from ten. There are ambient sounds of the ship preparing to launch, a heart beating fast, and shimmering sounds>*

Wait!

*<transition chime noise>*

I felt scared imagining going to outer space. My heart was beating so fast.

*<fast heartbeat fades up and out>*

*<<ethereal music>>*

I've felt that way a few times, but there's something I like to do that helps me feel calm and less scared. Why don't we try it together?

First, we need to turn down our lights, sit down and close our eyes.

Now let's take one of our hands and put it on our tummies. You should feel yourself breathing in and out.

*<sound of an inhale and exhale>*

Next, we'll take some deep breaths in and out, so that our brain and body knows that we are calming down. Let's breathe in through our nose and out through our mouths. We'll breathe in for three seconds and out for three seconds.

Ready? Here we go.

*<chime>*

Deep breath in through our nose...

*<sound of an inhale>*

One...two...three...

And out through our mouth for three seconds.

*<sound of an exhale>*

One...two...three...

Let's do that one more time.

*<chime>*

Deep breath in through our nose

*<sound of an inhale>*

One...two...three...

And out through our mouth

*<sound of an exhale>*

One...two...three...

*<quiet heart beats>*

Did you feel your heartbeat slowing down? Mine sounded like a small drum. I'm already starting to feel better. The slow breathing helps our body and mind understand that we are okay, and we are not in danger. It helps us to feel calm and safe and pushes those scary feelings away.

Thanks for joining me today! Remember: when things get scary, you know how to help yourself feel calm and strong. Just use your counting and slow breathing.

*<chime>*

Deep breath in through our nose...

*<sound of an inhale>*

One...two...three...

...and out through our mouth for 3 seconds.

*<sound of an exhale>*

One...two...three...

*<chime>*

You'll feel better: just like we did today.

I've enjoyed our time together, and can't wait to hangout again next time. This is your friend Cecelia, saying nos vemos pronto!

## CREDITS

<playful music>

*Tiempo Tranquilo* is a production of KERA in Dallas, TX. It's hosted by me, Cecelia Adame. Micaela Rodriguez and KERA's director of Education Lisa Bracken developed, produced, and edited this show. Sylvia Komatsu is the Chief Content Officer and Nico Leone is our CEO. Veronica Valles is a peace educator and our mindfulness advisor. The rest of our team includes: Shardae White, Allan Wang, Shenique Rasheed and Erica Campos. Special thanks to our Parent Advisory Council *Community Voices* for their feedback. *Tiempo Tranquilo* is produced with support from PRX and is made in part by a Ready to Learn grant from the U.S. Department of Education.

**END OF EPISODE**