

# How to BEE Helpful

Deep in the woods  
five friends sat to play,  
laughing, snacking,  
and gabbing away.

Just then, little Ibex  
sat up with a start,  
feeling a pain  
inside of his heart.

"Something is wrong,"  
said Ibex with fear,  
"I know it inside me,  
the feeling is clear."

All of the creatures  
sat up to attend  
the message from Ibex,  
their sensitive friend.

"Yes, I feel it, I feel it,  
it's getting quite strong!  
The woods are unhappy,  
and something is wrong!"

Just then, Honey Bee  
traveled near the young crew,  
sniffing and crying  
sad tears as she flew.

"What's wrong, little friend?"  
Ibex said, full of care,  
"Why the sad face and the tears—  
will you share?"

Honey Bee took a breath,  
and she calmed herself down,  
"My home is destroyed,"  
she said with a frown.

The thing about Ibex  
we should all learn to see:  
Ibex knows from the heart  
if things aren't as they should be.

We can **all** be like Ibex  
when something is wrong,  
check in with our hearts,  
it shouldn't take long.

"Oh no!" Yeti cried  
without missing a beat.  
"We must fix your home,"  
and she jumped to her feet.

As Yeti took off  
to find Honey Bee's home,  
Honey Bee sat there  
confused and alone.

Where's Yeti going?  
She doesn't yet know  
that the problem is bigger  
and starting to grow.

Before you get up  
and set out on your task,  
be mindful and slow down,  
and be sure to ask.


The friends all called out  
to their dear Yeti kin,  
"Slow down and come back,  
let us learn and check in.

We love your fast pace  
and your big open heart,  
but be mindful and calm down,  
begin at the start."

Yeti came back  
and she slowed herself down:  
sitting, and breathing,  
and looking around.

"I'll learn to check in  
with my friend like I should—  
because rushing ahead  
can cause more harm than good."

The friends sat together  
to inquire some more,  
and Honey Bee shared  
the challenge in store.



"I do want your help  
but the problem is big.  
My hive fell to the ground,  
it snapped from a twig."

"My family is homeless  
and needing some aid,  
it's not just our branch  
where the problem's been made."

"The whole forest is sick  
and grows weaker by day.  
What is the problem  
I wish I could say."

Honey Bear listed,  
feeling grateful Honey Bee shared,  
then wondered aloud,  
how to support those who feel scared.

"There are lots of big problems  
for us to address.  
What can we do  
that will help out the best?"

The friends sat together,  
all feeling confused.  
Honey Bear turned to Honey Bee asking,  
"What do you think we should do?"

Honey Bee replied,  
because she'd given some thought,  
"Let's search all together  
for the source of the rot."

Honey Bear had  
some great thoughts on this day,  
to help out the bees  
in the very best way.

It's important to ask  
how and where we should start.  
We can all work together,  
each doing our part.

The friends all agreed,  
and Honey Bee, too.  
They took off in search  
of the good they could do.

The friends traveled far,  
as trees withered away,  
and they ended their mission  
down by the bay.


They stood at the edge,  
feeling shock and surprise.  
The gray and brown water  
brought tears to their eyes.

The town had been dumping  
old berries in there,  
rotting and spoiling  
the water and air.

The air was polluted  
and so were the trees.  
This must be the source  
of what's hurting the bees!

When the Earth has been hurt,  
we all feel hurt, too.  
The friends knew at once  
what they all had to do.

They started right up  
with a well thought-out plan,  
knowing they must fix  
both water and land.



"We must clean the forest,  
the water and kelp.  
We'll go into town  
and ask others for help!"

They requested permission  
to help their dear friends,  
and told the town leaders  
the pollution must end.

"We must stop this dumping  
of berries, of course.  
This problem will end  
if it's stopped at the source."

They all worked together,  
to clean up the space,  
cleaning and running  
all over the place.

Out to the water  
to pick berries up at the shore.  
Back to the forest, fixing twigs,  
branches, and more.

Feeling tired, exhausted,  
they started to slow,  
but knowing the importance,  
they continued to go.

With each scoop of berries  
and sweep of the floor,  
they pushed through the pain  
and began feeling sore.

Sloth noticed  
his friends needed a break.  
They'd forgotten themselves  
while cleaning the lake.

He knew the importance  
of finding some time  
to take care of yourself,  
to be at your prime.

He called to his friends,  
"It's time for a sit --  
let's rest for a minute,  
and eat for a bit."

The group all sat down,  
including the bees,  
snacking, and talking,  
and leaning on trees.

When working to help,  
remember self-care.  
We can solve problems better  
when we come up for air.


Sloth checked in with himself  
and his body did know—  
our own needs are important  
when we're on the go.



After the break,  
the friends cleaned up some more—  
they felt proud of themselves  
as they sat on the shore.

They'd all worked together  
to help out the bees  
who'd rebuilt their homes  
in much cleaner trees.

The bees felt grateful  
for the help they received,  
thanking their friends  
for all they achieved.

A small, cartoonish bee with a yellow body and black stripes, flying towards the left. It has two antennae and four legs. A dashed line indicates its flight path.

Otter began  
to reflect on the day,  
realizing the importance  
of helping in a respectful way.

They stood alongside  
their friends, the bees,  
helping to make a plan  
to fix up the trees.

They got permission to help,  
and others joined too,  
all working together:  
a big caring crew!

The lesson was clear what they learned on this day.  
They said it out loud to remember the way:

When I feel something is wrong  
I can ask where to start.  
Helping others in need,  
together doing our part.

They stood with bees,  
in their big time of need.  
They listened, worked hard,  
and completed the deed.

They didn't ask to be heroes  
or get lots of praise,  
they helped heal the Earth  
in the kindest of ways.

Now the bees  
had a safe place to live,  
the friends realized  
they had so much to give.

Together we all live  
and breathe the same air,  
and taking care of our Earth  
shows that we all care.

"It feels good to be helpers,"  
Otter said from the shade,  
"But what feels even better  
are the friends that we've made."

The bees buzzed around,  
and the friends all agreed,  
they had learned about helping  
and caring, indeed.