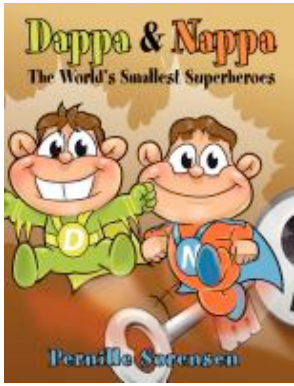


Dappa & Nappa

The World's Smallest Superheroes



Pernille Sorensen



Dappa and Nappa are the smallest superheroes in the world. They have been studying at the school for superheroes for several years, and today they are ready for their first assignment. When Dappa and Nappa fly over an elementary playground, they find a girl who is thinking some negative thoughts about herself. Can Dappa and Nappa help her? And, what will it take for her to be happy again? Interest Age: 5-9 years.

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June is the month for final exams at the school for superheroes. There are superheroes from all over the world, in all shapes and sizes. They have been studying at the school for several years and have practiced and improved all of their skills so that they will be able to call themselves superheroes.



In order to become a real superhero, they have to help people in need or help make the world a better place. Some of the students at the school have enormous strength; others can fly or move at the speed of light. They are the ones that can catch dangerous criminals, put out fires, or help clean up fallen trees and houses after an earthquake.

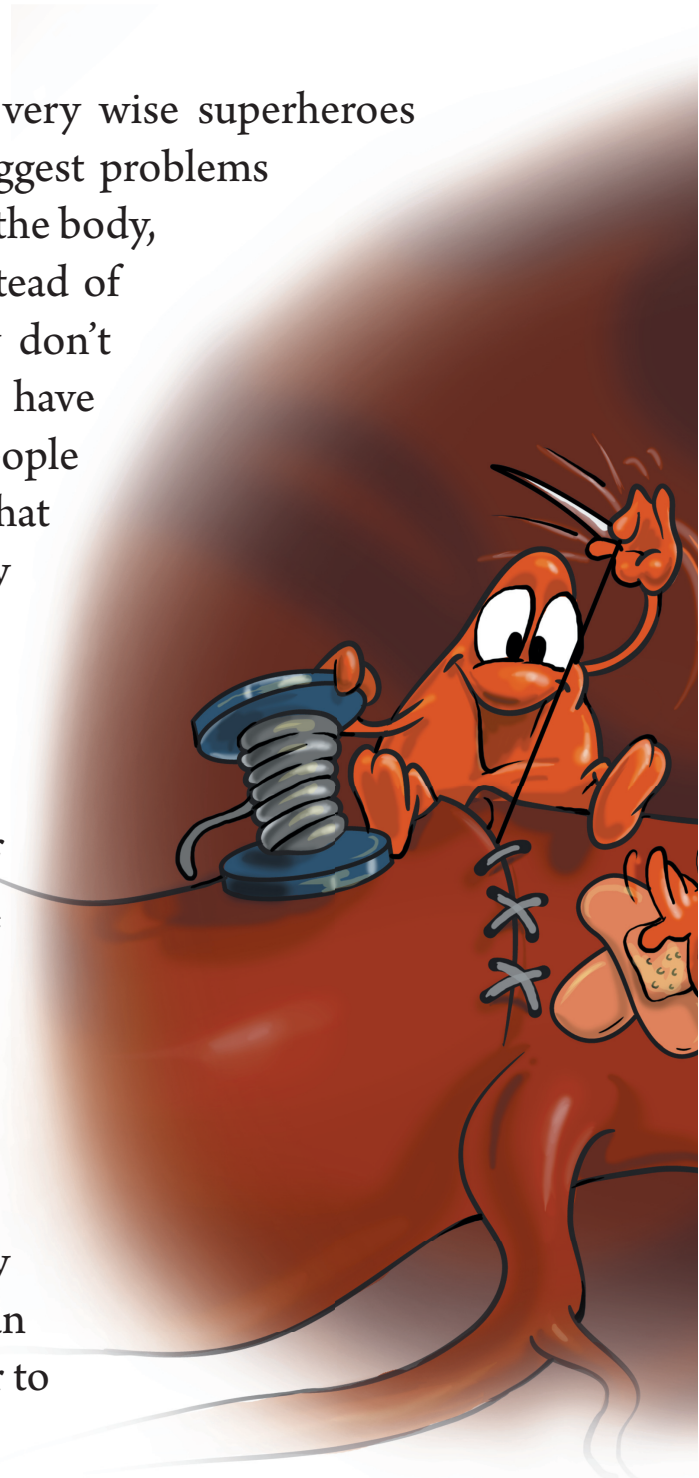
There are two students at the school named Dappa and Nappa. They have done very well in all of their exams and today they will receive their graduation diplomas.

Dappa and Nappa both have a very special power. They are so small that they can easily go inside of the human body and help the body clean up and throw out unwanted things.



Dappa and Nappa are two very wise superheroes because they know that the biggest problems that people have are those inside the body, such as diseases or sad feelings, instead of fires and earthquakes, which luckily don't happen very often. That's why they have made it their specialty to help people feel better inside and make sure that all the cells in the body are happy and content.

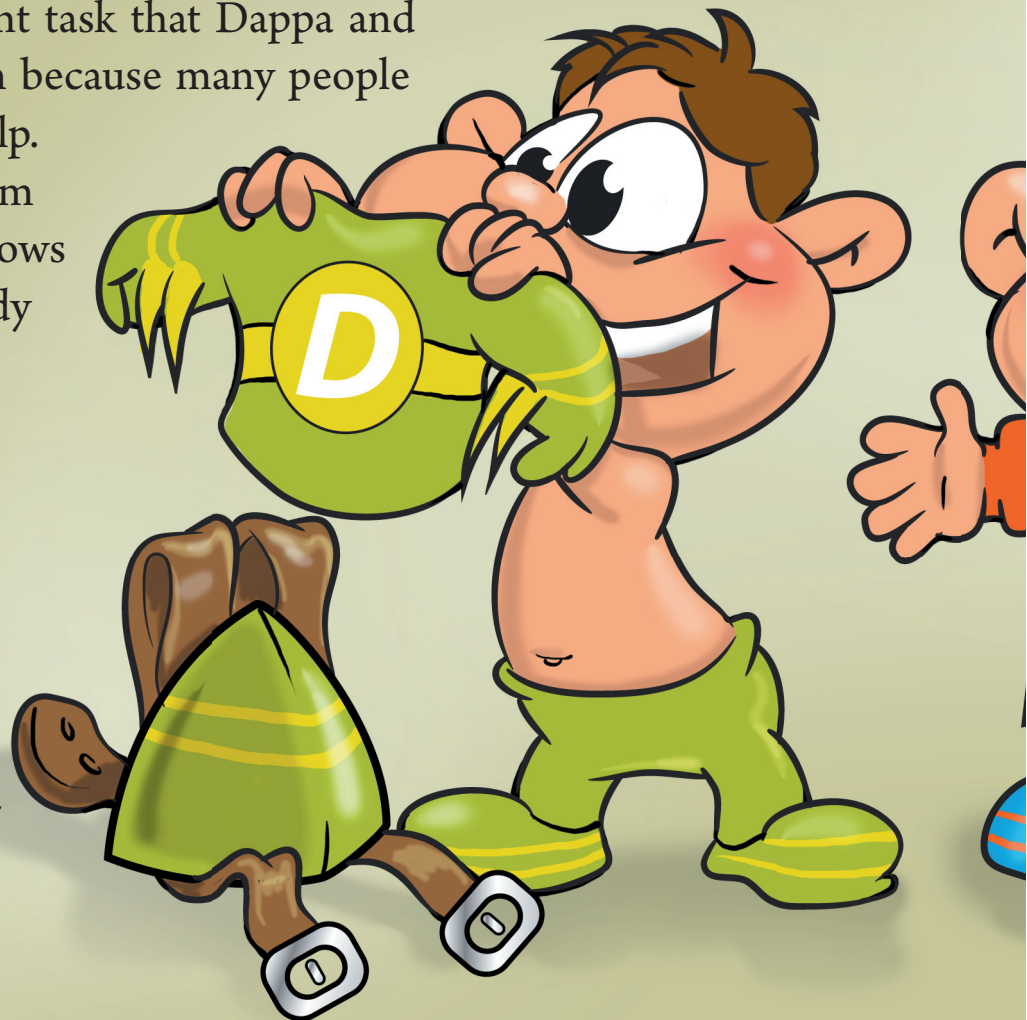
Cells are teeny tiny, and repair the body to make sure that the body is working fully so we can eat, sleep and do all of the other things that we people do. They are like tiny workers inside our body. Dappa and Nappa know something that practically no one knows. That's because it is a well-kept secret that cells can talk, hear and feel. They are actually like little tiny people inside the human body. They need to feel good in order to do their jobs and keep us healthy.





The principal of the school knows that it's a very important task that Dappa and Nappa will take on because many people could use their help. He has seen them study hard and knows that they are ready for the job.

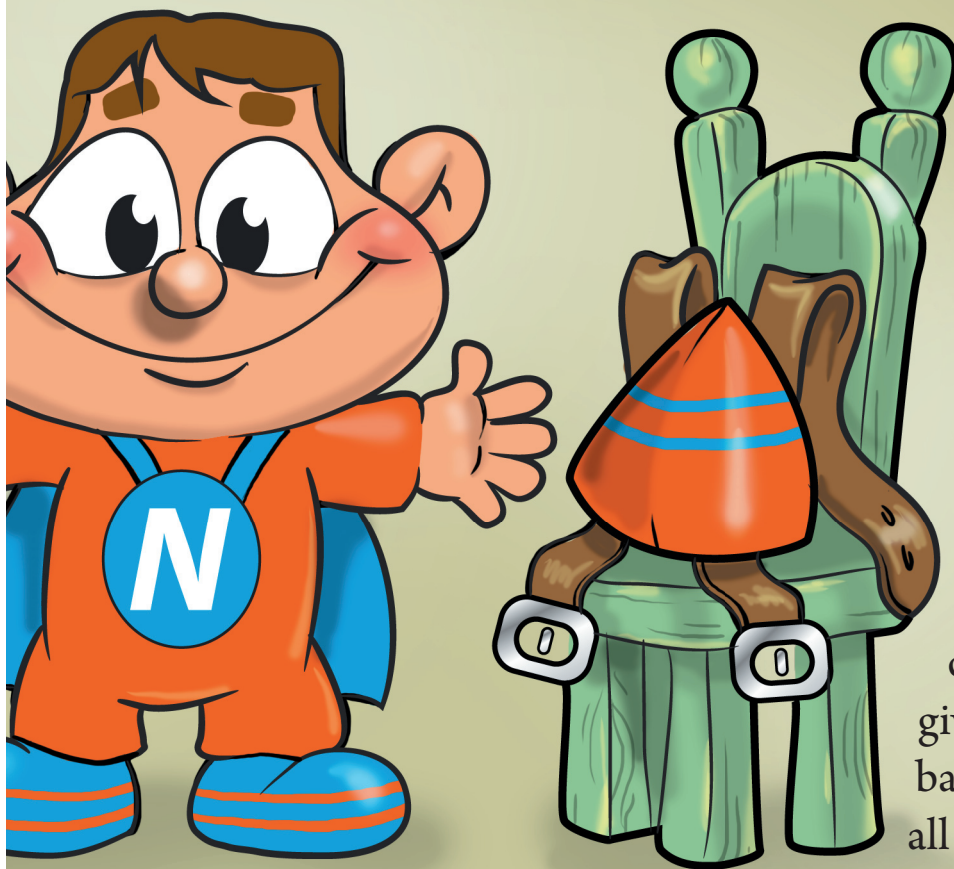
The principal presents Dappa and Nappa with their superhero diplomas and asks them if there is any particular type of people they want to help first.



Dappa and Nappa answer that they really like children and that they look forward to visiting children so they can

help them if they need it.

Dappa and Nappa each get presented with a superhero T-shirt. Dappa's T-shirt has a big "D" on the chest and Nappa's has a big "N" on the chest. They were also given a small magical backpack that contains all the tools they need in order to help children or people in general.



Dappa and Nappa are now ready for their first assignment. They fly off to the nearest city and use their super-hearing to listen for children in need of help. Soon after, they fly over an elementary schoolyard. From a distance, they heard the thoughts of a little girl who is thinking harsh, negative thoughts about herself and they want to find her and see how they can help her. It is recess time at the elementary school, so Dappa and Nappa fly into the schoolyard to see what's going on.

They find a girl standing in the corner of the schoolyard scolding herself.



“Why are you so stupid? You just don’t know how to do anything!” the girl says to herself.



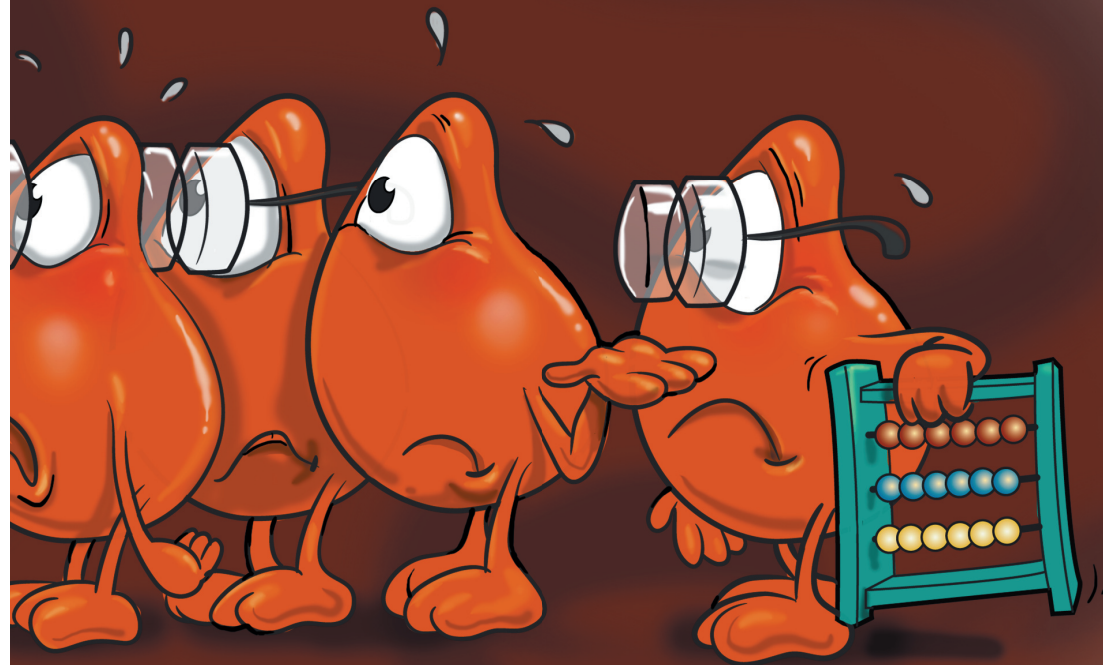
Dappa and Nappa fly a little closer. Using their super-vision, they can tell that in a short while, when recess is over, she has a mathematics class. The girl, whose name is Sophie, finds it hard to do math problems, and she's afraid that she will be asked to do one in front of her classmates and get it all wrong.

“Uh-oh,” Dappa says to Nappa, “she really shouldn’t say that to herself. All those poor cells can hear her and it will make them so sad and upset. Come on, let’s go inside and take a look.”

Dappa and Nappa shrink themselves to be extra tiny and fly into Sophie’s body without her noticing them. Inside Sophie’s body, they meet a lot of cells, especially brain cells, which look very frustrated.



“Aw, we don’t know how to do it when she doesn’t believe in us,” says one of the cells. “We want to do it right, but it’s almost like she has decided that she is no good at math, and you know what? We get so confused by her thoughts that it becomes really hard for us to do math problems and we end up getting it all wrong.” “Uh-oh,” Dappa says to Nappa again, “that’s not good, but I’m sure we can help you guys.” “Yeah that would be really nice. What should we do?” the cells ask.



Dappa and Nappa explain to the cells that the best thing to do is to drown out Sophie's negative and sad thoughts with lots of happy and positive thoughts.

"Are you guys good at yelling?" asks Dappa and Nappa.

"Yesss!" all the cells cry out. "We are really good at that."

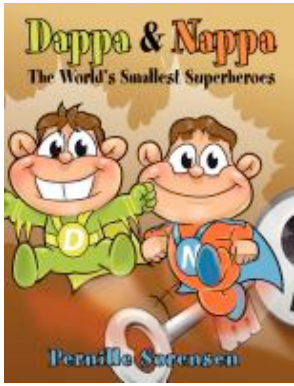
"Great," says Dappa. "Now listen. It's important that we all cry out at the exact same time, so all of our tiny voices sound like one big and strong inner voice that Sophie can hear. So every time Sophie is thinking, "I can't do it" we yell out "yes, I can!" as loud as possible. That way, Sophie might start listening to the positive inner voice instead of her own negative thoughts."

All of the cells are thrilled with that idea. They all stand close together like a huge choir, waiting for Dappa and Nappa to signal when it's time to yell. They wait excitedly and, soon after, they hear Sophie's inner voice saying, "I just know that I can't do it."



Dappa and Nappa signal to the cells, and at the exact same time they all shout out, "YES, I CAN!" as loud as they possibly can.





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