

# Brian's Soccer Surprise



Made by Vivian Tran  
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Sam loved soccer.  
But today was different.  
The big game was coming.  
Sam felt butterflies in his  
tummy.







“What if I miss the goal?” Sam wondered.  
“What if I mess up in front of everyone?”





His coach smiled and said,  
“Feeling nervous is okay!  
It means you care.”  
“Let’s breathe together.”





“In through your nose...”

“Out through your mouth...”

They breathed in and out slowly.





Sam felt calmer.  
He looked at his teammates.  
“We win as a team!” they cheered.





On the field, Sam played his best.  
He ran, kicked, and cheered.



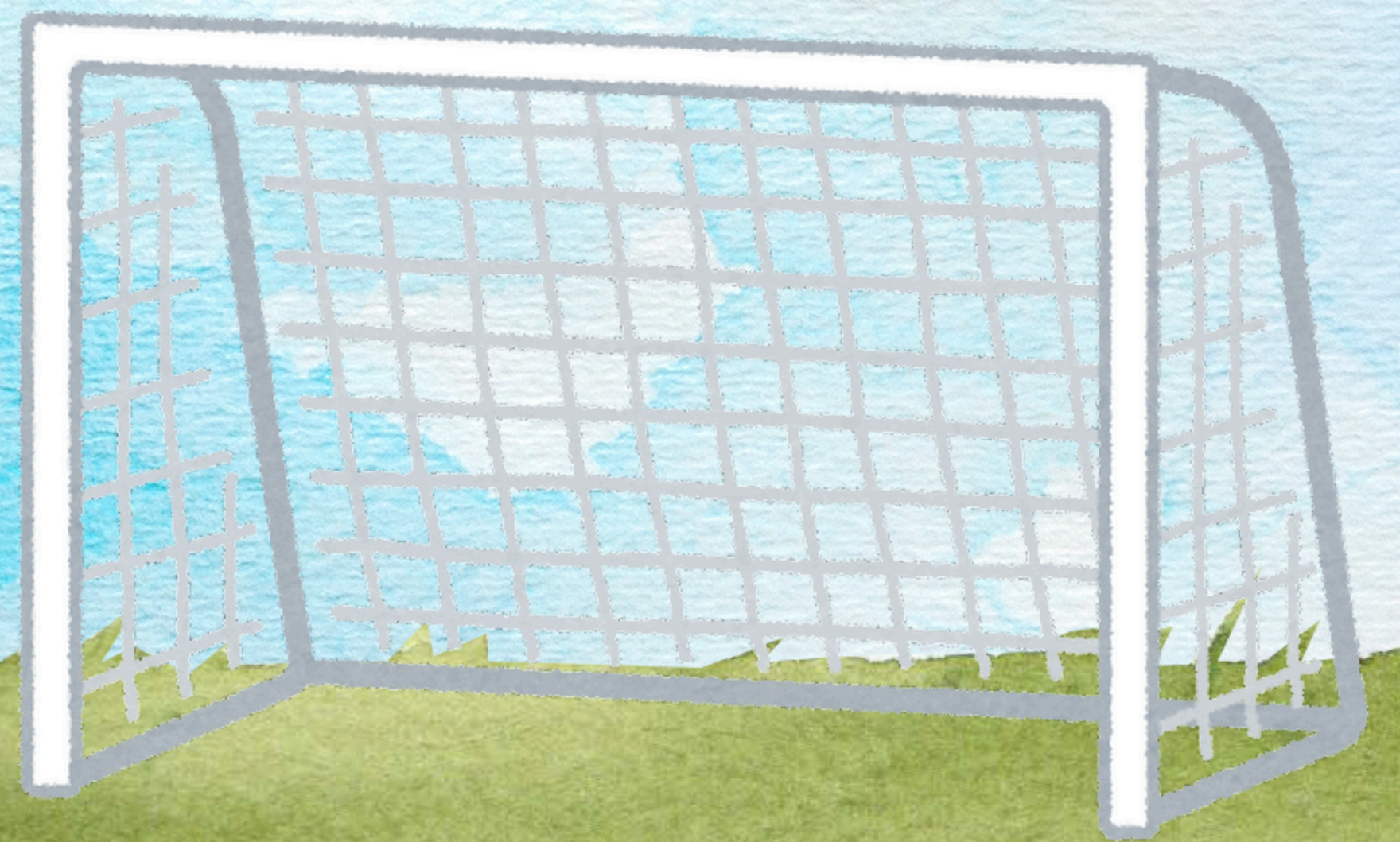


Breathe...





Breathe...





Breathe...





Breathe...





# Score

And when he scored a  
goal,  
His heart soared!





After the game, Sam smiled.  
“I was nervous, but that’s okay.  
I just needed to breathe and play with my team.”





Try it with Sam!

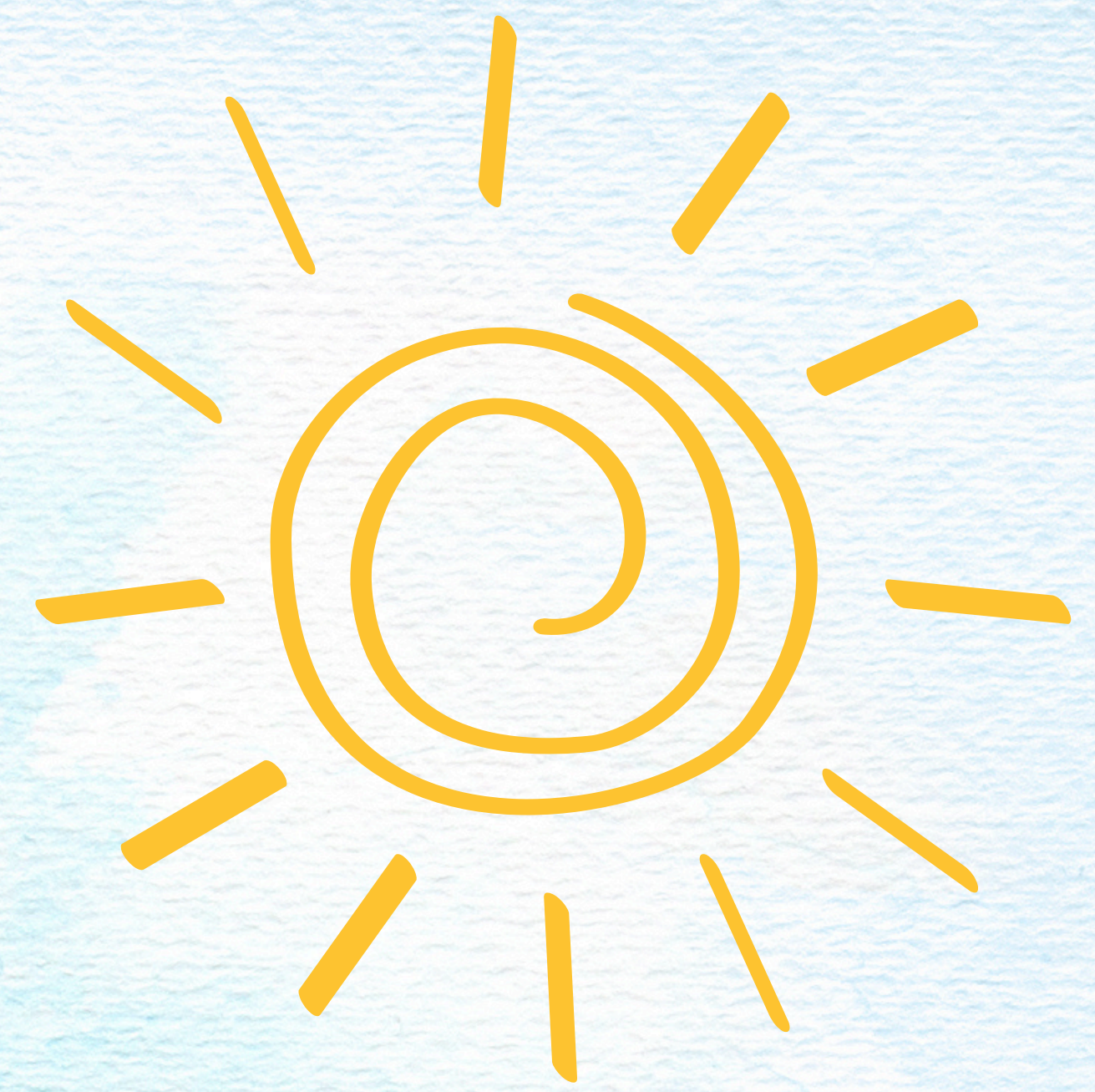
Breathe in slowly for 3 seconds.

Breathe out slowly for 3 seconds.

Remember: You're never alone on the team!







Sam's Soccer Surprise is part of  
Spoons of Science,  
a youth-led nonprofit focused on  
child well-being.  
We believe science should be simple,  
clear, and made with heart.