

Everybody Launches Air Biscuits

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Belinda was a boss, a girl boss. In her class, she was known for being kind, outgoing, and smart - not to mention she was the fastest kid at her school. In just two weeks, she would be competing at the annual track and field competition for all the schools in the city.

Every day at recess, Ms. Fachawski, the gym teacher, would open the gym for intense training sessions. Belinda and her friends loved this. They loved to challenge their bodies and break a sweat, nothing better than building strength and endurance. Plus, there was a pizza party at the end of the year for all of the kids who attended the training sessions.

Today, they were doing a timed obstacle course, here's how it went.

Once the whistle sounded, the kids had to:

- Run three laps around the gym, touching each corner
- Do 20 jumping jacks, followed by 10 push ups, and 15 sit ups
- Shoot a basketball from the freethrow line, until they got it in, swish
- After making the money shot, they were to get down on all fours, backwards, and crabwalk to the ropes
- The very last part of the obstacle course was climbing to the top of the ropes and grabbing a red flag

"Peace of cake", thought Belinda to herself, walking over to the start line confidently. She was ready to face this challenge head on. Running, jumping jacks, and even the crab walk - EASY PEASY, LEMON SQUEEZY.

On your marks, get set, GOOOOOOO!!

Belinda jogged 3 laps around the gym, she'd have to save her energy for the ropes at the end. She was toe to toe with her friend Grayson through the jumping jacks, the push ups, and the sit ups. They approached the freethrow line at the same time, each picked up their basketball and shot for the hoop, lucky for Belinda, free throws were her specialty. After just 2 attempts, swish! She got it!

Even though she wanted to save her energy for the ropes, she was determined to be the first to finish the obstacle course, so she sprinted from the freethrow line over to the ropes. Using all of her strength, she pulled herself up, almost making it to the top, her arms shaking and tired, she needed one more pull. Belinda used her legs to help her up, and that's when it happened.. she launched a 7 second air biscuit that broke the silence in the gym.

The entire gym erupted in laughter, she turned around and saw her classmates... and friends pointing and laughing. At that very moment, it felt like the world stopped spinning, she struggled

to gulp, then let go of the rope with her left hand. BOOM! She fell to the mats. Luckily, she wasn't hurt, but she felt defeated. Embarrassed and from the mats, she watched Grayson grab the red flag at the top of the ropes and make it to the finish line, before her.

She stood on her two feet, made eye contact with the other kids who had now stopped laughing, and decided at that moment she could continue to feel embarrassed OR she could join in and learn how to laugh at herself. It was okay to feel embarrassed at first, but guess what? Everybody launches air biscuits!

QUESTIONS:

1. When was the last time you were embarrassed?
2. What does being embarrassed feel like to you?
3. What would you do if you were Belinda and everyone heard you fart?
4. Why do you think Belinda wanted to finish the obstacle course before everyone else, even though it wasn't a race?