



**Art & Craft
Academy**



Different Heroes Series

Yousef **and the Bee in His Feet**



Written by

Sara Ali Ahmed

Mohamed Thabet Ahmed



To every child with a buzzing bee
in their feet,
and to every grown-up who taught it when to
fly...
and when to rest.

Yousef and the Bee in His Feet



Written and created by

Sara Ali Ahmed

Mohamed Thabet Ahmed

Illustrations and design: **Art & Craft Academy**

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1

This is Yousef. He is seven years old, and he loves running, jumping, and climbing.

Yousef says, **“There’s a little bee in my feet. It buzzes all the time: Bzzzz... Move, Yousef!”**



2

In class, Miss Mona said, **“Everyone, please sit in your seats.”**

The children sat down. But Yousef sat... then stood... then tapped his pencil on the desk: tap, tap, tap. Then he turned around.

The bee in his feet doesn't like chairs!



3

Karim said, **“Calm down, Yousef!”**

Layla said, **“You’re distracting us!”**

Yousef’s face turned red. He looked at the floor and thought, “Why can’t I sit still like them? Am I a bad boy?”



4

At recess, Miss Mona sat next to him and said gently, **“You’re not a bad boy, Yousef. You have lots of energy, and energy is a wonderful thing. We just need to teach the bee when to fly and when to rest.”**

Then she gave him a small squishy ball and a yellow card with a bee on it. **“When the bee buzzes hard, squeeze the ball and count to ten. If it still buzzes, hold up the card, and I’ll give you a job where you can move.”**



5

Yousef tried. He squeezed the ball: one, two, three... all the way to ten.

When he held up the card, Miss Mona asked him to hand out the notebooks. He walked between the desks, then went back to his seat.

And the bee? It was a little calmer.



6

On Thursday, the class went on a trip to the park to go on a treasure hunt.

Layla held the treasure map. Karim whispered, “**I hope Yousef doesn’t ruin the game.**”

Yousef heard him and squeezed the ball in his pocket hard.



7

Suddenly, a strong wind blew! The map flew out of Layla's hands, and the wind carried it over the grass toward the lake. The children shouted, **"The map!"** **Bzzzzzz!** The bee buzzed hard. But Yousef didn't run right away. He looked at Miss Mona and asked, **"May I go get it?"** She smiled and said, **"Go!"**



8

Yousef ran faster than the wind and caught the map just one step before it touched the water!

As he handed it to Layla, his quick eyes spotted a red mark on the big tree. **“Look! That’s the place!”**

And there, under the tree, they found the treasure chest.



9

Karim said, **“I’m sorry, Yousef. Without you, we would have lost the treasure.”**

Layla said, **“You’re the fastest in the class!”**

That night, Yousef told his mom, **“The bee is still in my feet, Mom... but now we’re friends. I know when to let it fly, and when to tell it: rest a little.”**

The End

Let's Talk About the Story

1. How did Yousef feel when his classmates told him to calm down?
2. What helped Yousef when the bee buzzed hard?
3. Do you ever have a “bee” in your feet? What do you do when you feel it?

For Parents and Teachers

Some children need to move much more than others. This is not stubbornness or bad manners. Often the child is really trying to sit still, but their body gets there first.

Good to know: Young children are full of energy, and moving a lot is normal at this age. On its own, it does not mean ADHD. It is worth a closer look when it happens often, both at home and at school, and affects learning or friendships.

What helps?

- Short, planned movement breaks, like handing out papers or watering a plant.
- Something for the hands, like a squeeze ball or a piece of modeling clay.
- A signal you agree on together, like the bee card, so the child can ask for help without embarrassment.
- Short instructions, one at a time, with eye contact.
- Praise self-control and effort, not only calmness: “I loved how you asked before you ran.”

If high activity or difficulty focusing continues and affects learning or friendships, talk to your pediatrician or a child psychologist. They can assess whether it may be ADHD and how best to support your child.

Let's Make a Calm-Down Bee

You will need

Two yellow balloons, flour or fine rice, a small funnel, a black marker, white paper or foam for wings, and glue or tape.

Steps

1. Fill the first balloon with flour using the funnel until it is the size of the child's palm, then tie it tightly.
2. Cut the neck off the second balloon and stretch it over the first one to make it stronger.
3. The child draws black stripes and a smiling face.
4. Cut out two paper wings and stick them on.
5. Make a yellow "bee card" too, for the child to hold up when they need to move.

Adult supervision is needed. Keep balloons away from younger children, as they can be a choking hazard.



There's a bee in Yousef's feet that doesn't like chairs.

It buzzes in class, at home, everywhere!

Can Yousef learn to be friends with it?

A warm story about big energy, and the grown-ups who understand.

Different Heroes Series

Ages 5 to 8

Written and created by

Sara Ali Ahmed

Mohamed Thabet Ahmed



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