



“Valeria, your alarm is going off in your bedroom,” her mom and dad yelled.



“Okay,” said Valeria as she completed her drawing of her favorite Hooperhero and quickly hung it up. She ran up to her room knowing the alarm meant someone needed her help. She opened her closet, threw on her Hooperhero suit; pushed the button on her Hooperhero watch releasing her hoop and began hooping as fast as she could. As she hooped, she began saying the magical words “Violet Valeria is on her way, ready to help and save the day.” Suddenly, her hoop began to glow, her Hooperhero power was activated, and out her front door she flew, headed straight to Helpful Hattie Headquarters.

“Welcome back Violet Valeria,” said Savannah, “we have the perfect mission for you today.”

“Great, who am I helping today?”

“Her name is Mattie and she plays tennis. She has a very important match today but she’s nervous because she hasn’t been able to hit the ball very well and doesn’t think she wants to play anymore. We thought maybe you could help her.”

“Sounds like the perfect mission,” said Violet Valeria. She waved good-bye to Savannah and walked to the Helpful Headquarters Hooping Station where she began hooping and flew to meet Mattie.

“Ouch,” said Violet Valeria as she crashed into the net in the middle of the tennis court. She jumped up, looked around to see if anyone saw her crash and noticed a girl standing on the other side getting ready to serve.

“Are you okay,” asked Mattie.

“Yes, thank you, I’ll be okay. I’m still getting used to my flying Hooperpower” said Violet Valeria, “I’m looking for Mattie, are you her or do you know where I can find her?”

“Yeah, I’m Mattie, why are you looking for me?”

“Hi, I’m Violet Valeria and I’m here to help you get ready for your match today.”

“Oh, thank you, but I don’t think I’m going to play today,” said Mattie.

“Why not,” asked Violet Valeria.

Mattie explained how she had become really nervous all of a sudden the last couple days because she wasn’t playing very well in practice and that each day it seemed to be getting worse. No matter how hard she tried, she couldn’t serve or hit the ball and tripped each time she tried to run for the ball. She explained that she didn’t want to look silly during the match so she thought it might be better if she just didn’t play.

“I see,” said Violet Valeria, “so you said this started a few days ago?”

“Yeah, it was all of a sudden and it’s just getting worse,” said Mattie.

Violet Valeria thought for a second and then asked Mattie what she was doing the day it started.

Mattie told Violet Valeria everything she had done that day and said that right before practice, she had a math test that she didn’t feel like she did very well on.

Violet Valeria thought for a few seconds more and then realized something. If Mattie had been nervous for her math test and didn’t feel she had done every well on it, it was possible that her nerves had gotten the best of her when she was practicing for the match too. Each time she practiced after that day, she struggled more because she thought it was because she wasn’t playing good anymore. She had an idea.





“Mattie, I want to try some something with you, are you game?”



“Sure, I’m not sure anything can help me but I’m willing to try.”

“That’s the spirit,” said Violet Valeria and she grabbed some tennis balls and a racket and asked her to join her at the wall. Violet Valeria had Mattie take some nice deep breaths and then told her to think positively instead of negatively. She asked her to say to herself that she was going to hit the ball each time it came to her and to keep thinking that way. While Mattie was saying it, Violet Valeria grabbed a ball and hit it against the wall. As the ball came to Mattie, she repeated the phrase and hit the ball back to Violet Valeria. Before she knew it, she had been hitting the ball back and forth with Valeria for a few minutes. “I’m doing it,” exclaimed Mattie.

Violet Valeria then asked Mattie to run to the other side of the court; take a couple deep breaths, and tell herself that she would not fall down when going for the ball. When Mattie got to the other side, Violet Valeria hit a ball to the opposite corner and Mattie ran to it and hit it back. After a few minutes of hitting the ball back and forth, Mattie realized she had not fallen down one time when trying to get the ball. “I didn’t fall,” exclaimed Mattie.

“Okay, one last thing,” said Violet Valeria as she had Mattie pick up a ball, take a deep breath and tell herself she was going to do the perfect serve. Mattie was a little nervous but she took a deep breath, threw the ball in the air and hit it. She watched as it as it went over the net and right in the back corner of the court where Violet Valeria missed it and resulted in a point for Mattie. “A perfect serve,” exclaimed Mattie as she jumped up and down with excitement and ran over to Violet Valeria and thanked her.

As they started walking off the court, they noticed people starting to arrive for the match so Violet Valeria looked at Mattie and told her that as long as she does her best, believes in herself and thinks positively, she will do just fine.

When Mattie’s match was up, she looked at Violet Valeria who smiled and mouthed “good luck,” and then the match began. After a while of playing, the game was tied and whoever scored the next point would win. It was Mattie’s serve. She took deep breaths; told herself it would be the perfect serve; threw the ball in the air, and hit it...the perfect serve and a game-winning point for her. She jumped up and down and the rest of her team ran out and began cheering with her. Violet Valeria made her way through the crowd on the court and finally got to Mattie.

“Thank you so much,” said Mattie, “I couldn’t have done it without you.”

“Yes you could have,” said Violet Valera, “you just needed a reminder to believe in yourself. As long as you do, you can do anything.” Violet Valeria gave Mattie a big hug and waved goodbye as people were still congratulating her on a great win. Violet Valeria knew she had accomplished her mission and with one last wave goodbye, she went up in the air and flew back to Helpful Hattie Headquarters to let them know it was another successful mission.

