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TRY IT FIRST, TORA!

Sri Sarastuti and Hutami Dwijayanti



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Message from the Head of Center for Book Affairs

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This awesome book is especially for you.

You can listen to or read the interesting story in this book and also in the other books that are available to you. These books will help you be active, make friends and share as well as learn from your surroundings. The stunning illustrations will help you understand each storyline. Hope you enjoy reading these books and become more passionate about reading.

Happy reading!

Head of Center for Book Affairs

Supriyatno, S.Pd., M.A

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Chapter 1

Hmph ... Hmph!

Tora the lutung was happy with his new home. He could gather his favorite food with ease. Was his favorite food young leaf shoots? No, Tora was bored of eating it. He liked to eat bird eggs, cocoons, and insects.

He kept his food in a bag. When he was too lazy to go foraging, he would just grab the food from his bag.



Today Tora's tummy felt bloated! Maybe he needs to go to the bathroom.



For several days, Tora hasn't been to the bathroom because he was too lazy to move.

Just as Tora was about to go to the bathroom, Kia and Jedia came over. Ah, Tora had to postpone going again.

Kia and Jedi are Tora's friends. As always, Jedi is wearing a bracelet, while Kia has a flower on her head.





They asked Tora to play. Tora had already said no a few times to their invitation, so this time he had to say yes. Kia and Jedi moved around quickly. They were way ahead of Tora. He wanted to keep up, but his tummy ached.

Tora paused for a moment. "Should I go to the toilet or keep playing? Ah well, I'll just keep playing for now," thought Tora.

Tora panted as he caught up with Jedi and Kia who were now munching on fruit.

Jedi invited Tora to pick and eat fruit with them.

Tora shook his head because his stomach was bloated.

Something was moving in his stomach!





Hmph... Hmph! Tora was trying to go to the bathroom, but couldn't!

Kia and Jedi came closer to Tora. "What are you doing, Tora?" they asked.

"Um... I'm having tummy trouble. Do any of you know how to make it easier?" Tora asked shyly.





Chapter 2

Jump! Jump!

“Oh, you’re constipated. You need to move around a lot like this,” Jedi said.

Jedi moved his body right and left. His movements were swift, like he was dancing.



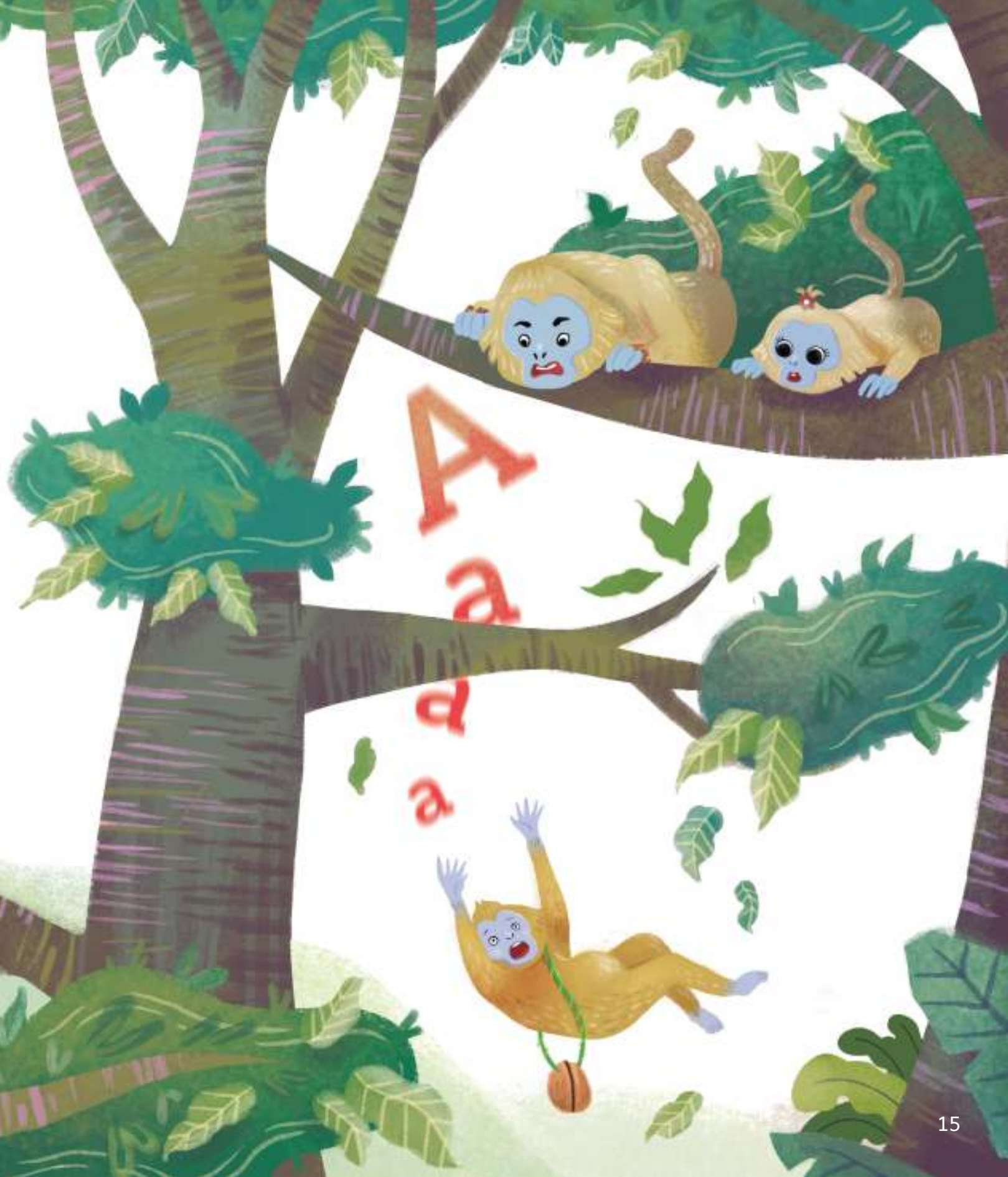
One, two, one, two. Tora and Kia followed his rhythm.

Jump! Jump! Jedi jumped around the tree branch. Tora and Kia copied him.

“Ugh, this is so tiring!” thought Tora.

Hop! Hop! Jedi and Kia were on a different branch.

Tora swung. Swoosh! His body felt heavy.
Suddenly... Tora lost his grip! Kia and Jedi held their breaths, shocked.





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Aaah! Tora slid down. Thud! He was stuck!

Luckily, he was okay. Tora was embarrassed that Jedi and Kia saw that. His muscles were stiff, because he rarely exercised.

Tora then remembered his constipation. He sat down and scratched his head.

“Do you know any other way to help me get rid of this constipation?” Tora asked.

“I know another way!” Kia suddenly exclaimed.



Chapter 3

Glug! Glug!



Kia ran down without telling them where they were going.

Jedi and Tora followed her. It turned out they were going to the river.

Tora regretted following Kia. He was afraid he'd be swept away by the river's current. He turned around and was about to climb a tree when Jedi stopped him.

“You need to drink enough water to get rid of your constipation, Tora!” exclaimed Jedi.

Lots of other animals were drinking from the river. They were fine. Finally, Tora walked up to the river.

Tora was scared of falling in while drinking. He held on to Jedi’s hand tightly. Glug. Glug. Tora drank the water in a couple of gulps.

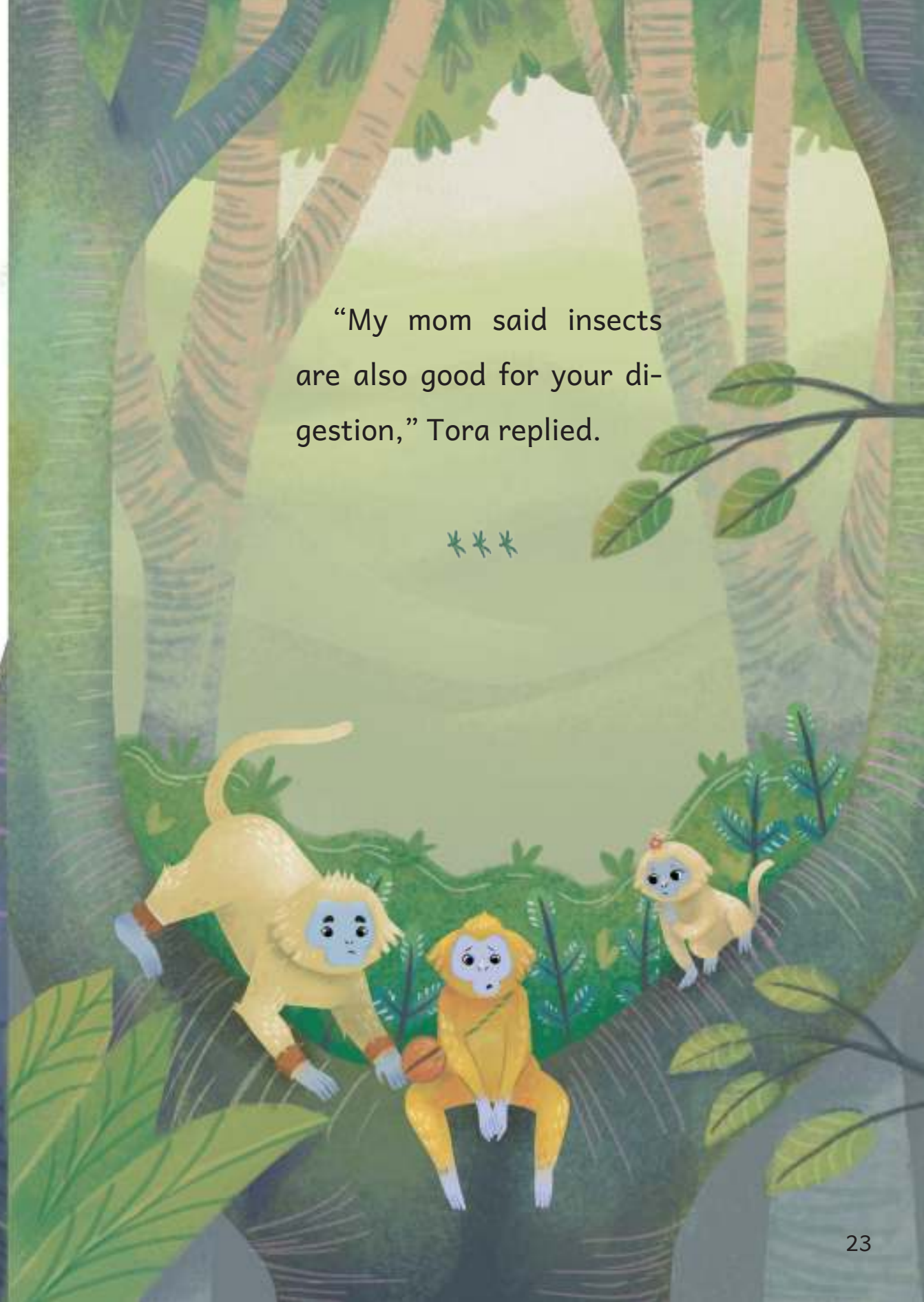


The next day, Tora tried going to the bathroom again, but he was still constipated. “Exercise? Check. Drinkwater? Check. What else should I do?” Tora asked.

“Hm, I know another thing we can try,” Kia said. “You need to eat food high in fiber. My mom said food high in fiber is good for your digestion.”



“My mom said insects are also good for your digestion,” Tora replied.



Chapter 4

Yum ! Yum!

Kia took Tora to the other side of the forest. There were lots of small plants with fresh leaves. “These leaves contain fiber,” explained Kia.

Tora did not eat the leaf shoots like Jedi and Kia. Instead, Tora scavenged for bird eggs and insects. He wanted to restock the food supply in his bag.





Tora saw a bunch of insects go inside a dead tree log. Tora tried to get to them. Hm, it was actually trickier than he thought. Tora hit the log. “Come out insects!” He yelled.



Chomp. Tora caught and ate the insects that came rushing out. Huh, why did it taste different?

It turned out that other than the insects, Tora also ate the leaves that were inside the log. They tasted yummy too.

Tora tried eating a mix of leaves and insects. He hoped this would help him get rid of his constipation.



Chapter 5 Finally

Hmph...



Hmph...

Tora's constipation didn't go away immediately, but Tora kept up a routine of exercising, drinking enough water, and eating food high in fiber.

Until finally, Tora felt the need to go to the toilet. He quickly ran behind a bush. Hmph! Hmph! Not yet!

Maybe he needed to move around a little bit. He moved side to side. Kia and Jedi cheered him on.

Uh oh! Tora's tummy churned. Tora went behind the bush again.

Then...





Ч р w H m p h



Hooray! He finally did it!

Tora danced around happily. He was not constipated anymore. His stomach didn't ache.

Tora now knew how to avoid constipation. You also know how, right?

A Message to Our Readers

Hello.

Have you ever experienced something like what happened to Tora? What do you think made it happen? Yes, you're right. Tora's problem happened because of an unhealthy lifestyle. We hope you were entertained and learned a lesson from this story. Let's be healthy and cheerful, Indonesian kids!

Warm regards,

Saras and Hutami

Author



Sri Sarastuti loves writing stories. She loves writing stories for children the most, because she can let her imagination run freely. Before becoming a children's book author, she was a screenwriter. She now lives in Sukoharjo and you can visit her on Instagram @sarastuti_sa

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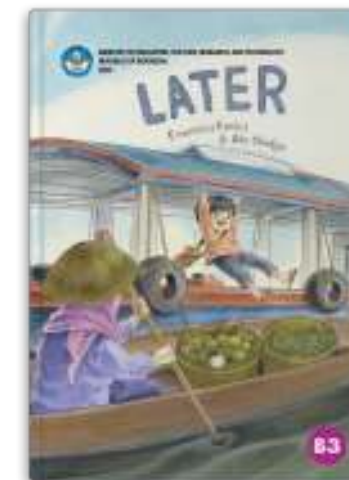
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Damar Sasongko has loved children's books and comics ever since he was young. In 2014, he decided to work in the publishing world. Since then he has helped with the publication of hundreds of books as a designer, art director, or editor. Right now, he is pursuing the art of printmaking. Say hello to him on Instagram @kaoskutang



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Tora just moved into a new comfortable tree. Unfortunately, he became lazy. He even often postponed his need to go to the toilet. This made him constipated. Tora then asked Kia and Jedi for help. What did they say to Tora? Would their suggestions help Tora relieve his constipation?

