

FAST FEET, BRAVE HEART (Synopsis)
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Picture book (ages 6–9) • ~1,400 words

Leo is a boy who thinks and moves faster than the world around him — a world that insists fast is wrong. At school, where rules are rigid and noise is everywhere, even the smallest slip is met with smirks, reminders, and pressure to be “less.” The effort of holding himself together becomes too big, too loud — and Leo runs.

His escape cracks his world open. A hallway becomes a forest. Lockers become towering trees. He tumbles into a place where quick thinking, fast feet, and hyper-observant eyes keep the community thriving. Kai — a barefoot whirlwind — welcomes him instantly: “*Someone who can keep up!*”

Through a series of challenges, Leo discovers the strengths hidden inside the traits adults call “too much” — the feet that outrun danger, the eyes that notice clues others miss, the ideas that surge faster than caution. And the courage that emerges exactly when fear says to stop.

Kai gifts Leo four objects that name those strengths — Fast Feet, Eagle Eyes, Idea Sparks, Brave Heart — not to change him, but to remind him who he already is.

Then Leo is suddenly back in his classroom — and now Kai is the one overwhelmed by the rules. Leo recognizes the panic, the spinning room, the too-big feelings. This time, he is the helper: teaching Kai when and how to use those gifts so they work for him, not against him.

Kai vanishes back to his world, but Leo keeps the knowledge that his fast mind and fast body are tools. Not flaws. Not accidents.

That night, when his mind whirs again, Leo reaches for what he learned: breath, belonging, bravery — and wonders if maybe tomorrow will feel just a bit bigger on the inside.

Fast Feet, Brave Heart blends emotional realism with a single magical event to reframe neurodivergence as a source of power, purpose, and connection — especially in the places where it is most misunderstood.