

A Story for Heavy and Light Feelings

Use this story when demonstrating heavy versus light feelings. On your first pass through the story you will use the PowerPoint visuals to place rocks on the character's back. The idea is that you demonstrate how heavy feelings can weigh our bodies down and make our days more challenging. The second time you walk through the story, replace the heavy feelings rocks with light items into the backpack. It might even be a good idea to model a coping skill that took the feeling from heavy to light. After each pass through the story, ask the children to identify whether they could carry these heavy and light items all day, demonstrating how difficult it is to carry heavy feelings.

Heavy Story

I woke up in the morning after hearing my grown-up telling me to get up. I realized that I was late. This made me feel _____. Today was going to be a big day because I had a jog-a-thon at school. I thought for sure my grown-up was going to make me my favorite breakfast in the whole world. When I got to the kitchen I saw I only had oatmeal for breakfast. This really made me feel _____. So, we rush to school, but even though we rushed I was still late. When I walked into the classroom all of the kids were looking at me. I had a big _____ feeling when I saw this. The next part of my day goes okay until I realize that I left one of my homework sheets at home. That made me so _____. My teacher told me I could bring it tomorrow, but she seemed really upset with me. I started to feel _____ because I don't like when people are upset with me. Next was lunch. Lunch is usually my favorite because we aren't in class. Today was not my favorite. During lunch I spilled my tomato soup ALL over my clothes. I couldn't believe it. This was the WORST day. I could barely get through lunch because I was feeling so _____. I tried to make myself feel better, but I just couldn't figure out how. I started to feel _____ with myself. The jog-a-thon was coming up so I knew I would start feeling better soon. I get to the jog-a-thon before I realize that my best friend isn't there. This made me feel _____ because I was really excited to do this with my best friend. The jog-a-thon started anyway and I started running. I was going SO fast. The bad part is that I fell down. I was really, really _____. People were really nice about it, but it ruined how excited I was. I couldn't get myself feeling better and when the day ended I just felt so _____ about everything that happened today.

Light Story

I woke up in the morning after hearing my grown-up telling me to get up. I realized that I was late. Instead of letting this spoil my mood I tried [insert coping skill]. This made me feel _____. Today was going to be a big day because I had a jog-a-thon at school. I thought for sure my grown-up was going to make me my favorite breakfast in the whole world. When I got to the kitchen I saw I only had oatmeal for breakfast. At first this made me feel [insert feeling from heavy story], but I decided to do [insert coping skill] to try to make myself feel better. Then I started feeling _____. So, we rush to school, but even though we rushed I was still late. When I walked into the classroom all of the kids were looking at me. I thought to myself, [insert adaptive thought] to keep my feelings lighter. After changing my thoughts, I had a big _____ feeling. The next part of my day goes okay until I realize that I left one of my homework sheets at home. I tried to stay calm by doing [insert coping skill]. This took my [heavy feeling] to a lighter feeling of _____. My teacher told me I could bring it tomorrow, and instead of getting upset that she was disappointed I was _____ that I was getting a second try. Next was lunch. Lunch is usually my favorite because we aren't in class. Today was not my favorite. During lunch I spilled my tomato soup ALL over my clothes. I couldn't believe it. I could say this was the WORST day, but instead I tried [insert coping skill] that I learned at therapy and I felt _____. I started to feel _____ with myself for thinking of doing a coping skill. The jog-a-thon was coming up so I was very _____. I get to the jog-a-thon before I realize that my best friend isn't there. I definitely wanted to do this with my best friend, but instead I thought about all the fun stories I would get to tell and I felt _____. The jog-a-thon started anyway and I started running. I was going SO fast. The bad part is that I fell down. I tried not to worry about it by doing a [insert coping skill]. People were really nice about it, after all. Even though things didn't go my way on this day I was still _____ because I'd worked hard and practiced a lot of coping skills.