



Elio's Big, Red Feeling

By Shilpashree C M



Elio was having a wonderful morning. He sat on the soft rug, carefully placing one wooden block on top of another. His tower was getting taller and taller, reaching all the way up to his chin. Elio smiled, feeling very proud of his hard work.





Suddenly, Elio's sleeve caught the corner of a block. CRASH! The tower tumbled down in a noisy heap. The blocks scattered across the floor. Elio felt a hot, prickly sensation start in his tummy and move up to his chest. His face began to feel very warm.





Elio felt a big, red feeling growing inside him. He wanted to kick the blocks! He wanted to scream as loud as a lion! "I'm so MAD!" he shouted. His breath was coming out in fast, little puffs, and he felt like he was going to explode.





Mira, his mom, walked into the room and knelt down so she was at Elio's level. She didn't look angry; she looked calm and kind. "I see you have a very big feeling right now, Elio," she said softly. "It is okay to be mad, but we need to keep our bodies safe."





Mira reached over and picked up a large, fuzzy blue pillow from the sofa. "Let's make a Plan," she suggested. "When the big, red feeling is too much, we can give it a safe place to go. You can use your muscles to hit this soft pillow instead of the blocks."





Elio took the pillow and placed it on the floor. It was time to Do the plan.

WHUMP! He hit the pillow with his hands. WHUMP! WHUMP! He used all that hot, prickly energy in his arms to punch the soft cushion. The pillow didn't break, and nobody got hurt.





After a minute, Elio stopped. He took a long, slow breath in through his nose and let it out through his mouth. It was time to Review. "How does your chest feel now?" Mira asked. Elio noticed that the hot, prickly feeling was starting to fade away.





Mira moved closer and gave Elio a gentle squeeze. "You did it," she whispered. Elio looked at his hands. He realized he didn't feel like a lion anymore. He said out loud, "Big feelings don't control my body. I can feel strong emotions and still be safe."





Elio felt much better. He picked up a blue block and a red block and started a new tower. He knew that even if it fell again, he was the boss of his own hands and his own heart. He was safe, and he was ready to play.

