

Shiloh's Big Stomp and Slow Walk

By zenith



Shiloh was building the tallest, bravest tower in the whole world. He stacked the blue block on the red block, and the yellow block on the green block. But then—wobble, wobble, CRASH! The tower tumbled down into a messy heap on the rug.





Inside Shiloh, a big feeling began to grow. It felt like a rumbley storm in his tummy and a prickly heat in his hands. He wanted to yell, and he wanted to throw his blocks. His face turned a little pink as the energy swirled around inside him.





Soren, his grown-up guide, knelt down nearby. Soren didn't look upset. Instead, Soren had a very kind and calm face. "That is a very big feeling, Shiloh," Soren said softly. "It is okay to feel frustrated when things fall down. Your feelings are safe with me."





Soren held up a hand. "We have a plan for big energy. First, we Plan. We are going to use our feet to let the grumbles out, and then we will find our quiet calm. Are you ready to try our strategy? It's the Stomp and the Slow Walk."





Now it was time to Do!

"Stomp, Shiloh!" Soren cheered. Shiloh lifted his right foot high and brought it down with a giant THUMP! Then he lifted his left foot and brought it down with a loud BAM! He stomped and stomped, letting all that prickly energy travel from his tummy down to his toes and out into the floor.





Soren joined in the fun.
Together, they stomped like
giant, heavy dinosaurs
across the playroom.
Stomp! Stomp! Stomp!
Shiloh felt the tightness in
his chest start to loosen.
The rumbley storm inside
him was turning into a
busy, thumping beat.





"Now," Soren whispered,
"let's change the energy."
Shiloh stopped stomping.
He took a breath. He started
to walk, but this time, he
moved as slowly as a sleepy
snail. He placed his heel
down gently, then his toe,
making no sound at all on
the soft rug.





Soren walked slowly too, moving like a cloud drifting across a blue sky. They moved through the room in slow motion. Shiloh felt his heart slow down. He felt his hands become soft again. The big, prickly heat was gone, replaced by a cool, steady feeling.





"You did it!" Soren said, giving Shiloh a high-five.

"Whenever a big feeling comes, we can Plan, Do, Review, and Repeat. You have the power to help your feelings move." Shiloh looked at his blocks. He wasn't ready to build yet, but he knew he was safe, calm, and ready for whatever came next.

