

A Brand New Day

by Jocelyn Weiss

One morning I was playing with my favorite new toy. It was purple and yellow and filled me with joy. I was throwing it around having all kinds of fun, until it broke into 2 and my play time was done. My little cheeks got red and my hot face said, "I think I'm feeling angry."

Mommy asked, what's making you so mad?

I couldn't even explain the emotions I had.

So I took a deep breath in and closed my eyes. I learned a trick that only takes a few tries. You slowly breathe in while you count to ten, and before you know it, you'll feel calm again.

Mommy asked again, what's making you so mad?

I said, "It was some angry emotions I had".

The next day I was so excited to wear my favorite shirt and my favorite pants. They have all the colors of the rainbow and I like to wear them when I dance. But I couldn't find them anywhere. I checked near, far, up, and down, I really looked all around. But my favorite clothes were missing. My little eyes filled up with tears and my frowny face said, "I think I'm feeling sad".

Mommy asked, "what's making you so sad?"

I couldn't even explain the emotions I had.

But I know it's okay to cry when I need to. All I need is a little white tissue. With a little white tissue my face can stay dry and it will help me feel better after I cry. It's okay if you don't feel happy all the time. A little bit of sadness is never a crime.

Mommy asked again, "What's making you so sad?"

I said, "it was some sad emotions I had."

The next day the weather was not too good and the clouds just didn't look like I thought they should. I heard thunder and saw lightning coming from the sky and my tummy felt some nervous butterflies inside.

Mommy asked me, "what's making you so scared".

I couldn't even explain the emotions I had.

But this fear I am feeling will not last forever. It will have to stop eventually; just like this bad weather. That icky feeling in my tummy will soon go away, but if it doesn't right now, I'll remember that tomorrow is a whole new day.

Mommy asked me again, "what's making you so scared?"

I said, "It was just some scared emotions I had".

The next day mommy told me something I will never forget. Something everyone should remember and really try to get.

She said, "It's impossible to feel only happy every day. Little things can make us feel so many types of ways. Some things make us feel anger, sadness, or fear. And sometimes we might even shed a tear."

So remember to always focus on your breathing and before you know it, those bad emotions will soon be leaving. But for the times when the bad emotions don't want to go away, remember my child, "tomorrow is always a brand new day".