

**The Girl Who Went From Good to Sad
To Mad To Bad To Sad To Bed To Better**

By Steve Heron

For Chelsea

It's been a delight watching you grow and learn how to handle your feelings

(This story relies on speech bubbles, thought bubbles and feelings bubbles in the illustrations.)

Lani woke with a big smile on her face.

Tuesday was her favourite school day because she had drama with Mrs G.

Speech bubble. (I feel good!)

Feelings bubble. (Happy)

Lani stood on her bed pretending to be a queen.

Speech bubble. (Good morning all my royal subjects)

Feelings bubbles. (Excited, expectant, confident)

Lani's day at school didn't start so well.

Her friend Izzy said something mean to her.

Lani felt sad.

Speech bubbles:

Izzy (I want the blue pencil)

Lani (I'm using it now),

Izzy (You never share, you're so mean)

Feelings bubble. (Surprised, hurt)

Lani tried to let it go, but she couldn't.

All morning she kept thinking about what Izzy said.

Thought bubble. (Why did Izzy say that? I wasn't mean.)

Feelings bubble. (Confused, upset)

Lani looked across at Izzy sitting in the next group.

Izzy looked back at Lani with a frown on her face.

Lani felt mad.

Thought bubble. (Izzy is so mean)

Feelings bubble. (Angry, annoyed)

In drama, Mrs G asked for a volunteer to play the part of a queen.

Izzy got chosen.

Lani felt madder.

Thought bubble. (I don't like Izzy)

Feelings bubble. (Jealous, unfriendly)

She thought about getting back at Izzy.

At the end of the school day, on the way out of class, Lani said something mean to Izzy.

Speech bubble. (You're the worst friend ever)

Feelings bubble. (Spiteful, hateful)

As Lani walked away, she could see Izzy crying.

Lani felt bad.

Thought bubble. (I didn't mean that)

Feelings bubble. (Guilty, shame)

Lani went from feeling bad to feeling sad. She wished she could take back what she said to Izzy.

When she got home, Lani spent the rest of the afternoon in her bedroom.

Feelings bubble. (Blue, down)

At dinner time Lani poked at her food.

Mum asked, 'Is everything okay sweetie?'

Speech bubbles.

Lani (I'm fine)

Mum (Let me know if you need any help)

Feelings bubble. (Quiet, private)

At bedtime, Lani lay awake thinking about her day where she went from feeling good to sad to mad to bad to sad to bed.

She wanted to feel better.

Feelings bubble. (Thoughtful, unhappy, sorry)

Lani thought long about what happened that day and how to make things better.

She practiced what she could say to Izzy the next day.

Various speech bubbles:

(I'm sorry for saying you were the worst friend ever.)

(I didn't mean it.)

(I felt sad and angry because I didn't like it when you said I was mean for not sharing my blue pencil.)

(I felt jealous because I really wanted to be the queen in drama.)

(Can we still be friends?)

Feelings bubble. (Satisfied, better)

Lani's Mum came in to kiss her goodnight.

'Trouble with friends?' Mum asked.

'How did you know?'

'I recognised the look on your face.'

'I had a fight with Izzy, and I'm worried she won't be my friend anymore.'

'Friendships can be tricky. I know you'll work things out with her tomorrow,' Mum whispered as she pulled the blankets up to Lani's chin.

Speech bubbles.

Lani: 'Thanks Mum.'

Mum: 'Love you to Pluto and back.'

Lani: 'Love you more than that.'

Feelings bubble. (Loved)

Mum switched off the bedside lamp.

Lani drifted off to sleep with a smile on her face.

Thought bubble. (I hope Izzy will still be my friend.)

Feelings bubble. (Hopeful, sleepy.)

END