

ALEX'S MOM is AWAY

happy

HURT

SCARED

SAD

EMBARRASSED

relieved



ANGRY

CONFUSED

GUILTY GLAD

worried





Sometimes people close to us make mistakes, and they have to go away for a little while. It can be a really scary time and you may not know what to expect. While everyone's story is different, today we are going to follow Alex on his journey.

MY NAME IS:

TODAY I FEEL
(Circle one):

HAPPY



SAD



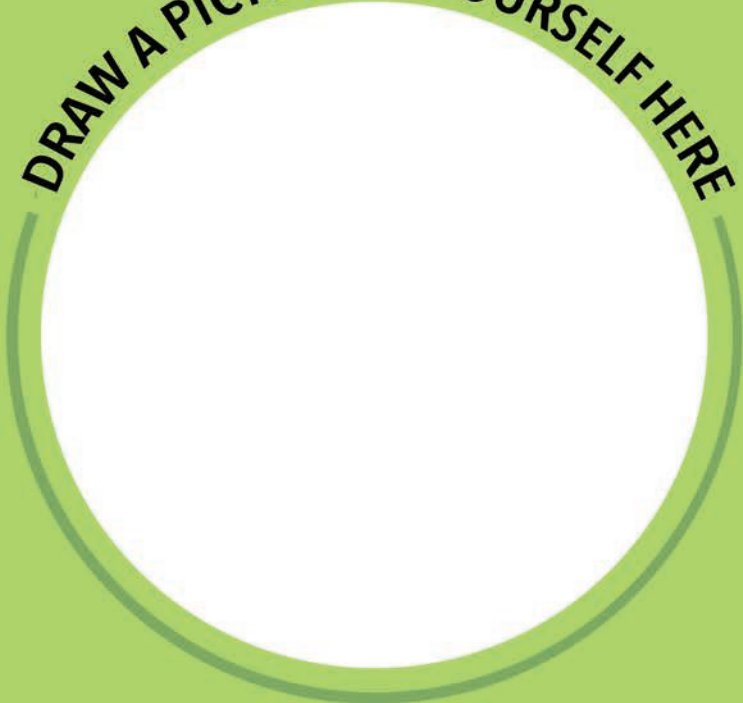
MAD



CONFUSED



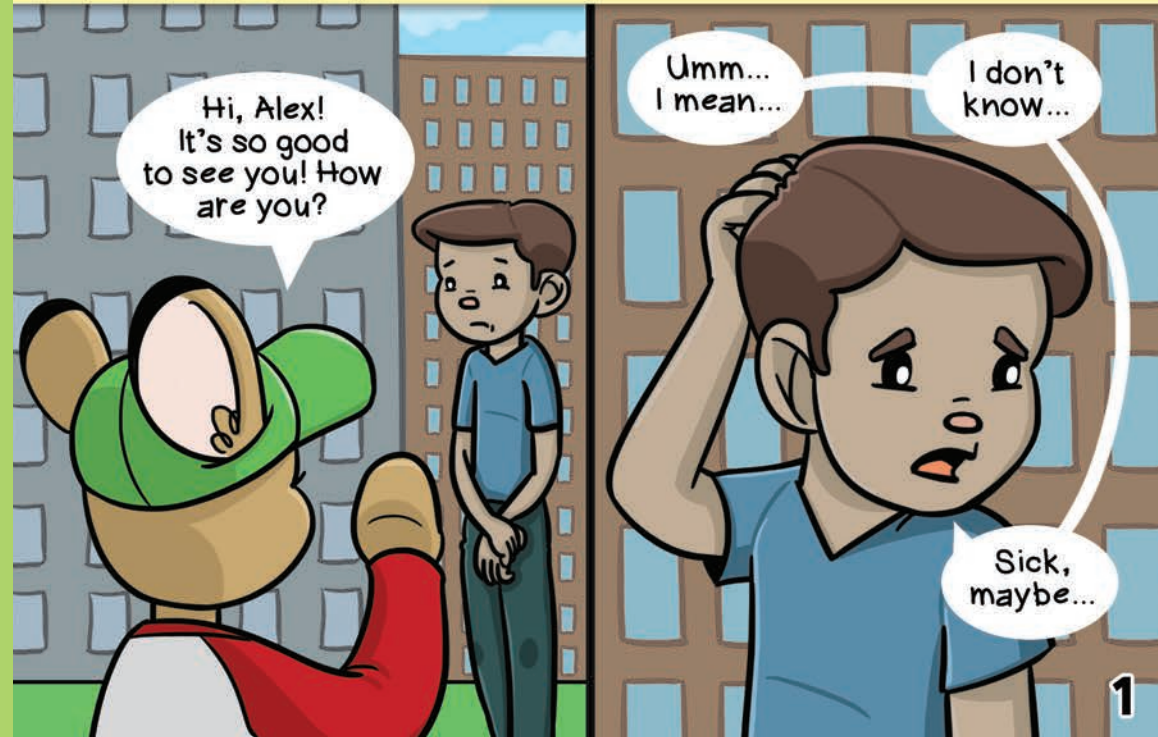
DRAW A PICTURE OF YOURSELF HERE



Parents' Day in Claytown brought everyone outside to celebrate with their moms and dads. It was a perfect day to enjoy the weather and meet new people.



Buckaroo and his mom saw his new friend from school, Alex, and wanted to say hi.



Buckaroo felt bad that his friend wasn't feeling well and looked around to see where Alex's mom might be. But when he asked, Alex got mad and yelled.

Alex's Uncle Jared told him that even though he felt bad, he shouldn't be mean to other people. That would make them feel bad, too.

Oh! I'm sorry you're sick. My mom always helps me feel better when I'm sick. Where's your mom?

STOP ASKING ME QUESTIONS ABOUT MY MOM! IT'S NONE OF YOUR BUSINESS!

Alex, I know you're feeling sad and scared, but you can't take it out on other people by yelling at them.

It won't make you feel any better, and it makes them feel sad and scared, too.

It's okay for you to have fun with your friends and miss your mom at the same time. It's okay to be both happy and upset. That can be pretty confusing, though, right?

Buckaroo's feelings were hurt. He didn't understand why Alex had yelled at him. Buckaroo's mom gently talked to him while Alex's Uncle Jared spent some time with his nephew.

Alex thought about his feelings and what his uncle had said. All of these feelings were becoming hard to deal with, but he didn't want anyone else to feel like he did.

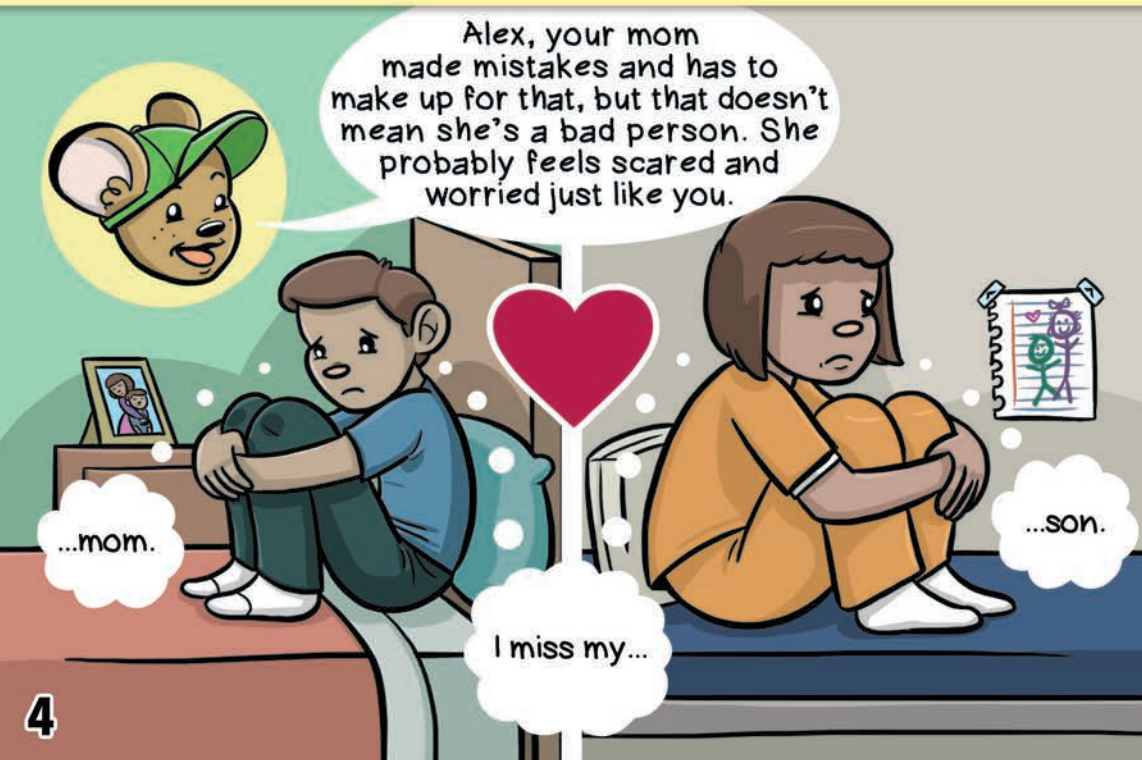
Sometimes people yell when they are feeling scared or hurt. You don't know what's going on in Alex's life, but that may be when he needs your support more than ever.

relieved HURT ANGRY
 SCARED
 SAD
 GUILTY GLAD EMBARRASSED
 CONFUSED
 happy
 worried

Alex told Buckaroo he was sorry for yelling at him. He wasn't really mad at his friend. Alex explained that his mother wasn't around. Buckaroo knew that sometimes a mom or dad might not be around because of work, divorce or having passed away.

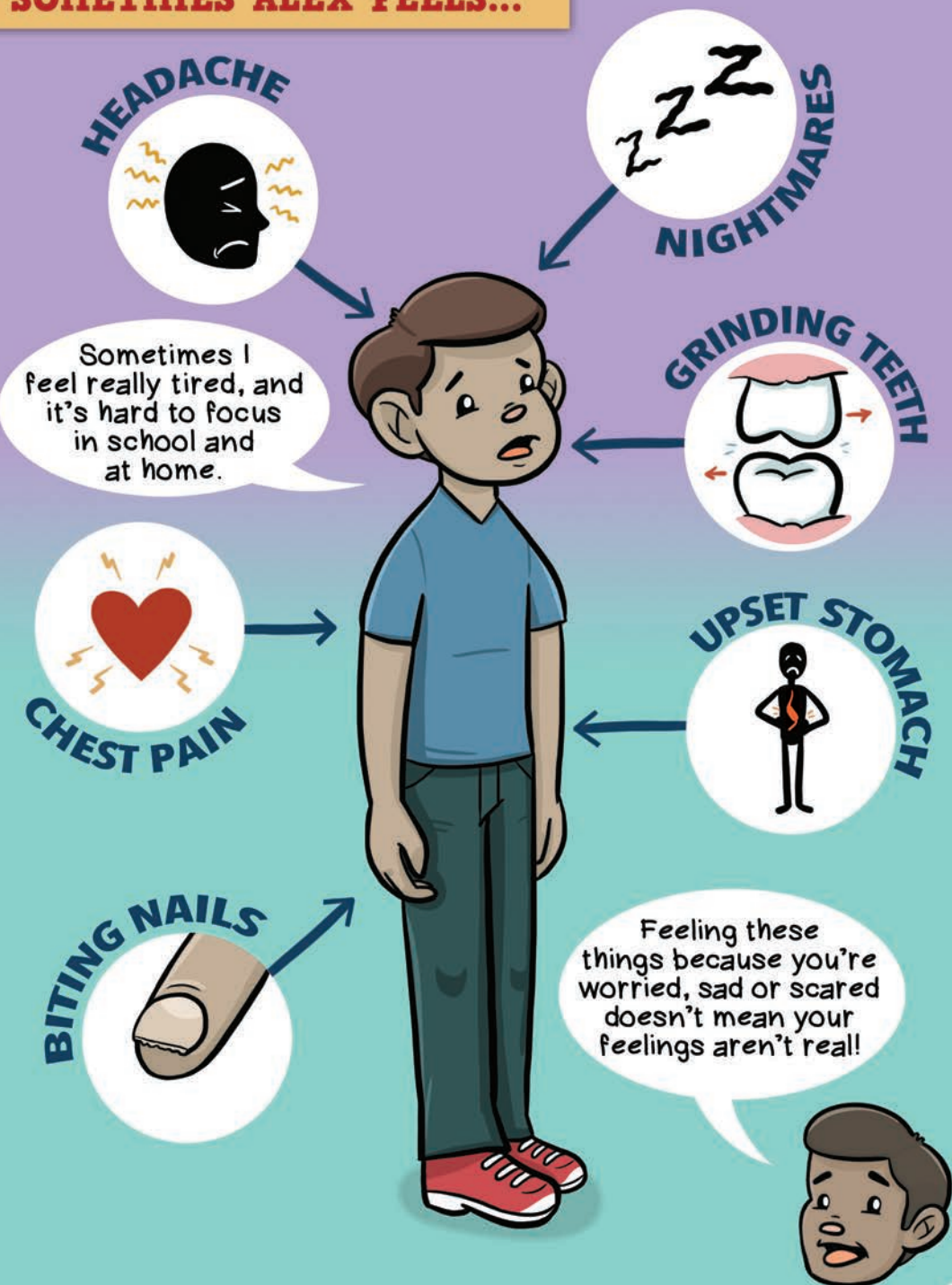


Buckaroo told Alex that being in jail didn't make his mom a bad person either, and she was probably going through a lot of feelings, too.



Alex told Buckaroo how it felt when he thought about his worries and feelings. Sometimes it affected how his body felt. Other times it made him treat people badly.

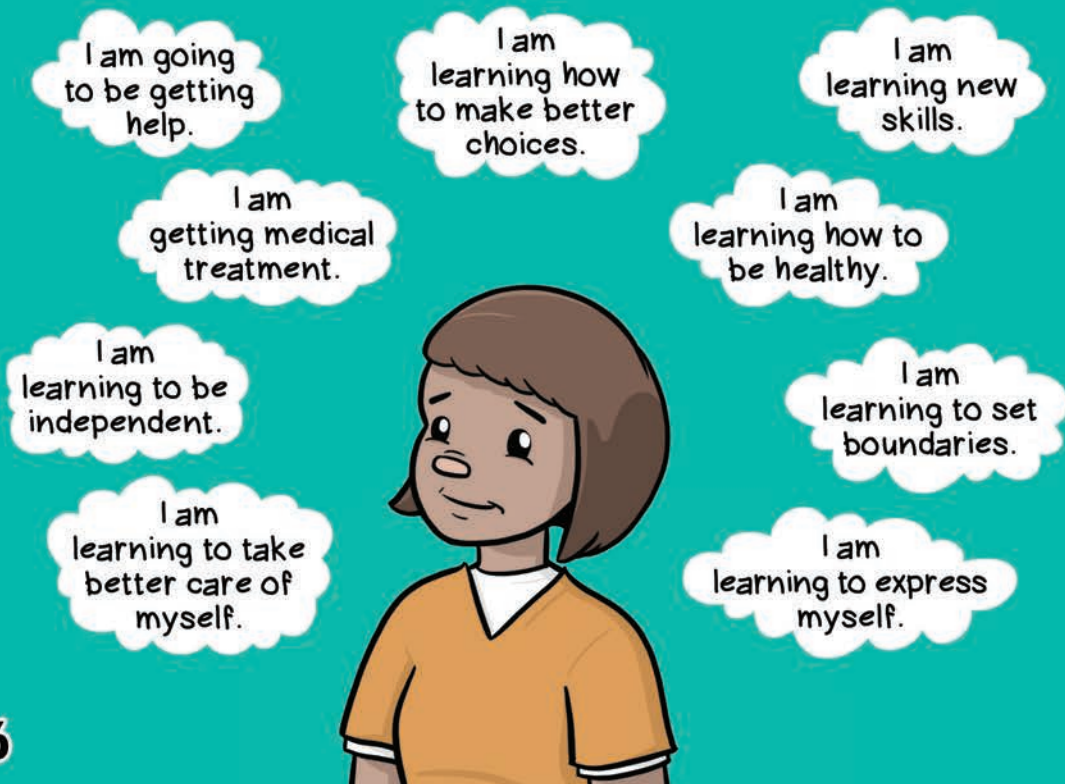
SOMETIMES ALEX FEELS...



Buckaroo understood feeling sad and worried. He wanted to make his friend feel better. He told him about all of the ways Alex was nice, helpful and a great friend.

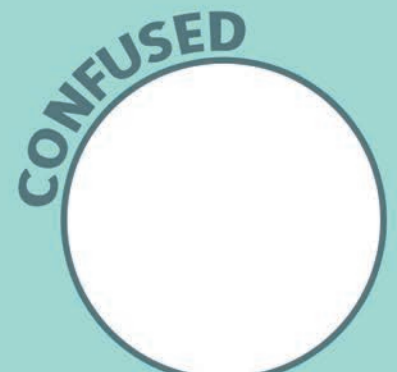


Uncle Jared told Alex that even though his mom may have broken the law, she would be getting the help she needs. She will have a fresh start once she is out of jail.



HOW DO YOU FEEL?

Alex has a lot of thoughts and feelings. How do you feel? Draw your face below when you feel each of these emotions.



When Buckaroo saw Alex at the park the next week, they talked about his mom and what he was feeling. Alex felt better already.



They all thought of ways Alex could show his mom his love for her, even if they weren't together.

WRITE A LETTER



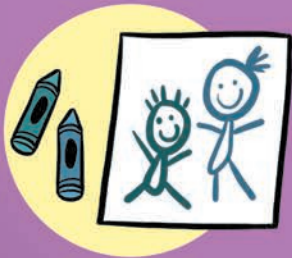
SHARE YOUR REPORT CARD



ASK AN ADULT TO TAKE AND PRINT A PHOTO OF YOU



DRAW A PICTURE



There are many ways to show you love someone who can't be near you. Can you think of any others?



HELP ALEX WRITE A LETTER!



Fill in the blanks below to help Alex write to his mom, then try writing your own letter!

Dear Mom,

Hi! It's Alex. I hope that you are doing okay.

Today was a _____ day at school.

(Adjective)

Miss Learnwell read us a story about a talking _____.

(Noun)

At recess, Buckaroo and I played

a game of _____, then we raced

(Favorite Game)

around the playground. I _____!

(Won or Lost)

For lunch, I ate _____.

(Favorite Food)

_____.

(Adjective)

I miss you a lot, and I love you!

Love,

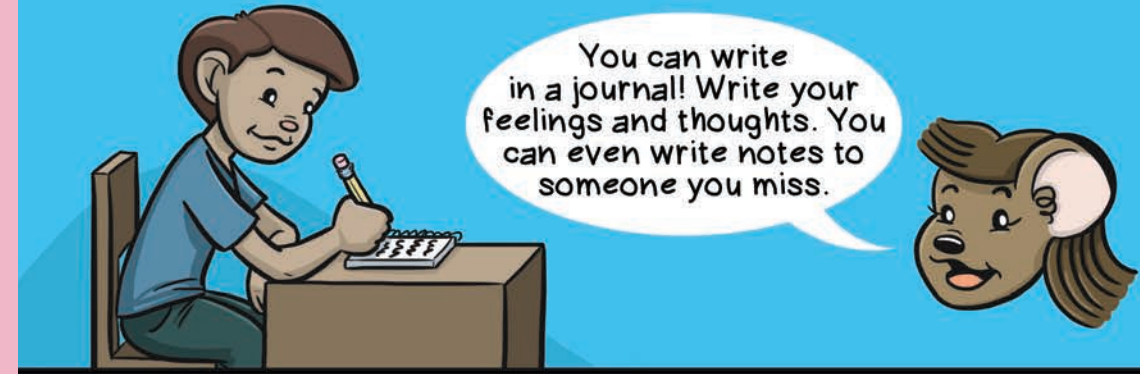
ALEX

ADJECTIVE: a word that describes something, like **GOOD**, **FUN** or **STINKY**.

NOUN: a person, place or thing, like **PIRATE** or **KITTEN**.

Uncle Jared reminded Alex that there were also other people (and a furry friend) who loved and cared about him!

Alex, his uncle, Buckaroo and his mom all helped come up with things he could do whenever he felt sad, hurt, angry or worried.



Alex felt much better after talking to his uncle and friends. He thought about the ways he could take care of his feelings. Alex would always love his mom. Now he had a lot to look forward to.



WRITE YOUR OWN COMIC!

It's a comic starring you! Follow the instructions below to create your story.

Draw what you do when you feel sad, angry or worried.



And then I like to...

Draw a day at school.

IN THE MORNING

IN THE AFTERNOON

Draw yourself once you're all grown up. What do you want to be?

I want to be...

Draw a picture of yourself!

HOW DO YOU FEEL?

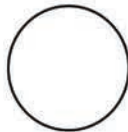
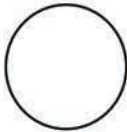
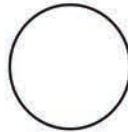
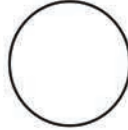
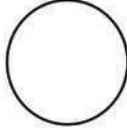
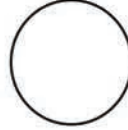
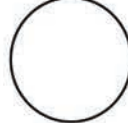
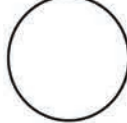
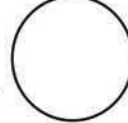
It can be hard to have a lot of feelings, but it can help to keep track of them. On each day, draw how you feel in the circle and write it on the line.



MONDAY

TUESDAY

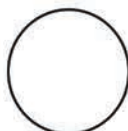
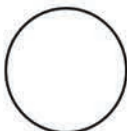
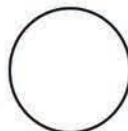
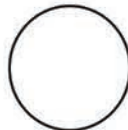
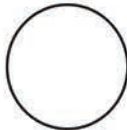
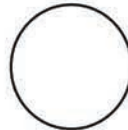
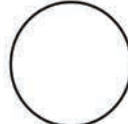
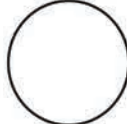
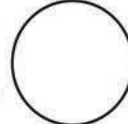
WEDNESDAY

 Today I feel... _____	 Today I feel... _____	 Today I feel... _____
 Today I feel... _____	 Today I feel... _____	 Today I feel... _____
 Today I feel... _____	 Today I feel... _____	 Today I feel... _____

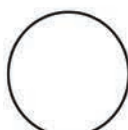

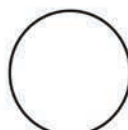
THURSDAY

FRIDAY

SATURDAY

 Today I feel... _____	 Today I feel... _____	 Today I feel... _____
 Today I feel... _____	 Today I feel... _____	 Today I feel... _____
 Today I feel... _____	 Today I feel... _____	 Today I feel... _____

SUNDAY

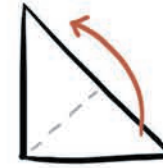
 Today I feel... _____	 Today I feel... _____	 Today I feel... _____
---	--	--

? ? MAKE A QUESTION TELLER! ? ?

Ask an adult to help you cut out the square below, then follow the instructions to make a question teller you can use to learn more about someone you care about!



1. Fold the green corner to the other corner.



2. Fold the yellow corner to the other corner then unfold everything.

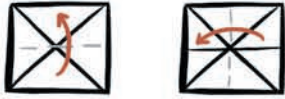


3. Fold each green corner to the center.

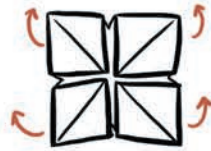




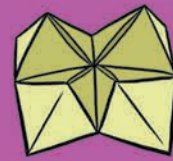
4. Flip the square over and fold all corners to the middle.



5. Fold one flat side to meet the other and unfold, then do the same to the other side.

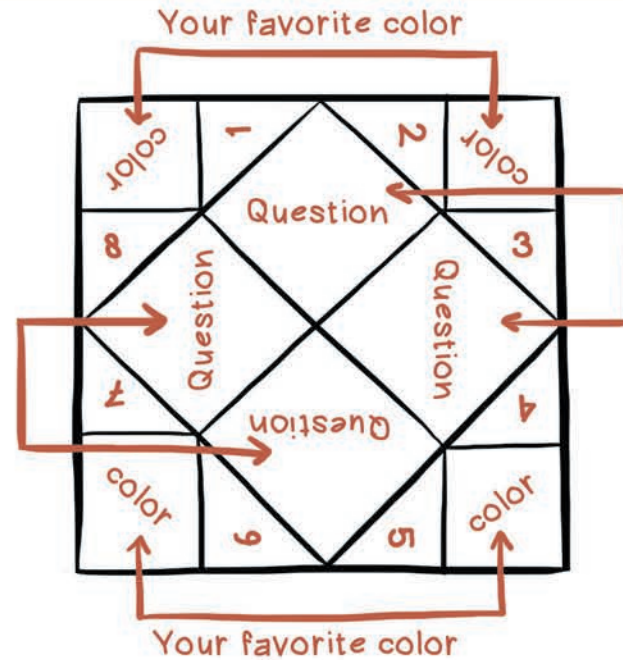


6. Push the corners to meet in the middle and let the flaps from the back pop out. You're done!



HOW TO PLAY!

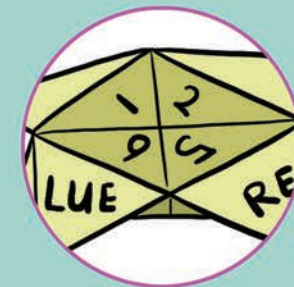
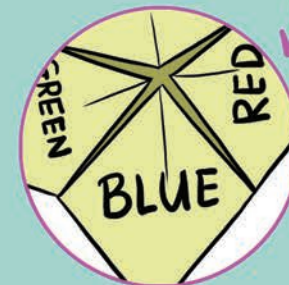
Unfold the Question Teller and lay it flat with the yellow side facing up. Then fill out each section as shown below.



Write a question like: "What is your favorite food?" or "What animals do you like?" in each of the four sections.

Fold the Question Teller back up then start playing!

Ask someone to pick a color, then open the teller one way then the other for each letter in the color.



Ask the person to pick a number again, then open the flap and ask the question beneath that number!

Then ask the person to pick a number and open the teller both ways for the number that they chose.



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PLEDGE TO MYSELF



I will wake up in the morning
With a smile on my face.
I can start my day knowing
I have my own special place.

I know that my feelings
Can't always be glad,
But my family and friends
Are around when I'm sad.



My life is unique,
I will make my own story.
There's a bright world out there,
And it's waiting just for me!

In creating this book, we gratefully
acknowledge the contributions of

Sharen Barboza, PhD
Julie Buehler, BS, MPA
Renee Lipinski, RN, MBA
Rebecca Luethy, MSN, RN
Samantha Phillips, MPS



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was printed on
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ISBN 978-0-9978570-9-2