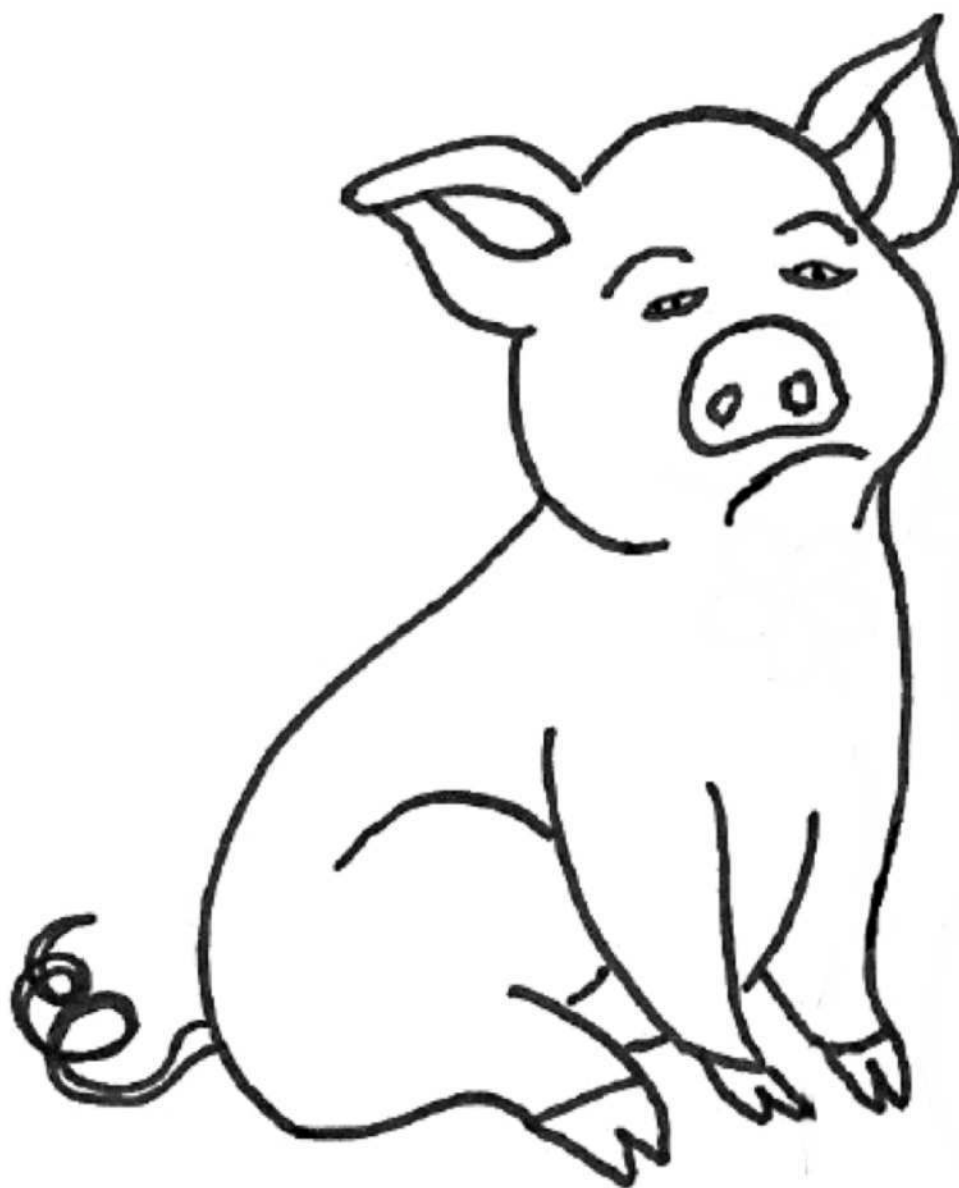


Pouty Pig Finds Peace

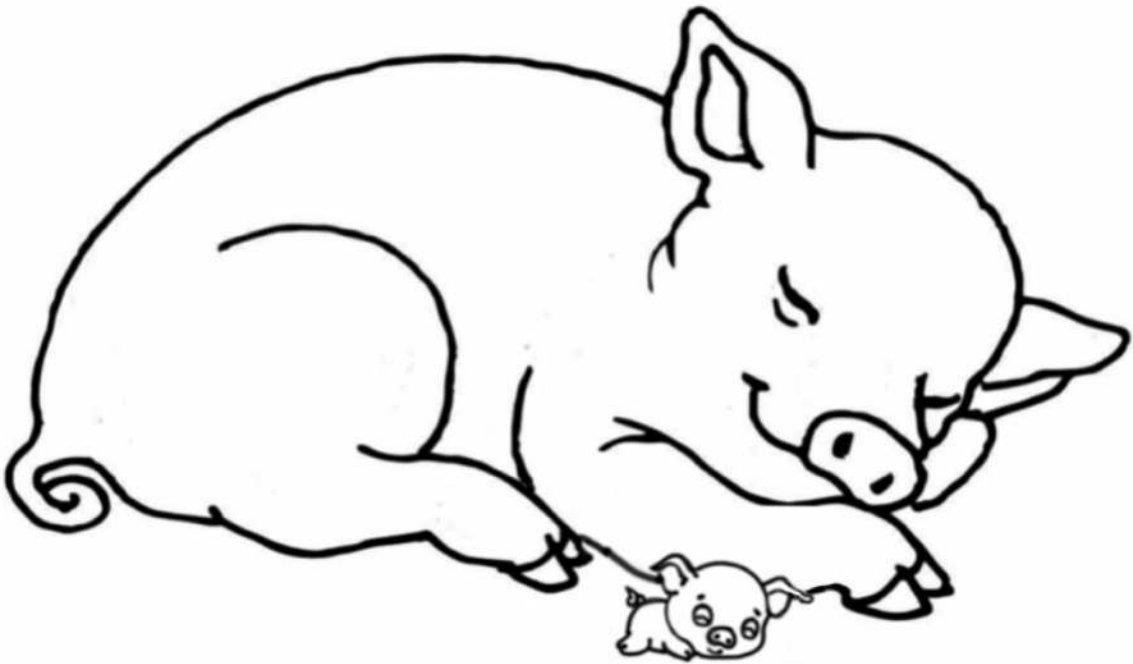


Read by grunting pig.

Dedicated to Brenna and Avery

With love, Nana

Pig went to bed late. She was so tired.



She slept with dolly, her favorite toy.

But when she woke up in the morning...



She was in a bad mood, and
Nothing was right!



Dolly was missing.



And she was still tired.



...and she had slept on her ear wrong.

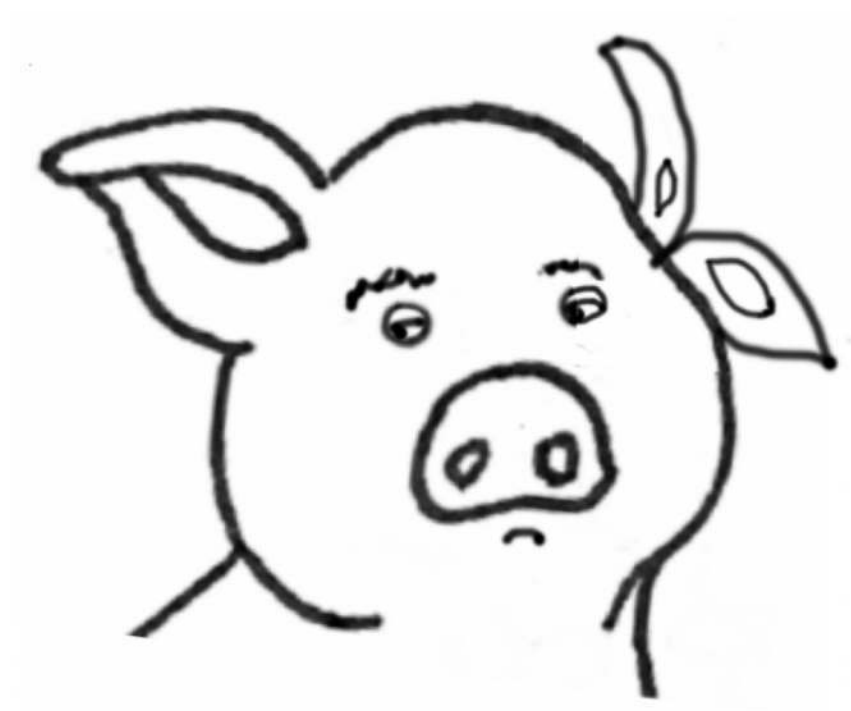


It was definitely a bad ear day!



And...on top of everything...it was cloudy and raining.

She didn't feel like doing anything that day.



So she pouted.

No stinking school!



She did not like school!

(But not really)

No hanging with friends.



They would just tease her
for being in a bad mood.
(yes really!)

No playing with family.



They would just tell her to snap out of it!
(She'd heard that before!)

If she rolled in the mud...



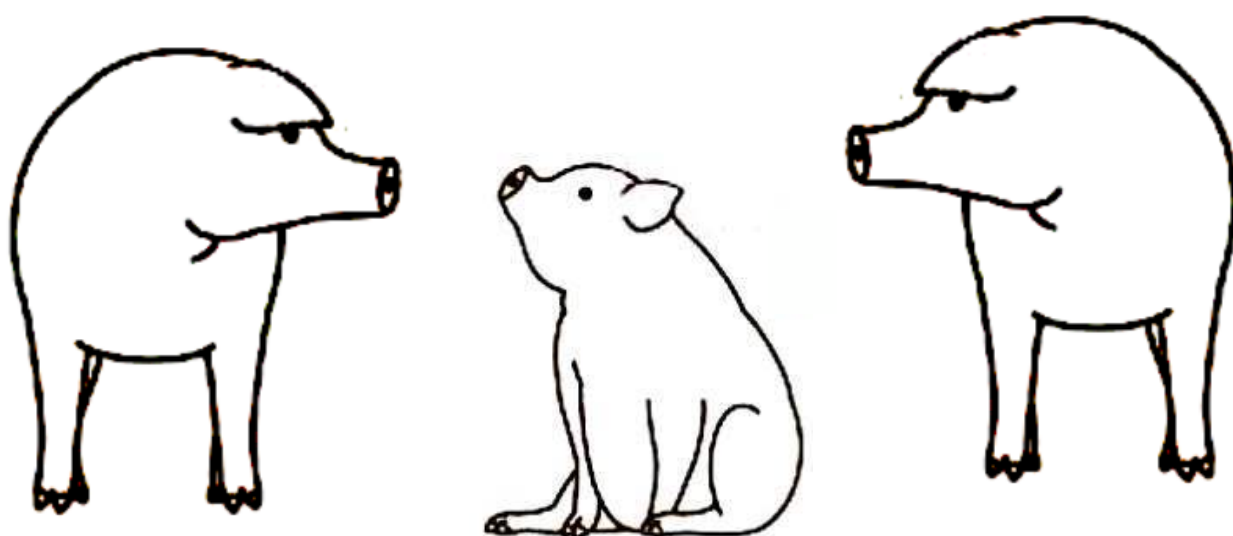
she'd look like a dud.
(But she loved the mud.)

If she went to Pig Ball practice...



She'd just mess it up.

(Even though she was the star of the team!)



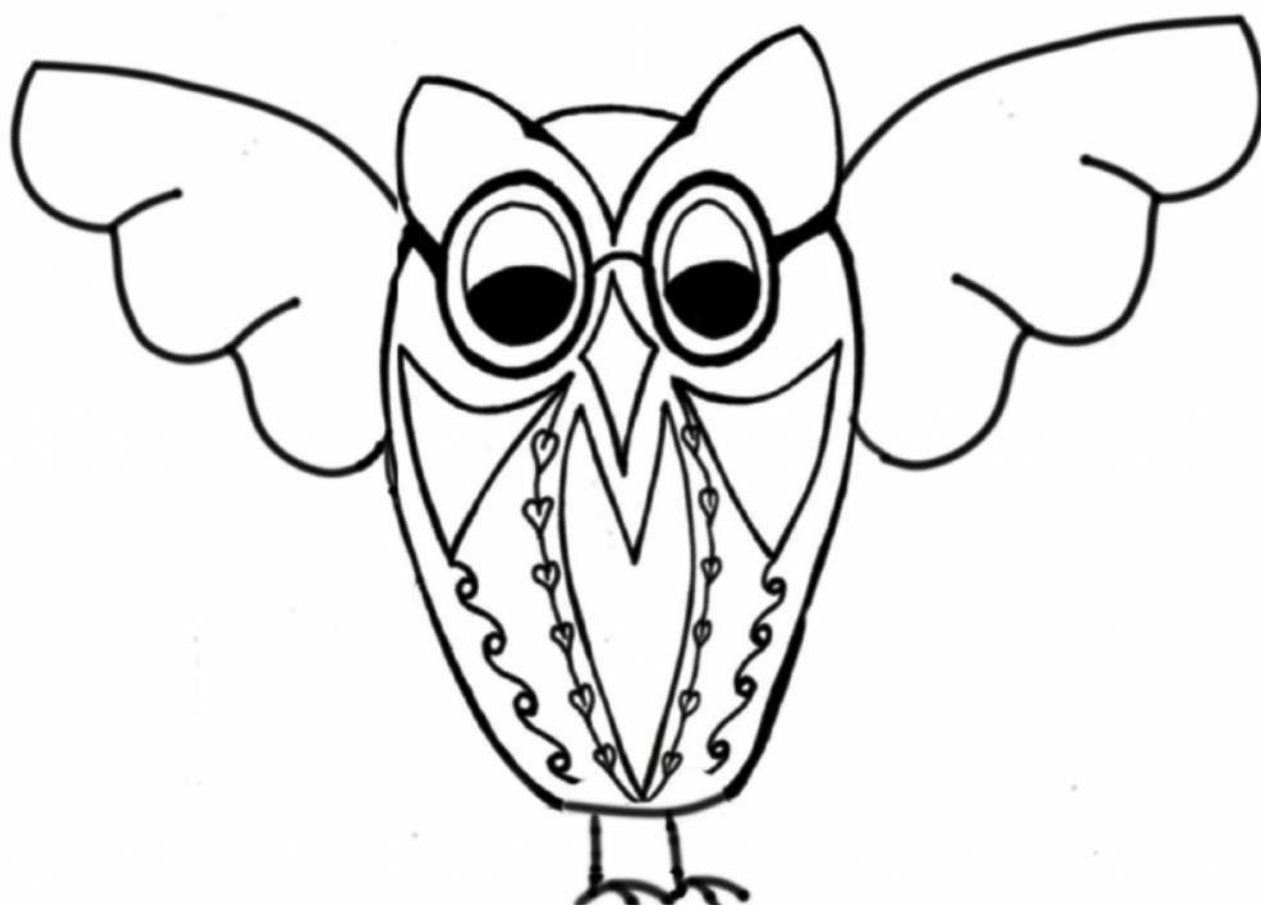
And what would everyone say about her ear???

SIGH...

What's a pouty pig to do?

?

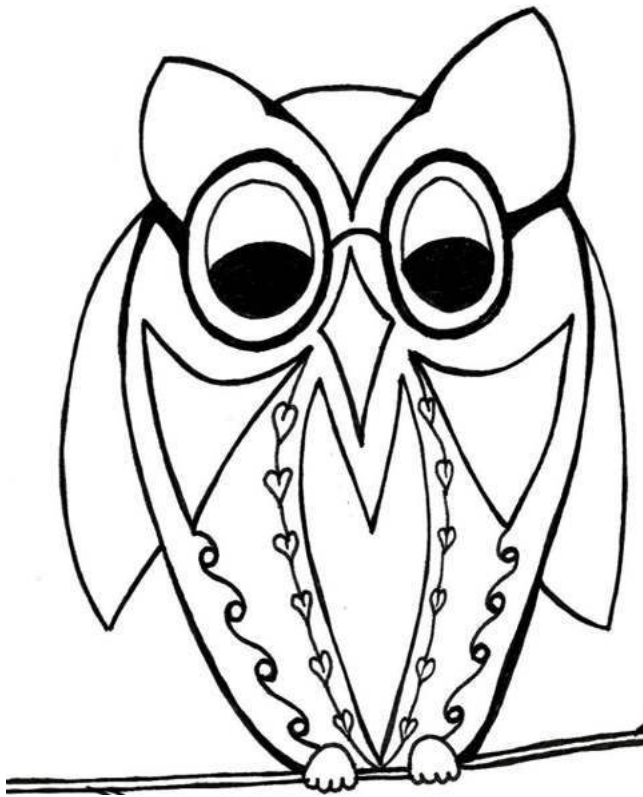
Pig was busy pouting, and did not notice
when Wise Owl flew in.



...and landed on a branch above Pig.



You remember Wise Owl...
the part of your brain that solves problems.



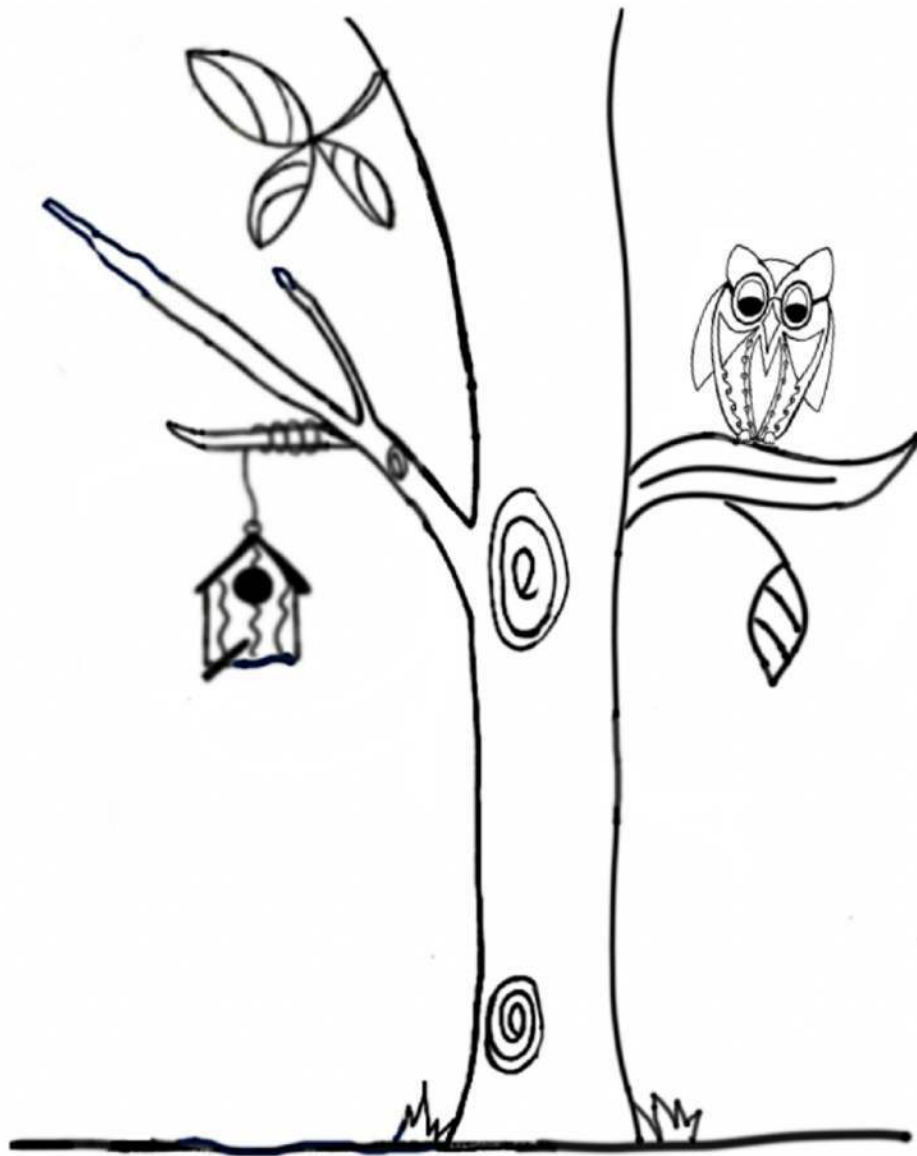
Hello Pig. From the look on your face,
it seems you are not feeling ok.





No I'm not! I just want to pout and be left alone.

EVERYTHING STINKS!



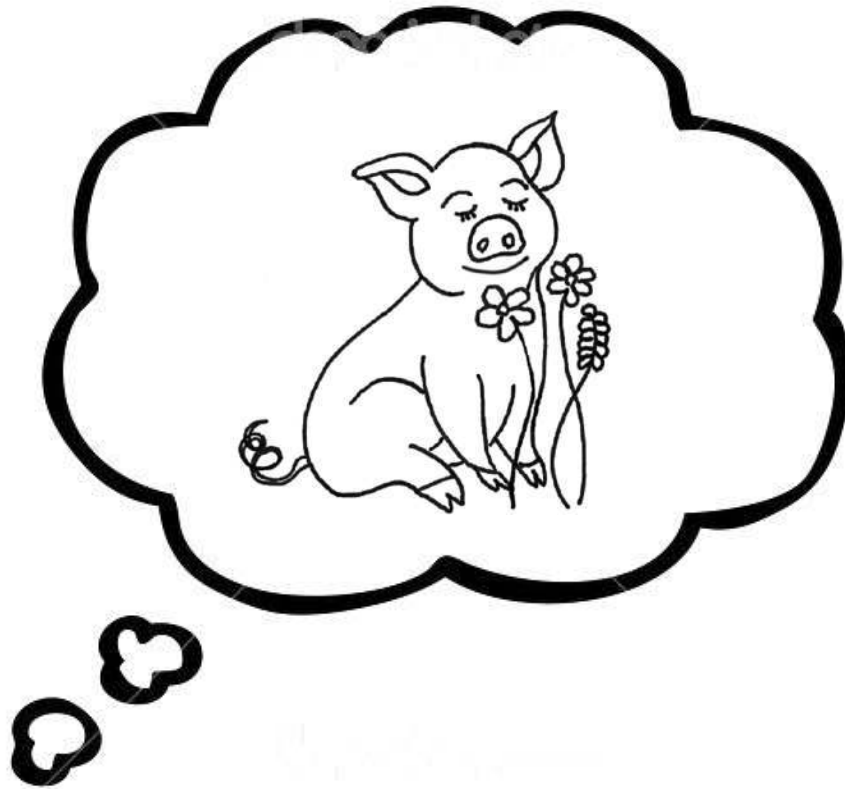
Ok. Sometimes it's good to take time out.
Just to feel what you feel.

Where would you like to be while you pout?
For example, when I need to be alone...
I love to be in my special tree.

Harrrrumph!

That won't change anything Pig grunted.

But then Pig thought about it and...



remembered a place that was filled with beauty and peace.

Hmmmmmm..

She thought Wise Owl might be right.



And decided to visit the beautiful Peace Patch.

This is ridiculous!

No "place" can make me stop pouting.

But then...

She smelled the flowers.

She listened to the birds sing.

She felt the sun on her face.



...the grass under her feet.

Saw the raindrops sparkle on the leaves.

Then she realized....

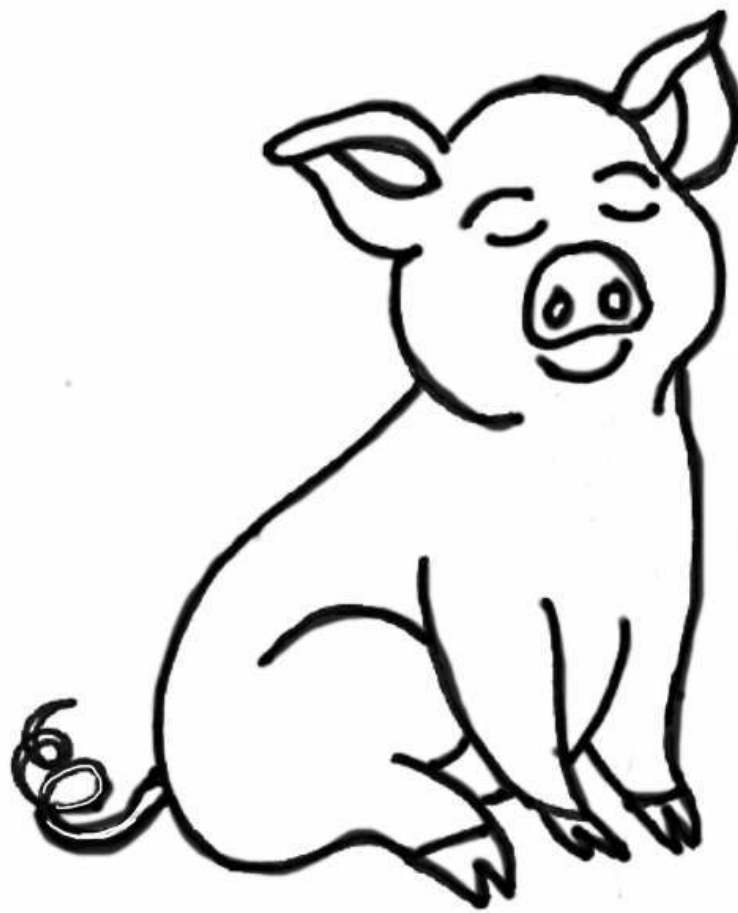
I miss school and my friends!

I need to be with my family!!

My team needs me!!!

I want a mud bath!!!!

I feel better!!!!!!



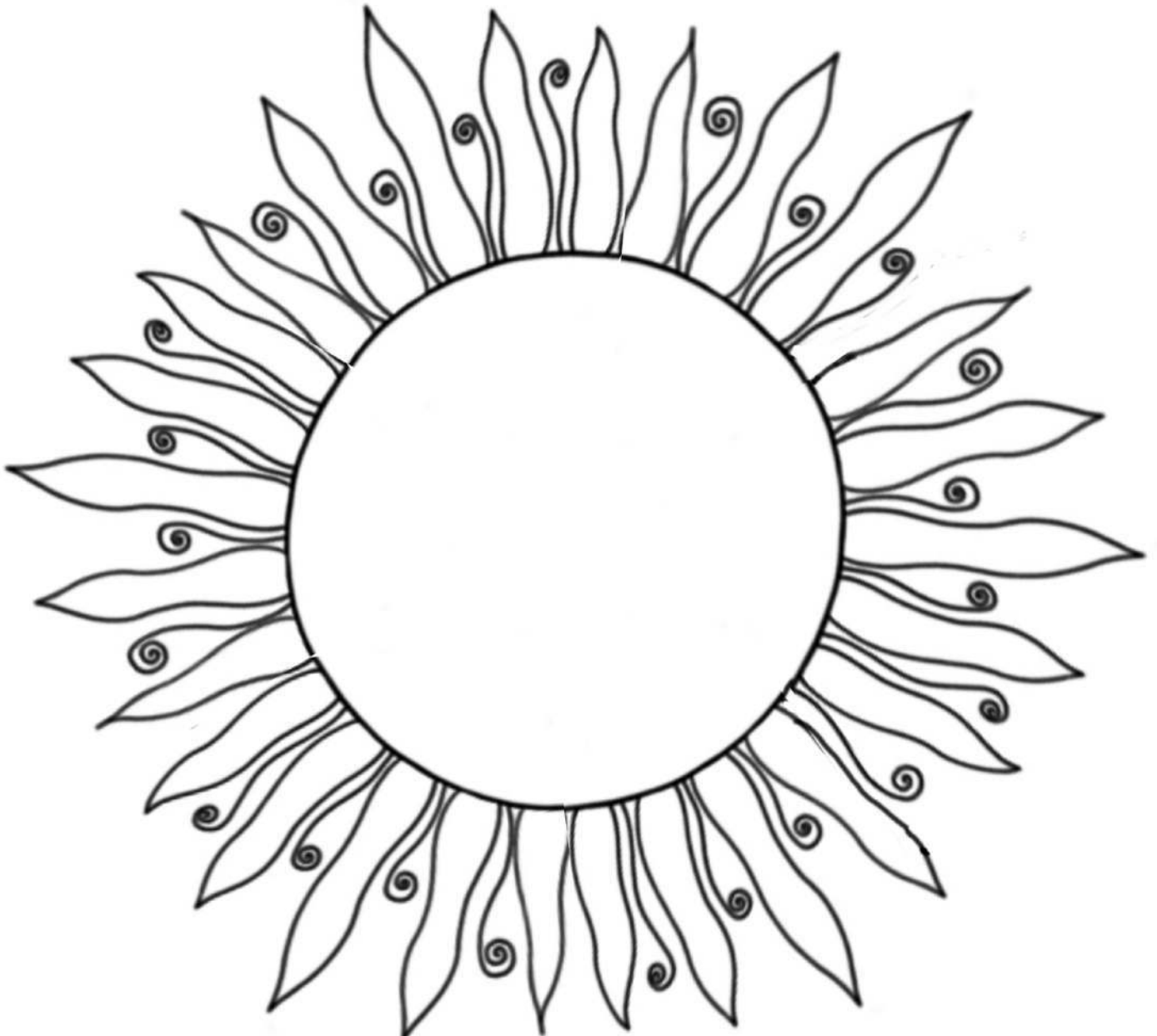
Even her ear was back in place.

And where is Dolly?



(Can you find her?)

And then the sun came all the way out.



It can be hard to stop pouting
when everything stinks.

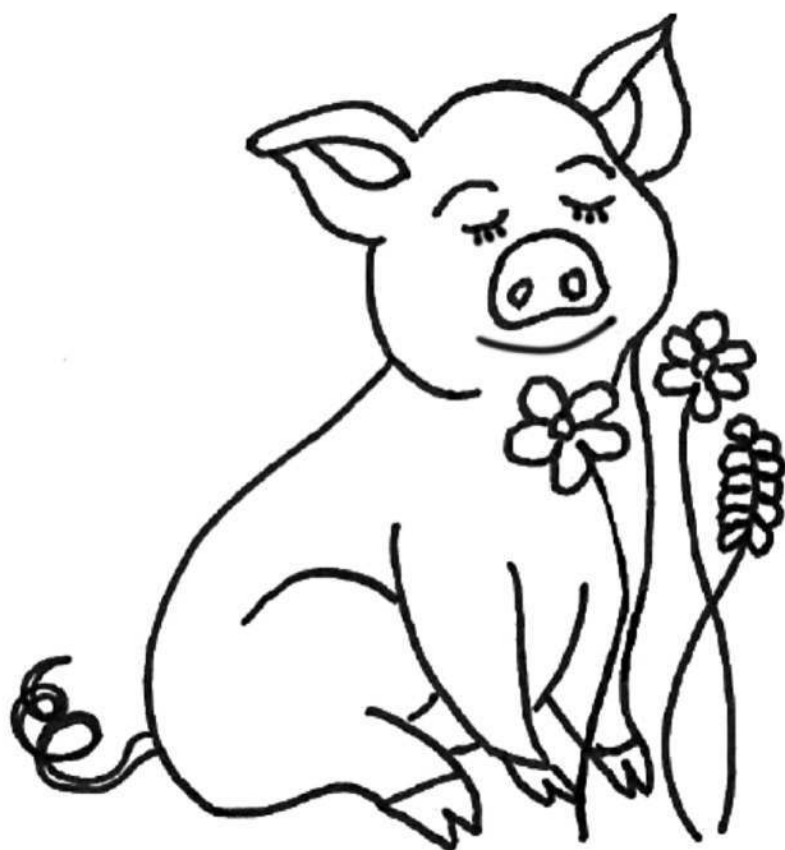
So when you feel bad, follow Wise Owl.

Give yourself a break,

Go to your favorite place,
and just be.

You will find peace.

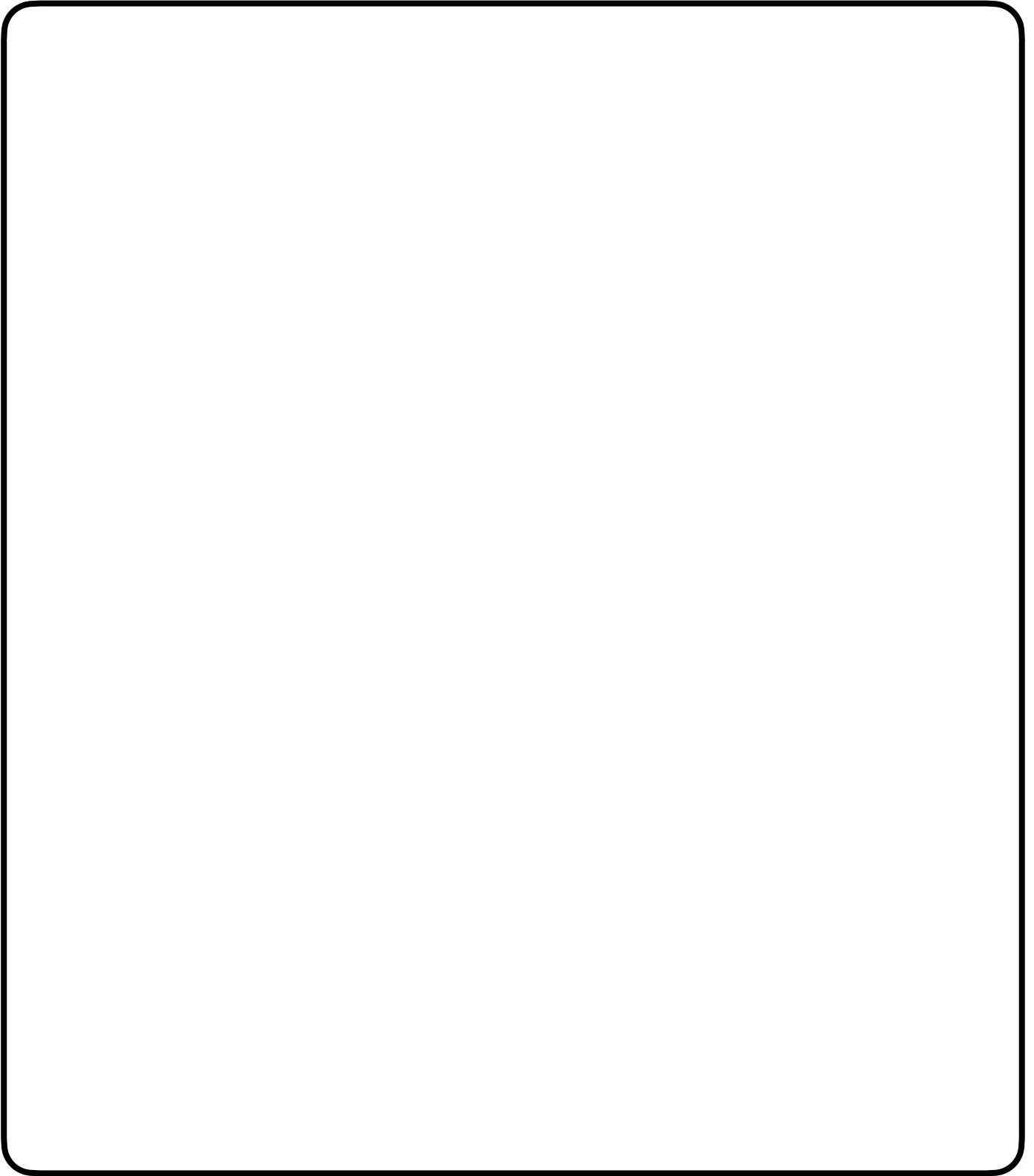
Just like Peaceful Pig.



The End.



Draw your favorite place, and...

A large, empty rectangular box with rounded corners, intended for drawing a favorite place. The box is outlined in black and occupies the central portion of the page.

go there whenever you need to.

Three Key Parts of the Brain:

I think, and learn,
and solve problems so you
can be smart.

I remember
everything!



I am Wise Owl.
(Prefrontal Cortex)



I am Ms. Elefante.
(Hippocampus)

I keep you safe, and go on alert
when you are having a hard
time so someone can help you.



I am Guard Dog.
(Amygdala)

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