

SO THINGS AREN'T GOING YOUR WAY?

"I wanted to play outside, but Oscar said he didn't want to!" Alan felt cross. He was four years old, and both his older brothers went to school during the day, so he didn't see them until they came home. But then they had homework sometimes, and didn't want to play outside.

It was difficult being all of four years old with no one to play with.

Mother scooped Alan up into a hug. "Alan, dear, I can almost see gray clouds gathering above your head, but I know what will make you feel better."





"What?" Alan asked.

"When things don't go your way, and you're feeling down, try instead to think of all the things that happened for you today that you are happy about. For starters, this morning before Oscar left for school, he read you your favorite story."

Alan nodded. He had liked that very much.

"And your aunt visited and cooked your favorite lunch for you."

Yes, pizza toast was one of Alan's favorite lunchtime meals.



“And this evening you’re going to have a LEGO creation contest with Daddy and your brothers.”

That’s right. Alan had entirely forgotten that he had this evening to look forward to. He no longer felt sad as he ran off to work on his LEGO creation.

How do you get rid of sadness? Do you go around trying to chase it out? No! You just let happiness in. Think of the many things you are thankful for and you’ll find that you are no longer feeling down. There’s always something to be glad about and look forward to.

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