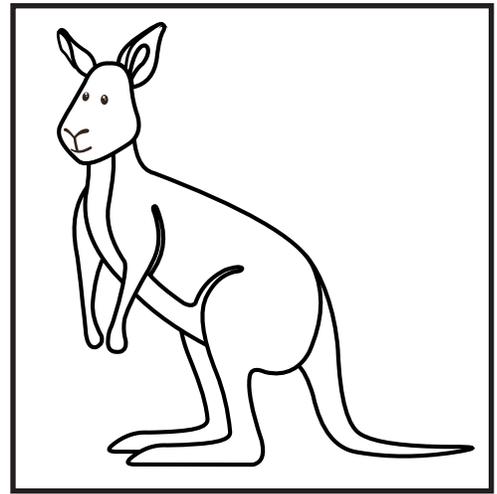


Short SAM Story: Max the Kangaroo

Max lived in a beautiful big open land. Every day, he played and explored. He loved jumping and bouncing all around. However, one day Max's mother told him he had to go to school. Max was scared. What was school? Even though his mother tried to tell him about it, he was still nervous and afraid. Finally, the day came for Max's first day at school. "Lots of rooms, desks, chairs, things, and people all around ... I don't know about this!" thought Max.

He met his teacher who showed him his room and where to sit. Max sat at his desk. The chair felt weird, and the lights seemed strange. Max was used to playing in his open field in the beautiful bright sunlight. This all was odd to him, and he felt a little yucky. "Maybe if I stand, I will feel better," thought Max, so he stood up. But, his teacher quickly said, "Max, please have a seat!" Max sat down, but he still felt yucky. Max decided to lay his head down on the desk and cover his eyes. Soon after, his teacher came over to his desk. "Max, you need to listen to me teach. This is what we do at school," said his teacher.



Well, Max really felt confused and did not know what to do. He noticed that there was a window near his desk. He became excited. Outside of the window was a playground with swings and lots of fun-looking things. He wondered whether he could go outside. "I am going to swing all day," thought Max. He could not stop thinking about going outside. He didn't even hear his teacher tell him it was time to eat lunch. She had to call him three times before he got his lunch bag.

After lunch, Max was so happy to learn that he could go to the playground. He hopped quickly toward the swings. But, someone was in his way. Max kept hopping, with the swing on his mind, and bumped into another classmate. They both began to cry. Max had to go talk to his teacher and the principal. Now he was in trouble, AND he never got to swing! Max explained his day to the teacher and principal. He told them how he was afraid, felt yucky, and did not like the classroom. He also told them how he wanted to swing. They started telling Max about these things called *FADS*. Max learned that what he felt that day were FADS (frustration, anxiety, desire, and sadness)—feelings that can take over your brain and make you feel strange. These feelings are powerful and try to control your body. Max learned that the best way to feel better is to know when the FADS are around.

Max learned that his stomach may feel funny, his heart may beat fast, and his body feels strange when FADS happen. When FADS take over, you start to think about ways to feel better. You may have trouble listening to or seeing the people around you. When that happens, you may break the rules, and others can get hurt like the kid Max had bumped into.

Max also learned that there are a few things you can do about FADS. The first thing he learned was to tell an adult, such as his mother or teacher. At school, his teacher would be able to tell him a few ways he could feel better without breaking the rules. The teacher showed Max how to "blow out" the FADS like candles on a birthday cake. Then, she showed him how to do push-ups on the wall and dips on his chair. Max's muscles were working hard!

After practicing some exercises with his teacher, Max did feel better! He learned that FADS are not necessarily bad, as long as he did not let them take over! He was in charge. His teacher told him that noticing the FADS and taking a break to do an activity that helped could lead him to JEL feelings (joy, enthusiasm, and love), which cause our bodies to feel good and help us to get stronger over time. "When those FAD feelings sneak in, be sure to notice them so they won't hang around too long!" said his teacher. "Then welcome the JEL feelings. We want them to stick around."

Max ended up having a great first day at school. He could not wait to go home and tell his mother all about FADS and teach her some of the exercises his teacher taught him.

The End

After reading the story, ask the children what they learned from it. Ask them to try and explain FADS and JEL feelings and identify FADS using the specific examples from Max's story. You can then select one of the target activities. Tell the children that the activity was one that Max learned from his teacher. How do they feel during and after the activity?