

What To Do
When You

GRUMBLE TOO MUCH

A Kid's
Guide
to Overcoming
Negativity

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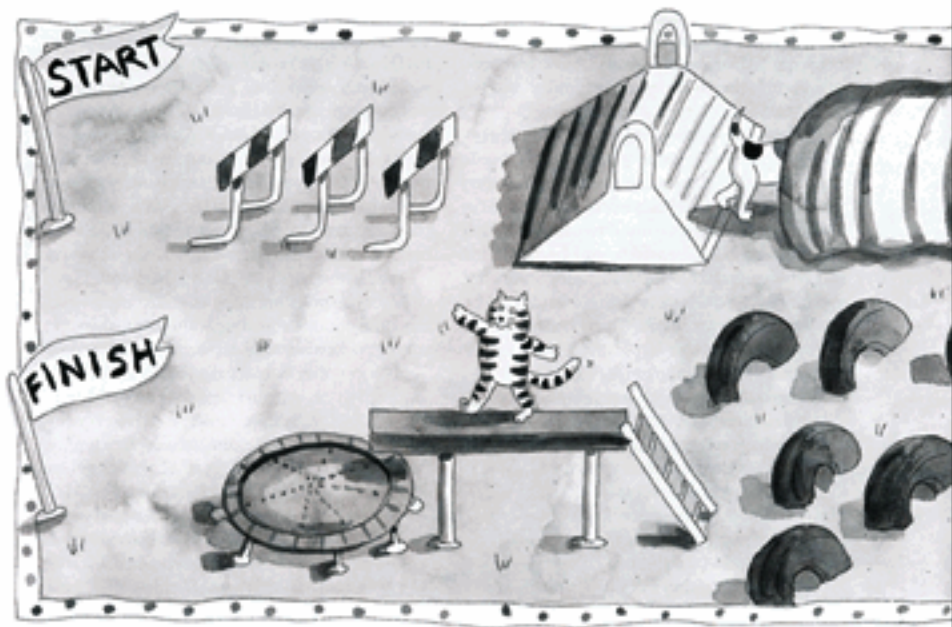
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Are You Getting Stuck?

Have you ever run an obstacle course?

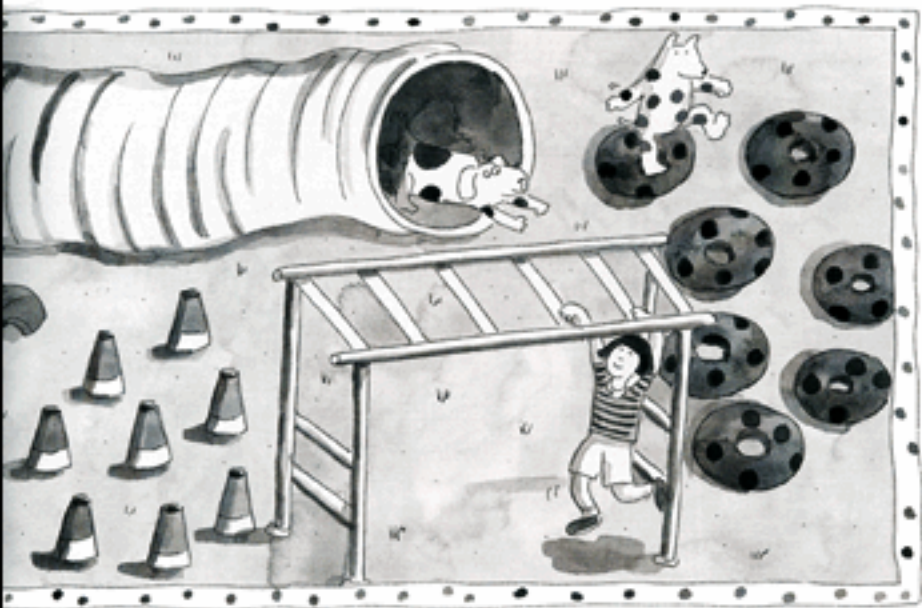
An obstacle course, as you know, is a route full of tricky spots. There are hurdles to jump over, tubes to wiggle through, boards to balance on, and cones to race around.



Most kids look at an obstacle course and think, "Wow! That looks like fun." They set off at full speed, leaping over hurdles and dodging cones.

In an obstacle course, each obstacle is a mini-adventure waiting to be conquered.

Draw yourself getting ready to run this obstacle course. Then draw a line that shows how you would get over or through the obstacles.



Now imagine a child who loves to run but has never seen an obstacle course. This child sets off at top speed and reaches the first hurdle.

Wait a minute!
The hurdle is in his way.

The child stops and stares at it.
The hurdle doesn't move.
So the child does what many children do when something is in their way. He gets **MAD**.



The hurdle doesn't move.

"It's not fair!" he says.

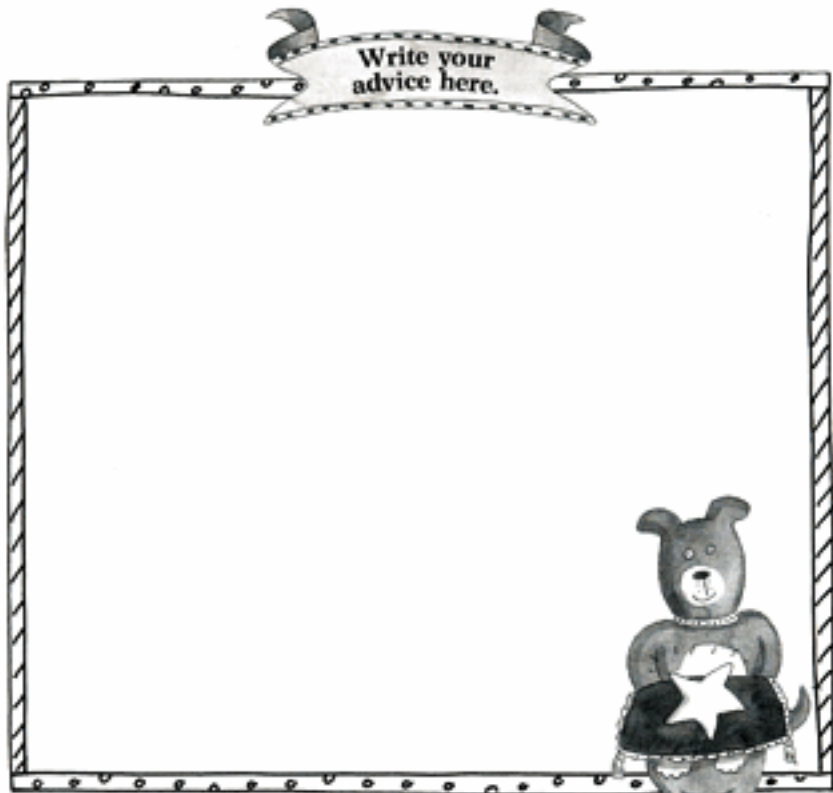
The hurdle still doesn't move. Now he's really mad, so he kicks the hurdle. The hurdle still doesn't move. (Of course not, it's a hurdle.)

"That stupid hurdle!" he thinks. "It's blocking my way and now it hurt my toe."

The child stands there for a long time, yelling at and complaining about the hurdle.



What advice can you give the child who is stuck behind the hurdle? (Hint: what would you do if you were running the obstacle course?)



If you wrote **JUMP THE HURDLE,** give yourself a star. You knew exactly what to do.

Did you know that life is like an obstacle course? There are lots of tricky spots to get through.

Some kids, maybe even kids like you, are especially good at spotting hurdles. But then they get stuck.

They forget that hurdles should be jumped over, and they wind up complaining about them instead. They say things like, "That's not fair!" And they feel angry or sad because there are hurdles in their way.

If you are a kid with plenty of hurdles in your path, and especially if you are a kid who has been complaining about those hurdles, this book is for you. It will teach you to see the hurdles in a new way, and to figure out how to get past them.

