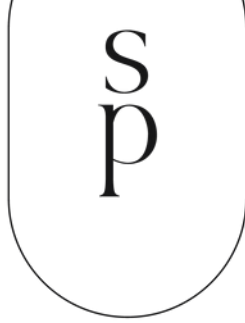




Jessie's Big Emotions.

A story to explain therapy to young children aged 4 – 7 years.

In the sunny place of Villatown, there was a kind-hearted little girl named Jessie, who loved exploring and playing with her toy dinosaurs. Jessie was full of energy and had a big imagination. But sometimes, Jessie felt like a balloon filled with too many feelings, ready to burst. She got really upset when things didn't go her way, like when she had to stop playing to eat dinner, or when her little brother knocked over her dinosaur towers. These big feelings made her shout and cry and stomp her feet really loud. Jessie didn't know how to make her big emotions stop.



Jessie's parents noticed that she was having a hard time with her big feelings. One sunny morning, they sat down next to her and said, "Jessie, tomorrow, we're going to meet someone who can help you with these big feelings. They're called a psychologist."

"A psychologist? What's that?" Jessie asked, looking curious and confused.

"A psychologist is a friendly helper who talks and plays with you to help you understand your big feelings," her mum explained gently.

The next day, Jessie, her mum, and dad went to a special office inside a big building. The door had a sign on it that said "Self Psychology." Inside, there were toys, games, comfortable chairs, a soft rug, and lots of books.

"Hello, Jessie, I'm Melissa," said the psychologist with a friendly smile. "Here, we can play, talk, and learn about your feelings. It's a safe place where you can tell me anything. We have a special rule called "confidentiality", which means what you tell me stays here, just between us."

Jessie tried to repeat the big word she'd just heard, intrigued by this new idea.

"It's like having a special box where we keep our talks safe," Melissa explained. "I promise to not tell anyone anything you say to me unless I need to help you stay safe. If I think you're in danger, I'll talk to your mum and dad about how we can keep you safe."

During their time together, Jessie and Melissa played games and did fun activities that helped Jessie talk about her feelings. She learned that it was okay to feel mad or sad sometimes, and Melissa helped her learn about

how her brain worked and showed her how to calm down by taking deep breaths and using her words.

Jessie began to feel better at handling her feelings. She learned that it's good to talk about what's inside, like opening a window to let out the stuffy air. She found out that everyone gets upset sometimes, and that's okay. It's not silly or wrong to feel upset or worried.

“Thank you, Melissa,” Jessie said one day, feeling happier and lighter. “I like talking about my feelings now, and I know how to be calmer.”

Jessie's parents were happy to see Jessie learning to express her feelings in a good way. They were thankful to Melissa for her help.

Melissa smiled warmly, “You're doing great, Jessie. Remember, talking about your feelings is healthy, like watering a plant to help it grow up to be strong.”

Jessie's adventure with Melissa was a journey of learning, understanding, and growing. She learned that talking about her feelings was important and that asking for help was a good thing to do. Now, Jessie felt more like a happy, floating balloon, ready for more fun adventures and playtime.