

Jesse True

AND HIS FIRST DAY OF SCHOOL



By Jodi Dee

Co-Illustrated by Aigul Nugumanova

Jesse True

About the Jesse True Series

DEDICATED TO

Aria, Aiza, and Austin,
who taught me infinite love.

Jesse True was created to help children learn that all feelings are okay. We often associate colors with feelings, such as “feeling blue” or “red with anger”. When Jesse feels something strongly he generates energy, radiating a color that reflects his emotions. He glows different colors based on different feelings. Jesse’s “super power” is changing colors.

Learning how to deal with feelings is critical for proper social and emotional development. Reason and consequence evolve as children grow, and they need encouragement, support, and guidance to help navigate and develop their emotions. The message Jesse gives children is that emotions, whether good or bad, are both natural and healthy.

Suppressing feelings can lead to long-term mental or health problems, such as behavioral issues, anxiety, depression, physical illnesses, and more. Children need to feel comfortable and confident in what they feel, in how to share their feelings, and properly deal with them. With emotional maturity, children have confidence in themselves, in their identity, and grow to become healthy and secure adults.

A color chart is provided at the end of each book. As you read about Jesse’s experiences, encourage your children to identify and discuss Jesse’s feelings, and see if they would feel the same in the same circumstances. Use Jesse’s stories to open a dialogue with your children, so they are empowered to identify, share what they think or feel in a safe way, and learn to enjoy the spectrum of their emotions.

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Jesse True was getting dressed for his first day of school.

It was a new year with a new group of classmates and a new teacher, Mrs. Bott.

Jesse couldn't wait to start his day.





Jesse went downstairs for breakfast. His mother was making his lunch.

Jesse began to think about the friends he hadn't seen all summer, and he wondered who would be in his class.

He started to feel excited.

“Jesse, are you okay?”
Jesse’s mother asked.
“What’s wrong? You are
glowing orange!”

“Mom, stop being silly,”
Jesse replied, laughing.

“Jesse, you really are
orange!”

“Mom, you are crazy,”
Jesse said.

His tummy started to
growl. Jesse turned
to finish eating his
breakfast, and as he did,
his color disappeared.





How could Jesse be glowing orange? Jesse's mother thought.

Confused, she said,
"Jesse, get your school bag. It's time to leave."

Jesse and his mother walked down the sidewalk to wait for the bus. It was Jesse's first time taking the bus to school. Jesse started to feel afraid.

"Jesse, now you are **glowing white!**" Jesse's mother cried. "Something isn't right. We need to go to the doctor!"



By the time they got to the doctor's office, Jesse's color was normal.

Jesse's mother checked him in with the receptionist and they sat down.

Jesse patiently looked at a magazine on space travel while waiting for his doctor.





Jesse's mother told Dr. Anastin what she saw.

Dr. Anastin checked Jesse's weight, eyes, ears, heartbeat, breathing, and blood pressure.

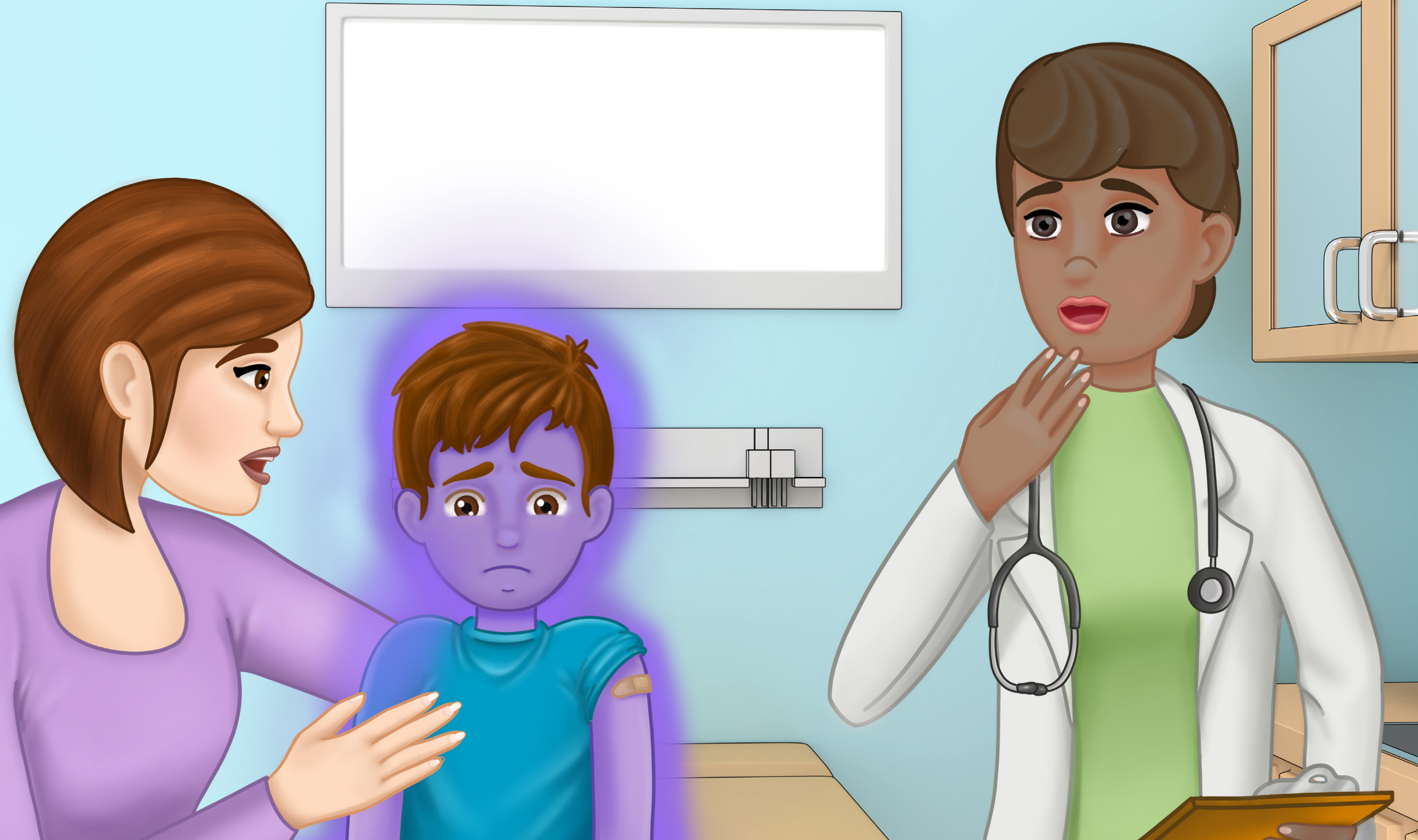
"Everything is normal," she declared. "He is perfectly healthy."

“Maybe you imagined you saw colors? Perhaps you should get your eyes checked,” Dr. Anastin suggested.

“But since you’re here, Jesse’s chart does say he needs a shot for school. We can do it right now.”

Jesse hated shots!
They hurt!





As Dr. Anastin pushed the needle into his arm, Jesse changed color and began **glowing purple**.

“I don’t know what to say,” Dr. Anastin said, shocked.

“It seems that when Jesse feels something strongly, his body generates energy which radiates a bright color, and it changes when his feelings change.”

Jesse’s mother asked, “Is there anything we can do?”



“I don’t think so,” Dr. Anastin said. “I’ve never seen anything like this before. There is nothing wrong with him. He is perfectly healthy.”

Jesse looked at his mother and his doctor. He did not know he was turning colors.

Jesse started to feel very sad. *I don’t want to be different*, he thought. *People might make fun of me.*

The doctor handed Jesse a small mirror. Jesse stared at himself. He was **glowing blue**.



As Jesse and his mother drove home, she said, “Jesse, you are a very special boy. Many people do not know what they feel or how to express it. People will never have to guess what you are feeling.”

“Cool!” Jesse said. “I have **super-powers!**”





At night, after Jesse's mother tucked him into bed, she kissed him and whispered, "We will figure this out together, one day at a time."

As she turned out the light, she smiled at Jesse. He was **glowing pink.**

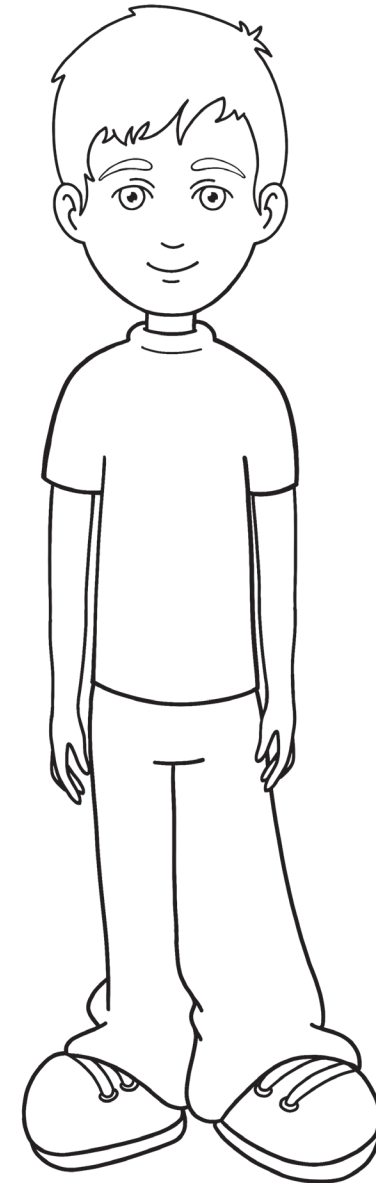
"I love you, too, Mom," Jesse said and closed his eyes.

Jesse True

COLORS

- Yellow** - Happy
- Blue** - Sad
- Red** - Angry
- Orange** - Excited
- White** - Scared
- Purple** - Hurt
- Green** - Sick
- Pink** - Love
- Gray** - Depressed

Color your own Jesse!
What color do you feel today?



For additional books, free downloads, and more, visit jodidee.com.

Color Jillian!

Jesse True's Little Sister



Meet Jillian in Book 2!

For additional books, free downloads, and more, visit jodidee.com.

About the Author



Author Jodi Dee is a multi-award-winning author, regular columnist for *Bay State Parent Magazine*, and an avid blogger. She is a mother of three with more than twenty years of experience in early childhood and education.

Jodi has a Bachelor of Arts in Psychology & History and a Master's in Education from Clark University. She is a passionate advocate and teacher of self-love, emotional maturity, early childhood education, and empowering children to learn through creativity, independence, self-exploration, and discovery.

While raising her own children, Jodi was frustrated that there were so few children's books that mirrored a child's real life, exploring normal everyday experiences. This led to the creation of Jesse True, a normal boy with a "super power" that gives children the permission to feel. Children identify strongly with Jesse's ability to change colors based on what Jesse is experiencing. This allows adults to open the necessary dialogue with young children about how they feel and what they can do about it.

Jodi's children's books *The Dirt Girl*, *The Little Green Jacket*, and her *Jesse True Series* have won multiple awards in multiple categories, including the Purple Dragonfly Book Awards, Moonbeam Book Awards, National Indie Books Awards, American Fiction Awards, Next Generation Indie Books Awards, and more.



More Books

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Create a Home of Learning

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Jesse True

AND HIS FIRST DAY OF SCHOOL

Jesse True is a normal little boy. He is excited about his first day back at school, and can't wait to see his friends. And then suddenly... he begins glowing orange!

At first, his mother thinks it must be her imagination, but when Jesse starts feeling nervous about taking the bus for the first time, he changes color again!

Why is Jesse changing colors?

Join Jesse and his mother as they try to understand why this is happening.



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