

Bigfoot

Copes with Hurt Feelings

One fine day
while walking through the trees,
Bigfoot heard campers,
so he went to look and see.

He went closer to say 'hi'
and then overheard
the campers say
some not-so-kind words.

"Bigfoot is strange,
and he's way too big.
He's goofy and hairy,
he eats dirt and twigs!"

A lump formed in his throat
and his tummy felt sick.
Bigfoot was sad and
his feelings changed quick.

Bigfoot couldn't help
the tears in his eyes. He wondered,
"How could they say that?
I'm such a nice guy!"

Bigfoot ran from the campsite
and counted 1... 2... 3...
Taking deep breaths,
he had to calm down, you see.

After hearing those words,
he wanted to curl up and hide.
How could Bigfoot
stop feeling so bad inside?

Here is a lesson,
I'll share it with you
so Bigfoot can learn
and maybe you, too!

When people act mean
and make you feel down,
you can believe in yourself,
and then look around.

There are always more people,
parents, teachers, and friends
who you can talk to or be with
to help your heart mend.

Every time you hear something
that makes you feel bad,
tell yourself something
that makes you feel glad.

Repeat after me
if you think these are true.
Let's make Bigfoot feel better
and maybe you, too:

**I am kind. I am strong.
I am brave and unique.
The world is better because I am here.
I like me.**