

# Fox's Big Family Change

In the woods  
among the leaves,  
lived a little fox,  
sly as could be.

He lived with his family  
and each knew their role,  
until something happened  
that he couldn't control.

A big thing happened that  
made everything change,  
and things as he knew them,  
would not be the same.

His parents and sister  
started acting quite different.  
He couldn't believe change  
could feel so instant!

Before the big change,  
he knew what to do,  
but now life was different  
and he had no clue.

His feelings felt like  
a big, jumbled mess.  
He felt angry, confused,  
and tight in his chest.

He started to fidget  
and yelp out in class.  
He stopped listening to his teacher  
and hid in the grass.

This wasn't the Fox  
that everyone knew.  
Now his teacher and friends  
were feeling confused!

There were too many  
mixed up feelings inside,  
the big change had changed  
things, and he wanted to cry.

Sometimes change happens,  
and we have no control,  
when things are so different  
with family or school.

When things happen  
that are out of your control,  
talk to the ones  
who make you feel whole.

If you can't find the words,  
draw what you're thinking.  
It can help those around you,  
know what you're feeling.

One thing you know,  
is that families, they change.  
Nothing, not even family,  
stays exactly the same.

But what makes family special  
and keeps them together  
is the strong love that binds  
their hearts forever. 🍄 🍄

If you feel that love,  
and I know that you do,  
name a person you know  
who loves you.

When big change happens, and you can bet that it will,  
comfort yourself with these words that can heal.

Repeat after me, these things that are true.  
Let's make little Fox feel better and maybe you, too!

I am safe, I am loved.  
I can get through this part.  
It's not my fault that things changed,  
and I can keep an open heart.