

Critter Crew: Hedgehog Finds Hope – A tale of dealing with emotions

- 1, 2. It was a beautiful day, and all of the critter friends were playing together in the forest.
3. Usually, every single critter is happy. But today is different. Today, Hedgehog seems sad.
4. The crew notices Hedgehog's sadness and decides to help.
5. Skunk, always spreading joy, says "Let's play your favorite game, hide and seek."
6. They all play. But Hedgehog is still sad.
7. Rabbit, the energetic adventurer, says "Sometimes an adventure can chase away the blues. Let's go on a hike."
8. They all play. But Hedgehog is still sad.
9. Flamingo, the graceful one, says: "Dancing always makes me happy."
10. They all dance. But Hedgehog is still sad.
11. Squirrel, the acrobat, giggles "Laughing together can do wonders! Watch me juggle!"
12. They laugh, but Hedgehog is still sad.
13. Beaver, the diligent builder, says "Sometimes building makes us feel proud. Let's build something together."
14. But Hedgehog is still sad.
15. Despite their efforts, Hedgehog's quills remain droopy. But the critter crew remains determined to help their friend.
16. The gentle voice of the wise old tree echoes through the forest. "Sometimes hope comes from being able to express our feelings. And from knowing others will listen to us."
17. Encouraged by the wise words, the critter crew asks Hedgehog to explain why he is feeling sad.
18. But Hedgehog isn't ready to talk.
- 19,20. "Let's try a sharing circle" Rabbit says. The critters all decide they will talk. Each critter will each share something positive and negative about their day.
21. Beaver starts by saying: "After a rainstorm, I got to see a rainbow. But, my favorite dam fell apart."
22. Skunk offers: "I found the prettiest flower in the forest. But after I picked it, it wilted."
23. Rabbit says: "My garden is growing beautifully. But bugs ate all of my lettuce."
24. Sloth shares: "I found the most amazing mango tree. But when I climbed all the way to the top, I found none of the mangoes were ripe."
25. Chipmunk excitedly states: "I found the biggest pile of acorns ever! But I also found that every single shell was empty."
26. Squirrel contributes: "I climbed further out on a long tree branch than I ever have before. But then it snapped and I fell in the pond."
27. Finally, Hedgehog begins to share. He tells a long story.
28. The critter crew does their best listening ever. They listen until the sun goes down.
- 29, 30. The next day, when Hedgehog wakes up, he has hope in his heart. Things don't seem as bad as before he shared.
Sometimes talking about our feelings with friends helps us find hope when we lose it.
31. The critter crew, with hope in their hearts, continue their adventures knowing there are always there to support each other.
32. Sharing Circle: Have everyone explain the best and worst part of their week.

Activity Kits: Available on website for free.

Option: Count the poison dart frogs which are hidden among the pages. Can you find one yellow frog, two red frogs, three blue frogs, and four green frogs?