

BENEATH The Rug

story by Tracy Weldon
art by Dominika Božíková

What's my favorite thing to do?

Easy!

Play with my best friend Ava. We laugh until our tummies hurt, we play tag until we both NEED lemonade, and we fill my tree house with treasures.

Ava said something that hurt my feelings. I don't think she meant to do it, but the words felt MEAN.

We were having fun though, so I decided to ignore it.



Each day we would meet and play, but after a while I realized my hurt feelings were still there.

I tried to ignore them, but they just got bigger. "Maybe I should say something," I thought. But I decided it would be more fun if we kept playing.



But one day while we were playing

I started to feel different inside. Like my feelings were going to burst out of me, maybe even explode. And then I said hurtful words to Ava. I didn't mean to, but I couldn't control what I was saying.



Ava was quiet the rest of the day.
We didn't want to play anymore,
and both went home.



Hot summer days turned crisp and chilly.

I was still angry,
but I missed seeing Ava.
I wished we could just
play tag again.

I wondered
if I should have
shared my feelings.



Then, I saw her at the playground.
We started to talk about what
happened and slowly I felt
that space between us get
smaller and smaller.
We shared our thoughts for a
while and eventually things
started to feel just like they
were before our fight, in fact,
maybe even a little
BETTER.



We pinky-promised not to push our feelings aside again.
I realized that it's hard to share your thoughts,
but it's even harder when your best friend's not around.

We play together now more than ever.
From time-to-time things come up
that we pause to talk about.

And that's okay.

We learned that when
you share what you're feeling
on the inside, the world feels
better on the outside. ★

Story introduction **BENEATH THE RUG**

Script for teachers, librarians and caregivers

“Today we are going to talk about feelings. Sometimes feelings are easy to see, and sometimes we hide them. In *Beneath the Rug*, feelings are hidden under a rug, just like some feelings we have inside. There are no right or wrong feelings. Today we will practice noticing feelings, naming them, and talking about them, because feelings are meant to be felt, not hidden. ,,”



Activity: What's Beneath the Rug?

PURPOSE

This activity helps children identify emotions and practice expressing emotions through play, conversation, and movement.

MATERIALS

- Printable Rug
- Crayons or markers
- Printable Emotion Cards
- Scissors

STEPS

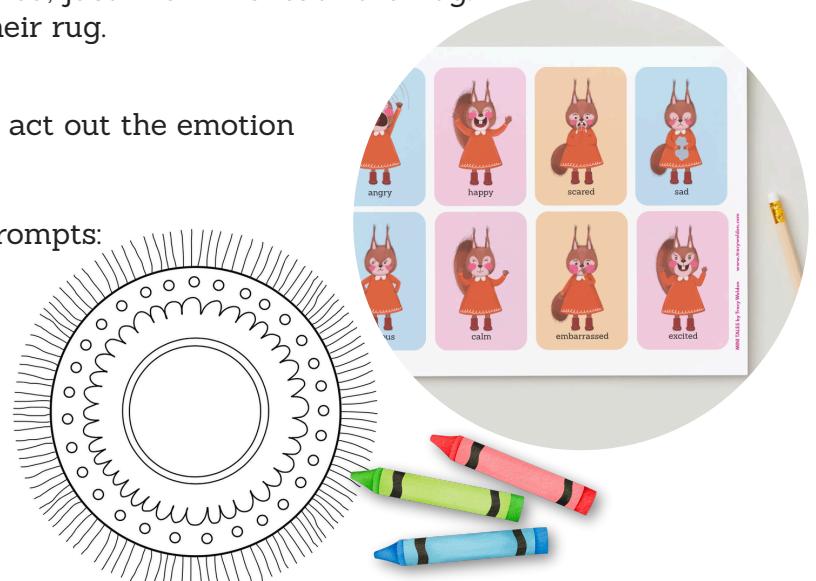
1. Students color and decorate the printable rug.
2. Students cut out the emotion cards.
3. Explain that feelings can be hidden or shared, just like in *Beneath the Rug*.
4. Students place the emotion cards under their rug.

DISCUSS

5. One at a time, students pull out a card and act out the emotion without naming it.
6. The class guesses the emotion.
7. Briefly discuss the emotion using simple prompts:

When might someone feel this way?

What helps when you feel this way?

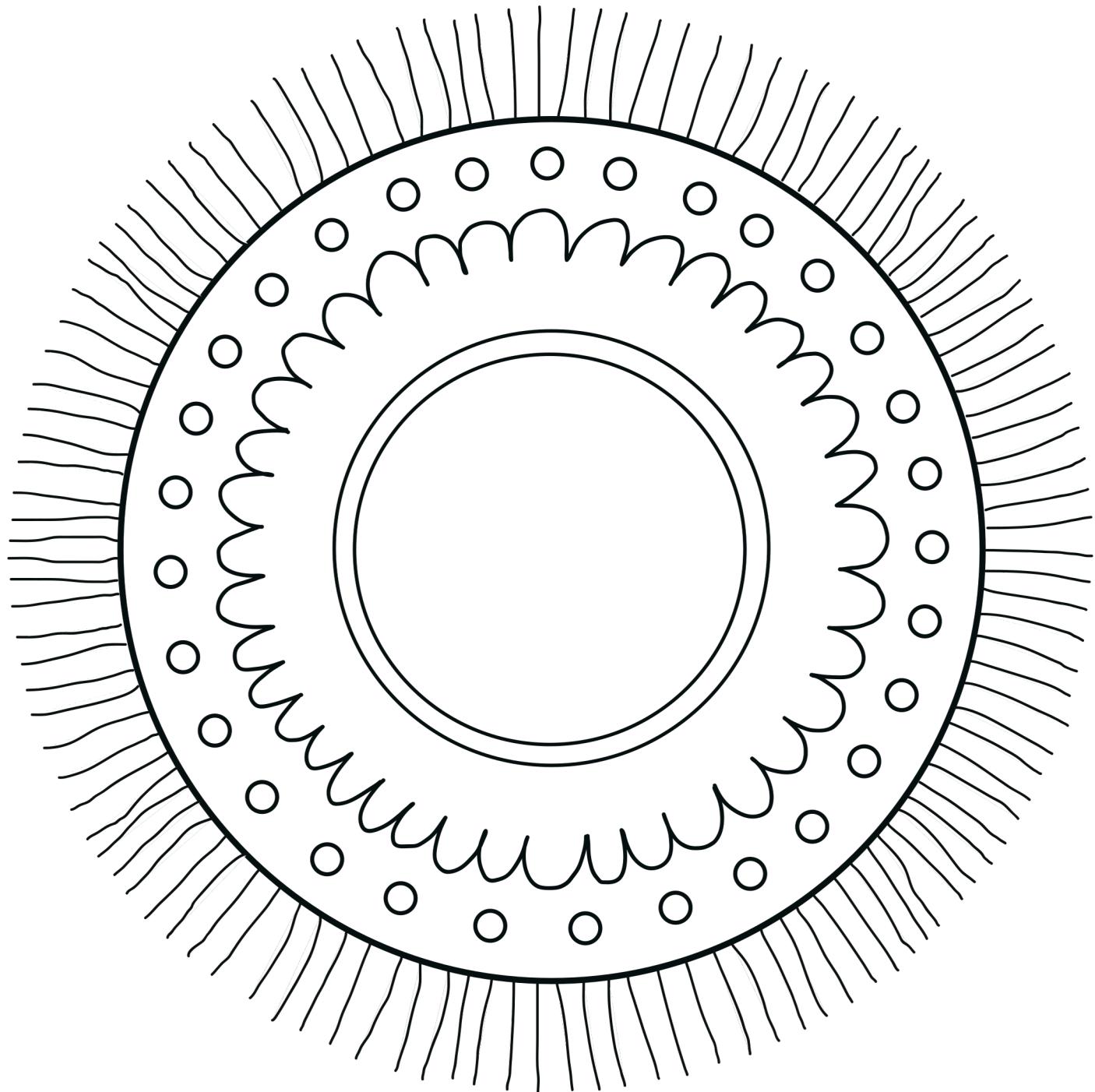


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EASY TO PRINT

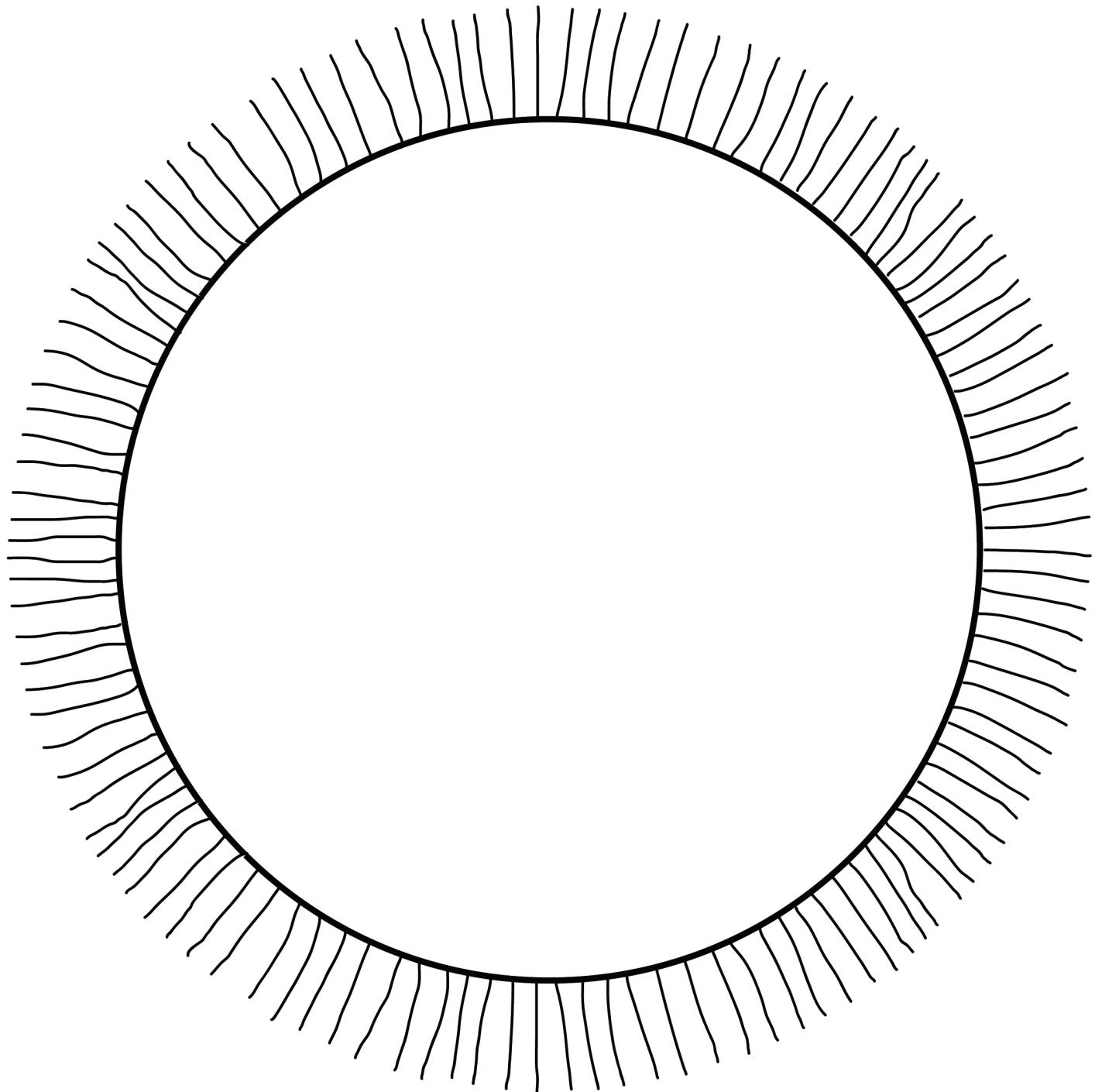
FUN TO FOLD

MAGICAL TO READ TOGETHER



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Coloring page for "Beneath the Rug" by Tracy Weldon
tracyweldon.com



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jealous



angry



calm



happy



embarrassed



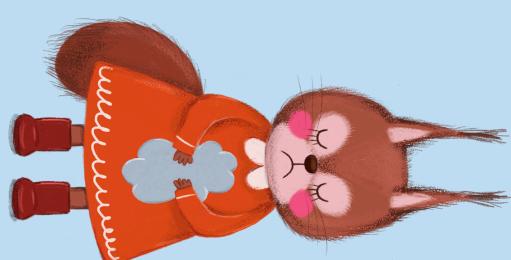
scared



excited



sad



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