



When I couldn't
get over it,
I learned to
**Start Acting
Differently**

A story about managing SADness

Written by Bryan Smith

Illustrated by Lisa M. Griffin

When I Couldn't Get Over It, I Learned to Start Acting Differently
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Hey everyone, Kyle here.

I have to be honest and let you in on a little secret.

Just the other day, I cried in front of my friends... well, the kids I thought were my friends.

Anyway, you heard me right. Me, a fourth-grade boy, cried right in front of the other kids.

I thought my life was ruined.



It all started at recess about a month ago during what was **supposed** to be a friendly game of touch football.

I'm not very athletic, but I still like to play football. Of course I got picked last, but **I can get over that.** I never get any balls thrown to me, and **I can even get over that, too.**



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