



Lesson 2: Find Three Good Things - Kyle's Story

Kyle's Day

Kyle is a 5th grader. It's a school day. He wakes up, takes a big morning stretch, and gets dressed in his favorite pants and shirt. He grabs his backpack, and heads out.

It's a nice day and the sunshine feels good. On his way to school, a friend waves at him and says hi. They sit together on the bus ride to school, talking and laughing.

Kyle's school day goes along in the usual way. He has math, reading, and gym. The gym teacher lets him be a team captain for a game. He gets his spelling test back and sees that he did really well.

The day goes fast. Soon it's time to get in line for the bus home. Kyle checks his backpack to make sure he's got what he needs for homework. Oh, no! Where is the paper for tonight's writing assignment? Kyle remembers he had it on his desk. Maybe he forgot to pack it. He starts to feel a little stressed. He thinks about what to do next.

When he gets home, his mom says, "Hi, Kyle, how was your day?" Kyle says, "Not good! I couldn't find my homework paper anywhere. I had to run back to my classroom and get it from my desk. I almost missed the bus home! It was SO stressful!"