

“What Should They Do?” – Mini Stories For Exploring Big Feelings

Helping parents walk beside their children
during tough emotions—not push past them.



This isn't about pushing—it's about
walking with them.

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“What Should Finn Do?” - A Mini Story For Calming Big Feelings

Finn the Fox wanted to play tag with his friends in the forest. But, when it was his turn to chase, he tripped over a root. His fur got messy, a tear leaked from his eye, and a few other animals even laughed at him. Finn felt a hot, tight feeling in his chest. He wanted to run and hide. Even from his friends!



Help Finn! What Should He Do Next?

- Option A: Finn yells, “It’s not funny!” and runs away.
- Option B: Finn closes his eyes, takes a deep breath, and says, “That was embarrassing...it hurt for a second...but I’m okay now.”
- Option C: Finn hides behind a tree and thinks about the moment again and again and again.

Talk About It:

- Which choice would help you feel calm?
- What do you feel in your body when you’re upset or worried or sad?
- What helps you calm your body and brain?

Let’s Try Acting It Out!

- Run like you’re embarrassed and want to hide.
- Sit, close your eyes, and take a deep breath like Finn.
- Act out what helps you get out of a sad mood.

Add your own ideas or let your child lead the next scene!

“What Should Delaney Do?” - A Mini Story For Defusing Big Feelings

Delaney the Duck was floating in the pond with her leaf collection. Suddenly, the wind blew her favorite one away. She felt a tight knot in her chest.

“This always happens!” she yelled. “I knew I shouldn’t have brought them all out!”

She felt angry, sad, and stuck.



What Should Delaney Do Next?

- Option A: Pause, take a breath, and say “Thanks, mind... I hear you.” Then, look for which leaves stayed.
- Option B: Yell at the wind and flap her wings furiously.
- Option C: Repeat over and over, “Why do bad things always happen to me?” while spinning in circles on the water.

Talk About It:

- Which choice gives Delaney space to calm down?
- Have you ever had a thought that felt really sticky?
- What do you say to your mind when it’s loud?

Let’s Try Acting It Out!

- Quack loudly like an angry duck.
- Pause and take a deep breath.
- Act out what helps you calm down when you're angry.

Add your own ideas or let your child lead the next scene!

“What Should Micah Do?” - A Mini Story For Using Mindful Focus

Micah the Macaw was waiting for his turn to tell a story during Forest Circle Time. The group was taking forever. His feathers ruffled. His chest buzzed.



“Come on already!” he thought, worried he would lose his turn before story time ended.

What Should Micah Do Next?

- Option A: Repeat “This is taking too long!” over and over and leave the circle.
- Option B: Interrupt the group and blurt out his story.
- Option C: Quietly notice 5 things he sees, hears, and feels while he waits.

Talk About It:

- How does noticing help Micah feel grounded?
- What do you do when you're tired of waiting?
- Can you notice five things right now?

Let's Try Acting It Out!

- Flap your arms and walk in nervous circles.
- Pause and notice a slow belly breath inhale.
- Act out what helps you feel less nervous.

Add your own ideas or let your child lead the next scene!

“What Should Delaney Do?” - A Mini Story - Delaney’s Defusion Suggestion

Finn was nervous about the upcoming race.

"I'll trip. Everyone will laugh. I'll mess it all up," he thought. "Maybe I shouldn't race at all."

Delaney waddled up beside him.



How Will Delaney Help Finn Next?

- Option A: Tell Finn, “Your thoughts are true,” and walk away.
- Option B: Say, "Yes, you will mess it all up."
- Option C: Remind Finn to say, "Thanks, mind," and stand next to him in line.

Talk About It:

- What thought might be helpful in that moment?
- Practice saying, “Thanks, mind,” and share what you might try.
- Is it okay if Finn chooses not to race that day? If so, why?

Let’s Try Acting It Out!

- Take turns being Delaney and help Finn.
- Take turns being Finn and practice how he might feel.
- If Finn chooses not to race that day, what could he do to be ready the next race?

Add your own ideas or let your child lead the next scene!

“What Should Micah Do?” - A Mini Story - Micah’s Mindful Pause

Delaney and Micah were playing leaf-matching games. Delaney said she was bored and stopped playing. Micah felt frustrated and lonely.



“Why doesn’t anyone want to keep playing with me?” he wondered.

What Should Micah Do Next?

- Option A: Say “I’m always left out!” and fly off angry.
- Option B: Pause. Take three breaths. Notice the leaf shapes around him.
- Option C: Demand that Delaney play again right now.

Talk About It:

- What did Micah notice when he paused?
- Have you ever needed a moment to calm before choosing what to do next?
- What helps you slow down when feelings get loud?

Let’s Try Acting It Out!

- Pretend you are bored like Delaney.
- Pretend you are frustrated and getting angry like Micah.
- Now, close your eyes, take a moment, and listen. What are a few things you heard?

Add your own ideas or let your child lead the next scene!

Helping Kids Navigate Big Feelings – One Choice at a Time

If these stories helped your child pause, notice, and choose what to do next...you're already building something important together.

Sometimes, though, these moments keep coming back.

And having a few more ways to practice can make those moments feel a little easier to walk through.

If you'd like to keep going, we've created a deeper set of stories and tools to support these moments.

Big Feelings, Brave Choices – Expanded Bundle

Discover our 10-page expanded bundle featuring:

- More stories
- More characters
- More ways to build a calming “what do I do next?” toolbox with your child

Explore the **Expanded Bundle** [here](#).