

Feelings Puppet Show

Butch	Hey Josie, are you okay? Ever since your brother's funeral, you've been so quiet. [<i>silence</i>] Seriously, are you okay?
Josie	Uh... Hi Butch...ummm...okay? I don't know. But... well, no...but yeah... I guess so.
Butch	Hmmm. You look kinda <i>funny</i> .
Josie	Funny? [<i>sighs</i>]
Butch	Hmm. I gotta check something. Come here a minute and open your mouth. Really wide.
Josie	Aaaaah.
Butch	Aha! I thought so! Just as I suspected.
Josie	What?
Butch	You've got angrahappasadinosis.
Josie	I do?
Butch	Yep.
Josie	What's that?
Butch	Angrahappasadinosis is when you are filled right up to your neck with so many feelings that you can't decide what you feel. You might be angry, but you're not sure, because you're also happy, but you're not sure about that, because you're also sad, worried and fighting off a mean case of the giggles.
Josie	[<i>giggles</i>] Really?
Butch	Yeah. Really. It's the same feeling you get when you eat a big bowl of jelly beans mixed with mustard.
Josie	[<i>double take</i>] Ew?
Butch	Exactly.
Josie	It doesn't feel good holding all these feelings in. What should I do?
Butch	There's only one thing you can do. You gotta let them out.
Josie	Like this? [<i>opens mouth wide</i>] Aaaaaaaahhhhhh.
Butch	I'm sorry, but I don't think that will work.

Josie	But how? How can I let these feelings out?
Butch	The best treatment I know is The Dance of the Dodo Bird.
Josie	The dance of the who? What? The dodo?
Butch	Precisely. I'll teach you. Just do everything I do. First you flap your arms way up and down, Make a big smile, and then a big frown, If you feel like a picnic with too many ants, Ya gotta do the dodo dance!
Josie	[<i>growls and flaps</i>] Hey, all that arm flapping got some of my anger out!
Butch	Excellent! Now you pick a movement to try.
Josie	Angrahappasadinosis is the way, You feel when you don't know what to say, I'm happy and I'm sad, I feel like a clown, Now jump up and down!
Butch	Good one!
Josie	Jumping made my happiness get bigger! Now you do one!
Butch	Angrahappasadinosis makes you feel, Like your heart slipped on a banana peel, If your tummy's queasy and your eyeballs ache, Give your arms and legs a shake!
Josie	That feels wonderful! Some of my worries just wiggled out of me!
Butch	Awesome! Your turn!
Josie	I'm feeling better the more I dance, I'm glad I listened and took a chance, Talking to a friend was good for me, Now, sway like a tree!
Butch	Wheeee!
Josie	I'm free! I'm free! My feelings are flowing free as the wind in the

	trees!
Butch	Wow. You totally rock at this. If I'm ever suffering from angrahappasadinosis, I'm going to dance with <i>you</i> .
Josie	Thanks, Butch! I still have a lot of leftover feelings, but at least they're not stuck inside me. I can talk about them with my parents or write about them in my journal.
Butch	That's awesome!
Josie	Thanks so much for teaching me a great way to let my feelings out. Now I have a case of thank-you-happy-grateful-anosis.
Butch	And I am so happy-proud-a-you-anosis.
Josie	And I'm so hungry-need-a-snack-anosis.
Butch	Me, too.
Josie	Come over to my house. I'll make you some jellybeans and mustard! Hahaha!
Butch	[<i>starting to exit</i>] Hahaha! No thanks, but if you have any peanut butter and jelly I'll definitely take one of those...
Josie	You bet. Come on!

The End