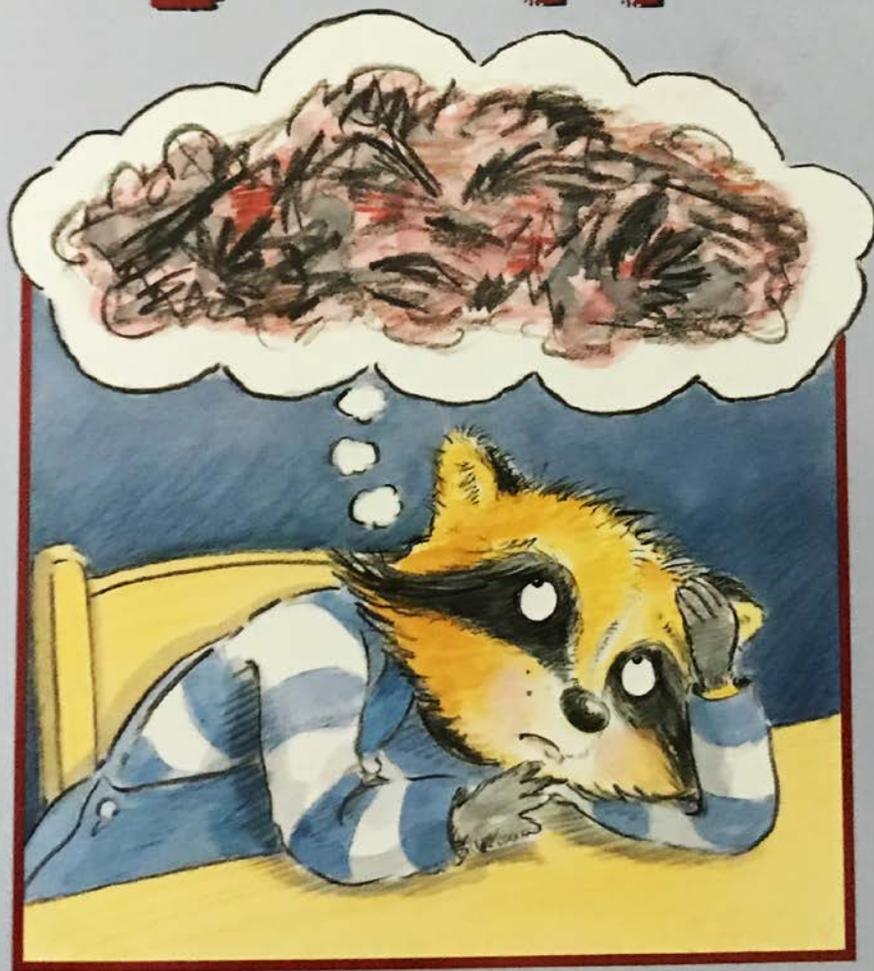


A Terrible Thing Happened



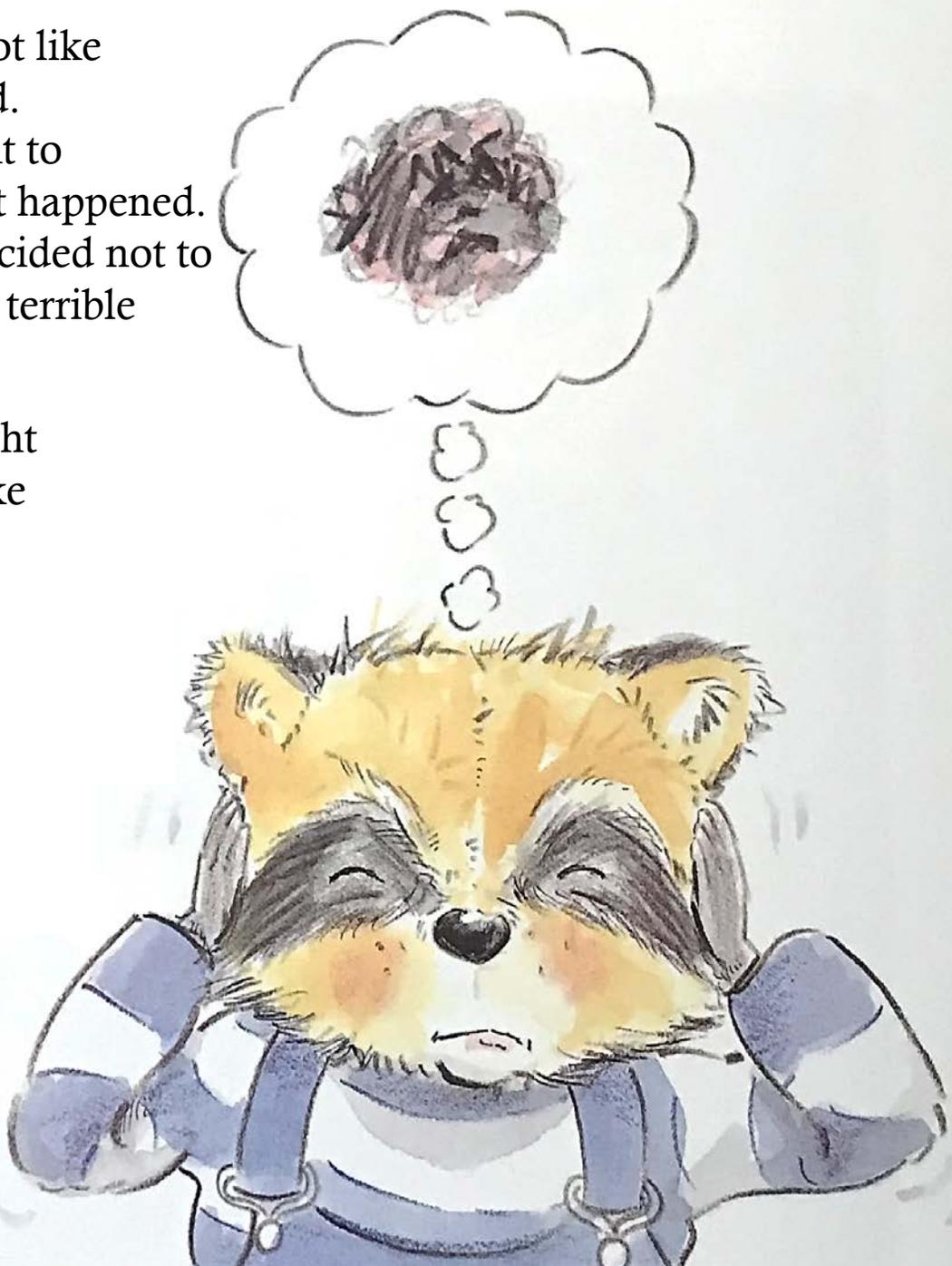
By Margaret M. Holmes Illustrated by Cary Pillo



Sherman Smith saw the most terrible thing. He was very upset. It really scared Sherman to see such a terrible thing.

Sherman did not like feeling so afraid. He did not want to remember what happened. So Sherman decided not to think about the terrible thing he saw.

Sherman thought that would make him feel better.





At first the plan seemed to work.
Sherman woke up every morning.
He brushed his teeth and he went to school.

Sherman played with his friends.
He teased his sister and he walked his dog.





Everything seemed all right for a while.
But something inside of Sherman was
starting to bother him.



Sherman had to play more, run faster, and sing louder in order to forget the terrible thing he saw.

Other things started happening to Sherman, too.
Sometimes he did not feel hungry.





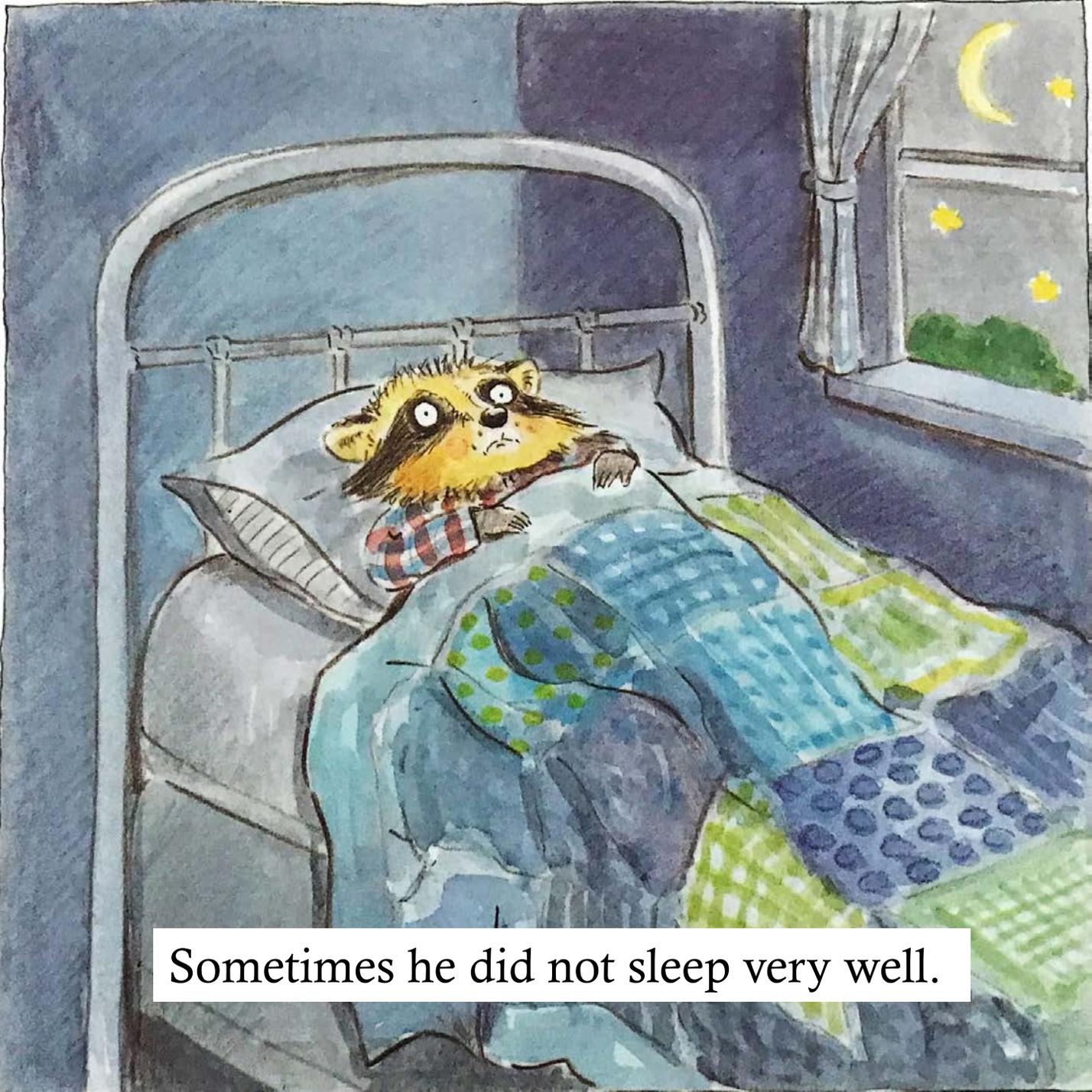
Sometimes his stomach hurt
or his head hurt.



Sometimes he felt sad,
but he did not know
why.

Sometimes he was nervous for
no reason at all.





Sometimes he did not sleep very well.



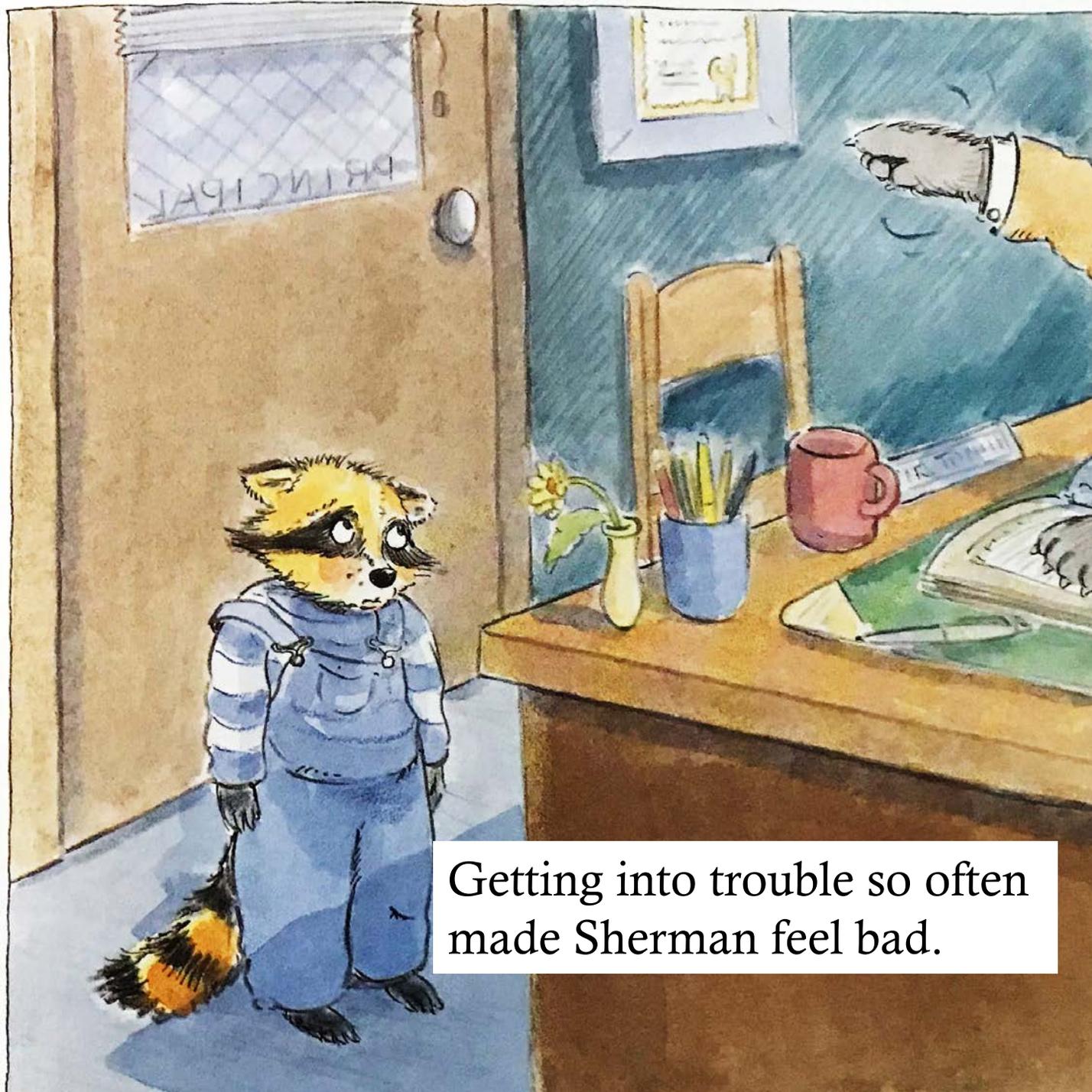
Sometimes when he did sleep he had very bad dreams. The bad dreams scared Sherman.



All of these things made Sherman angry.
It seemed like Sherman was angry all the time.

Sherman started getting into trouble at school.
Sometimes he felt so angry that he did mean things.





Getting into trouble so often made Sherman feel bad.



Sherman did not understand all of his bad feelings. He felt confused.

Sometimes parents help children figure out their feelings. Sometimes teachers or other grown-ups help. That is how Sherman met Ms. Maple.



Ms. Maple helped Sherman think about his feelings. She listened while Sherman talked to her. They played while they talked. Sherman did not feel as mixed up when he talked to Ms. Maple.



Once when Sherman and Ms. Maple were coloring, she told him to draw a picture of how he felt when he was angry. This seemed like a strange thing to draw, but Sherman did it.



After that, Sherman drew lots of pictures. Pictures of the pain in his stomach. Pictures of the bad dreams he had. Pictures of the fear he felt.



And at last, pictures of
the terrible thing he saw.

Sherman and Ms. Maple talked about the pictures. He asked if the terrible thing he saw was his fault. Sherman said he worried a lot about that.

“No,” Ms. Maple told Sherman, “it was not your fault.”





Sherman told Ms. Maple a lot of things. He told her about the bad dreams. He told her how scared he felt. It was all very hard to do. Ms. Maple was proud that Sherman was trying to talk about such hard things.



Sherman found that it felt good to let his feelings out.
Feeling good helped Sherman feel stronger.
When Sherman felt stronger, he did not feel so angry.



Nothing can change the terrible thing that Sherman saw, but now he does not feel so mean. He is not so scared or worried. His stomach does not hurt as much. And the bad dreams hardly ever happen.



Sherman Smith is feeling much better now.
He just thought you would want to know.