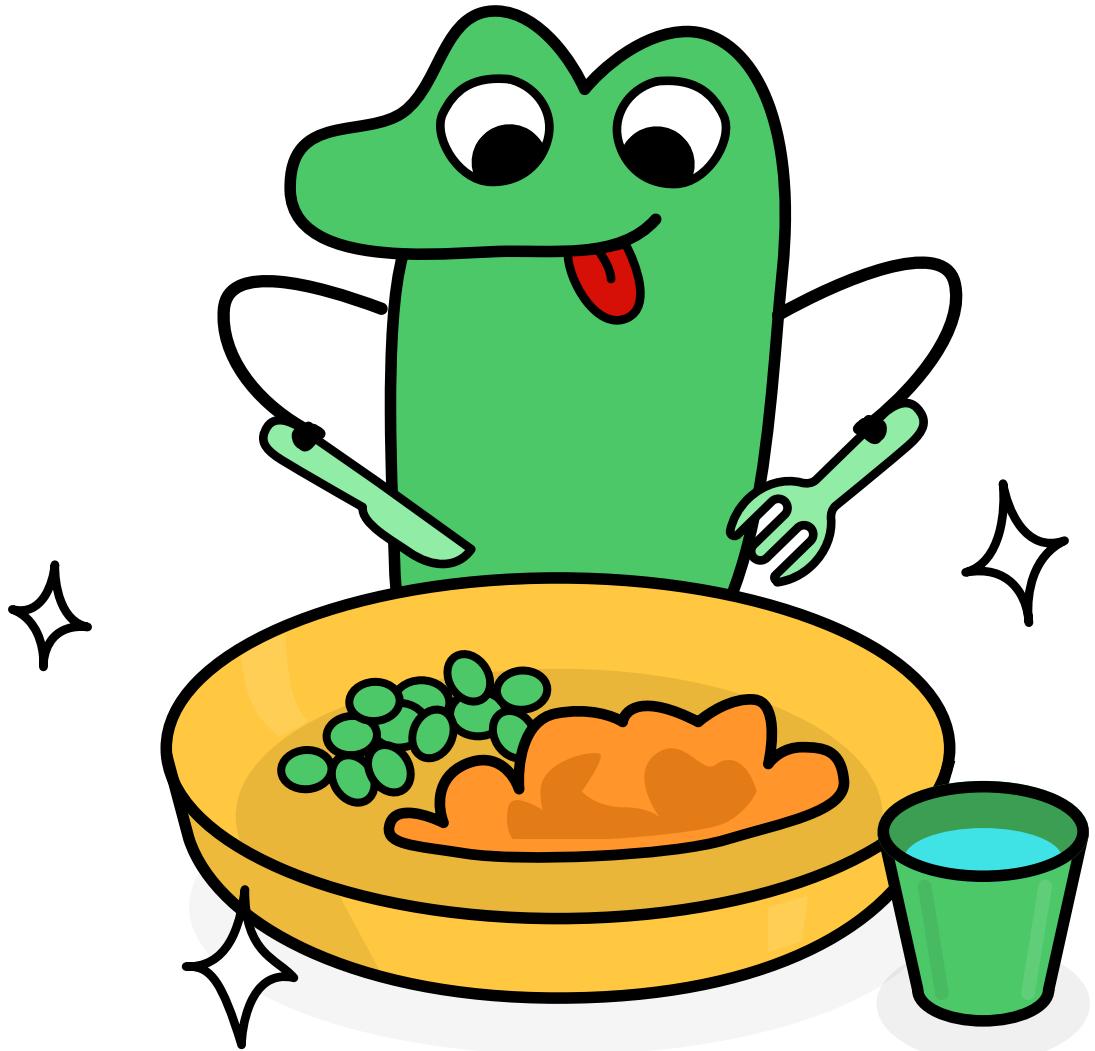




# YaYa and the Green Plate

A Story by The Catbears

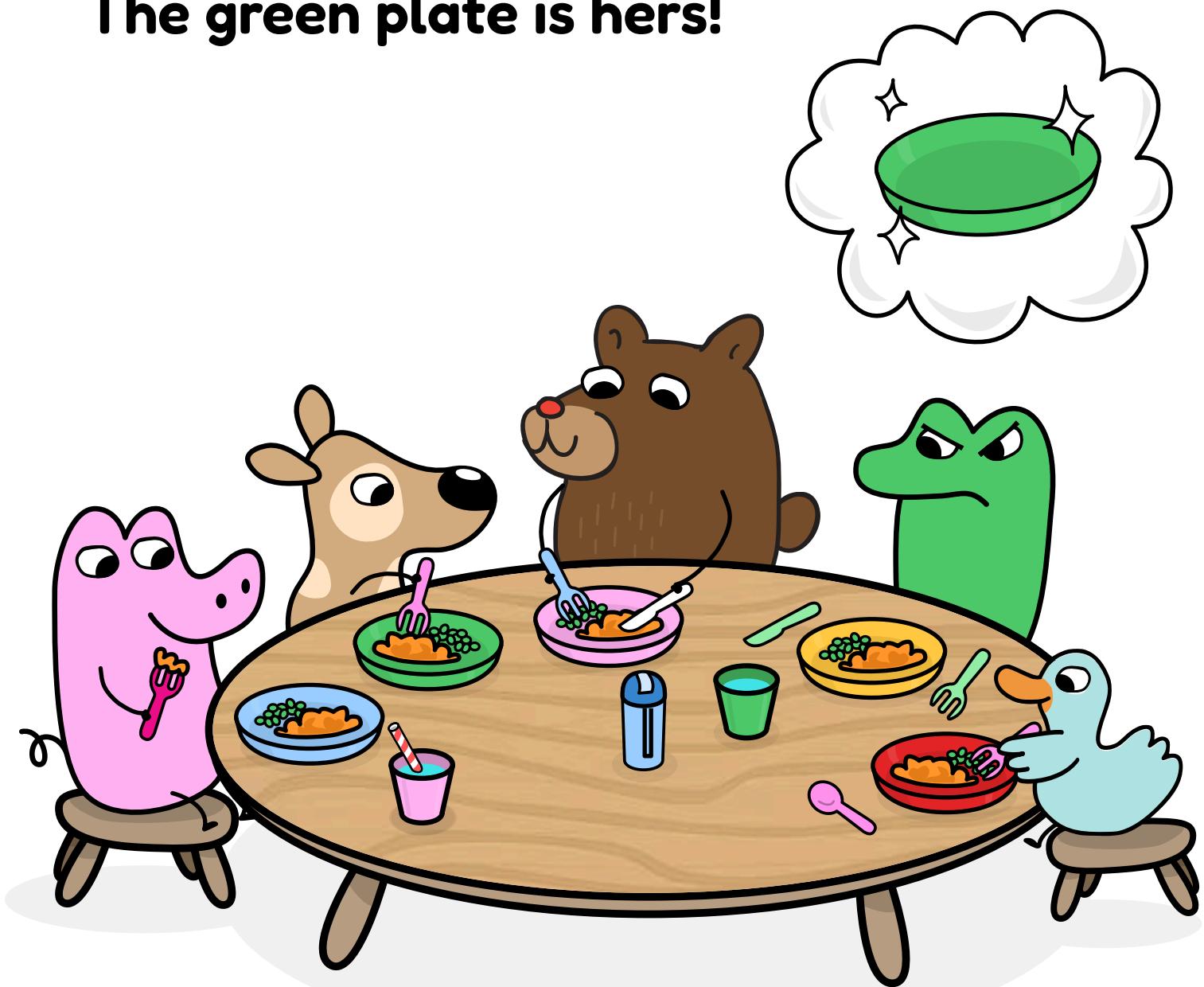


YaYa is really disappointed.

She didn't get the green plate.

She got the yellow one, but her favorite color is green.

**The green plate is hers!**

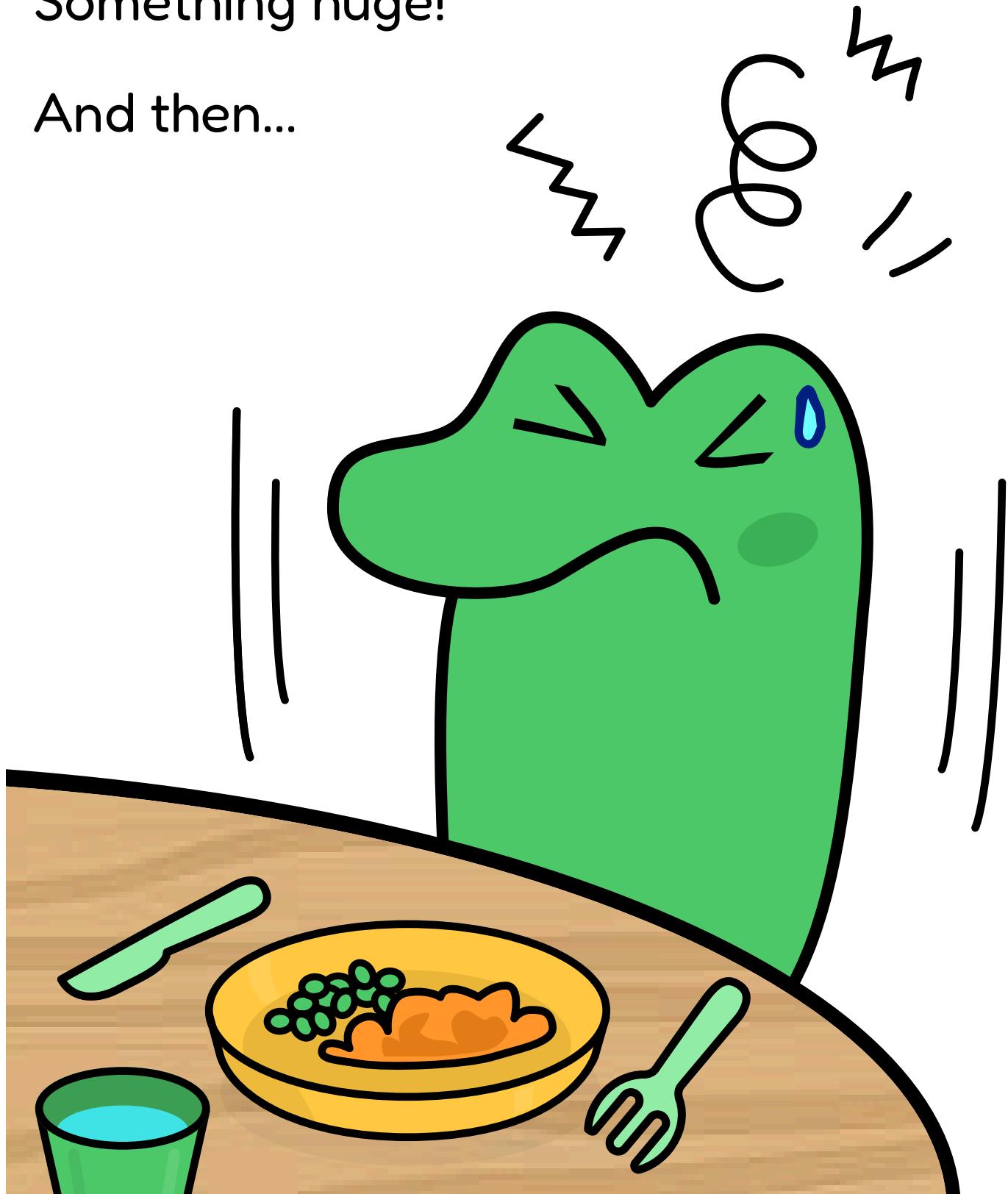


YaYa felt something building inside.

Something hot.

Something huge!

And then...



IT'S NOT FAIR!  
I WANT THE  
GREEN PLATE!  
IT'S MINE!!!!

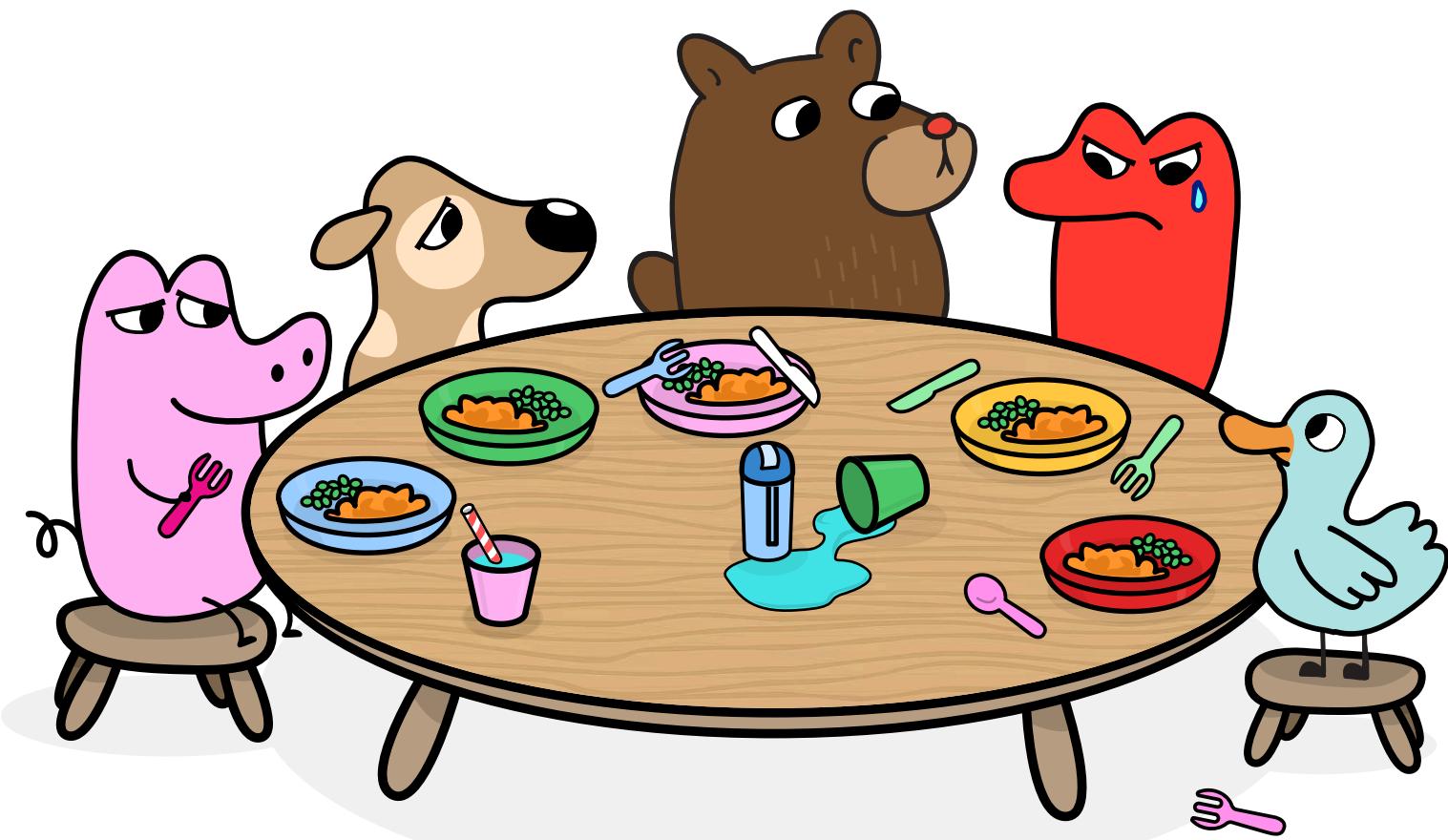


Her friends cared for YaYa, and right now she needed their help.

Bear gently said: “That green plate is very special to you, isn’t it?”

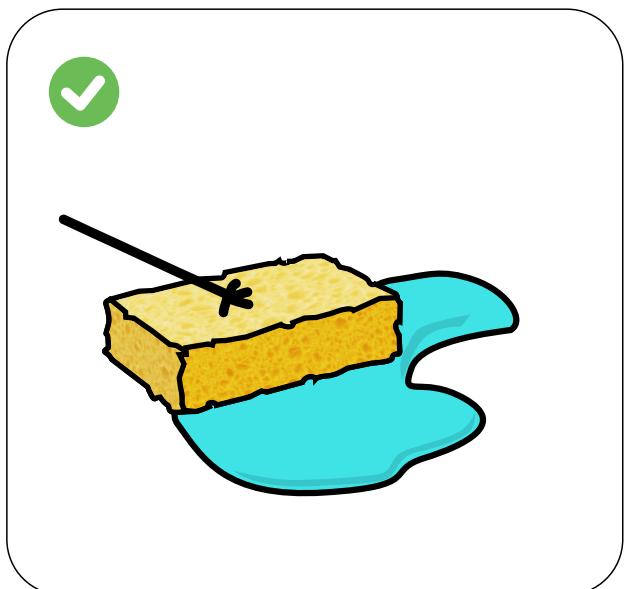
YaYa nodded.

“Let me get you a fresh glass of water.”



# Everyone helped in their own way

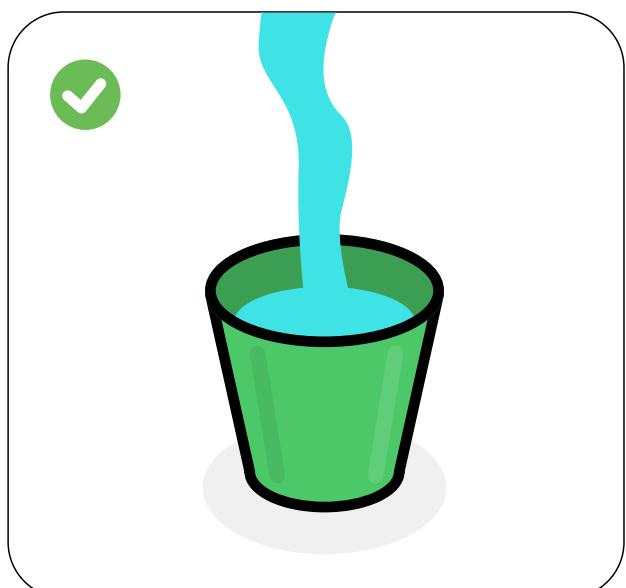
**Bobo wiped the  
spilled water**



**Ducky picked  
up the fork**



**Bear poured water  
into YaYa's cup**



**Shoshi just  
kept eating**

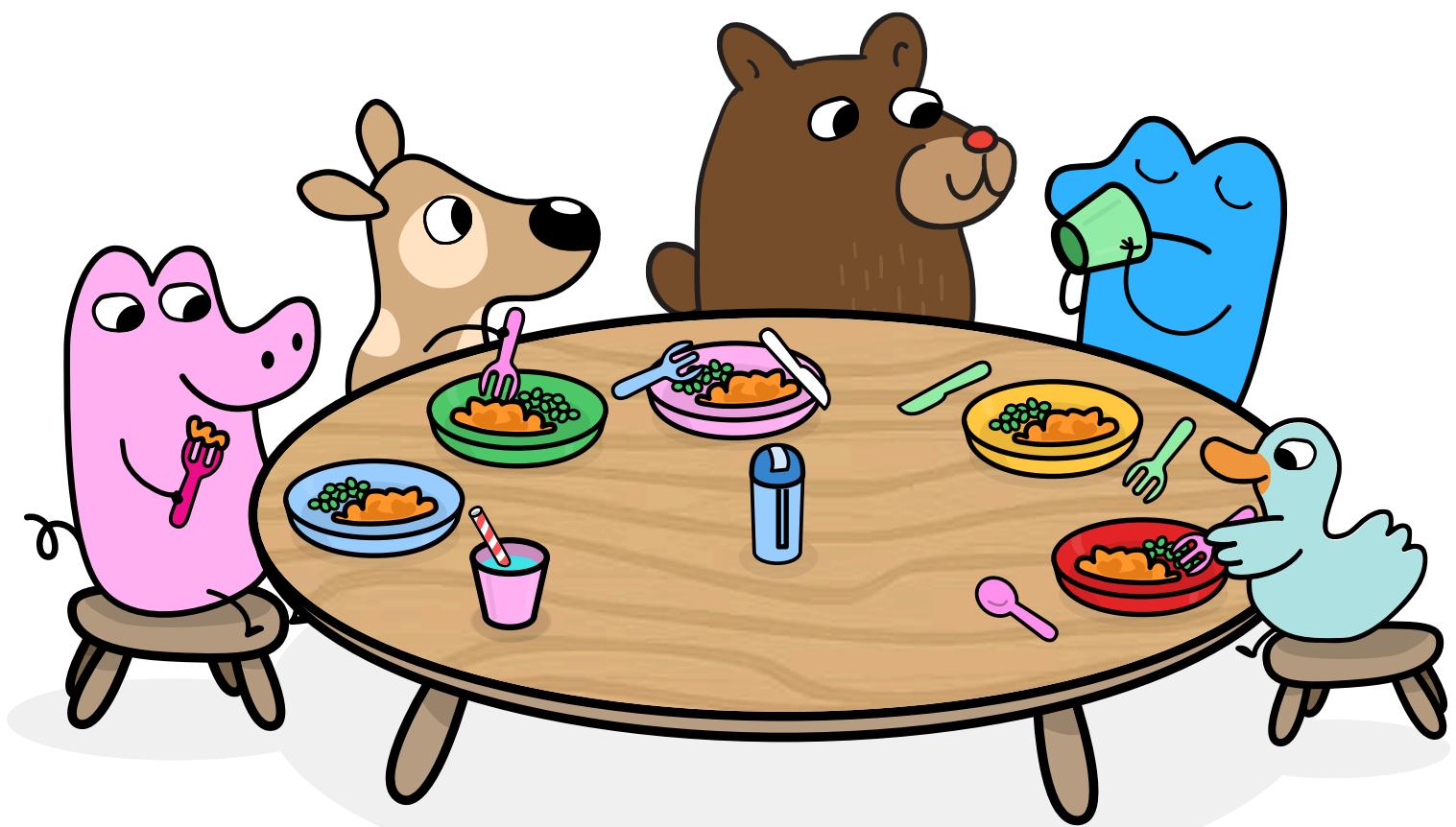


When YaYa drank the water.

The water was cold.

It made her body feel less full.

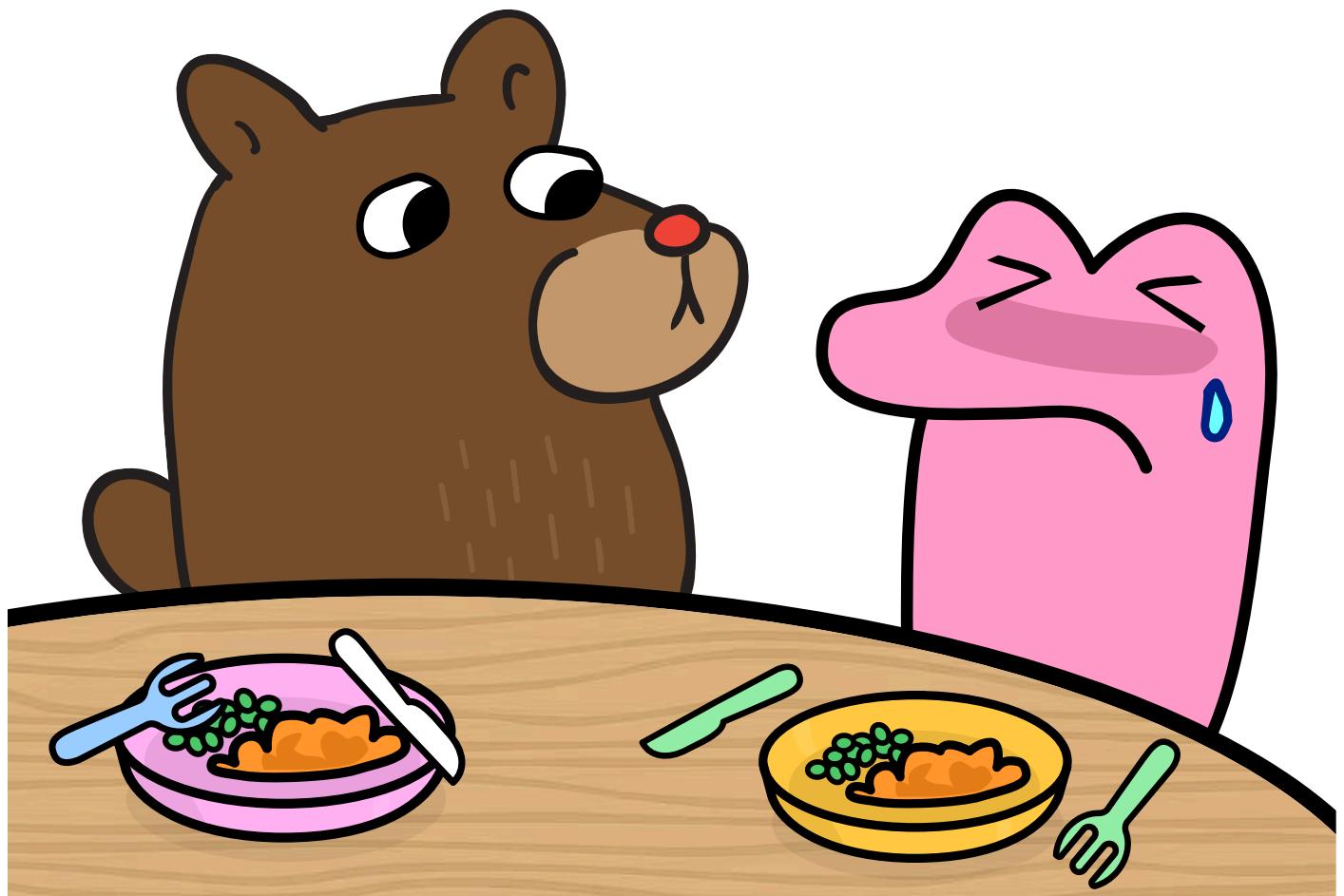
It really helped her cool down.



YaYa felt a little better, but now she was feeling embarrassed that she made a mess.

"We understand YaYa," Bear said.  
"Everybody has something that matters to them very much."

"That's right!" called Ducky.

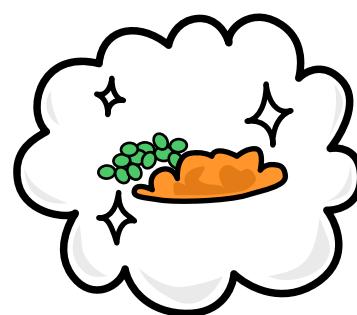
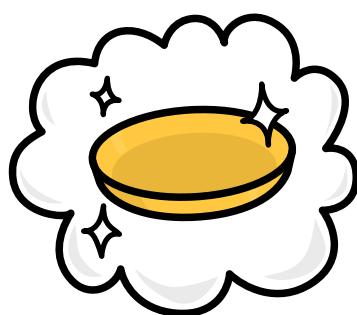
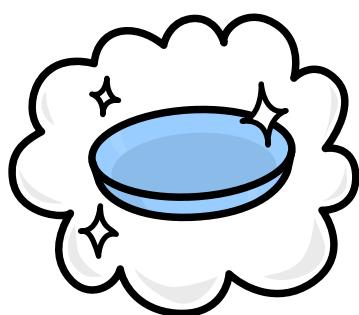


"I wanted the blue plate, but I got the red one!" said Ducky.

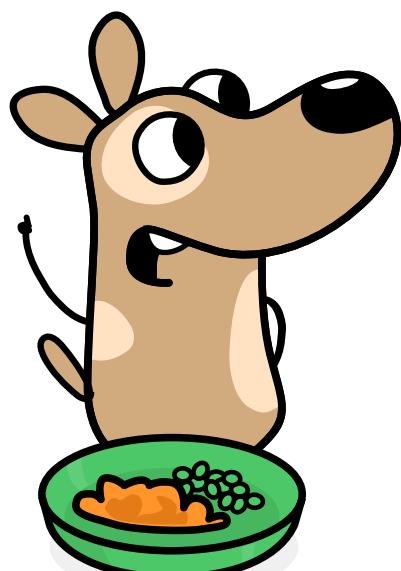
"I wanted the yellow plate, and I got the green one!" called BoBo.

"I don't really care what plate I get. I just want to eat." said Shoshi.

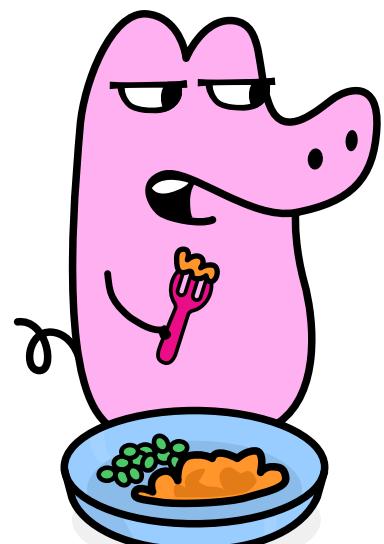
And then... out of nowhere...



Ducky



BoBo

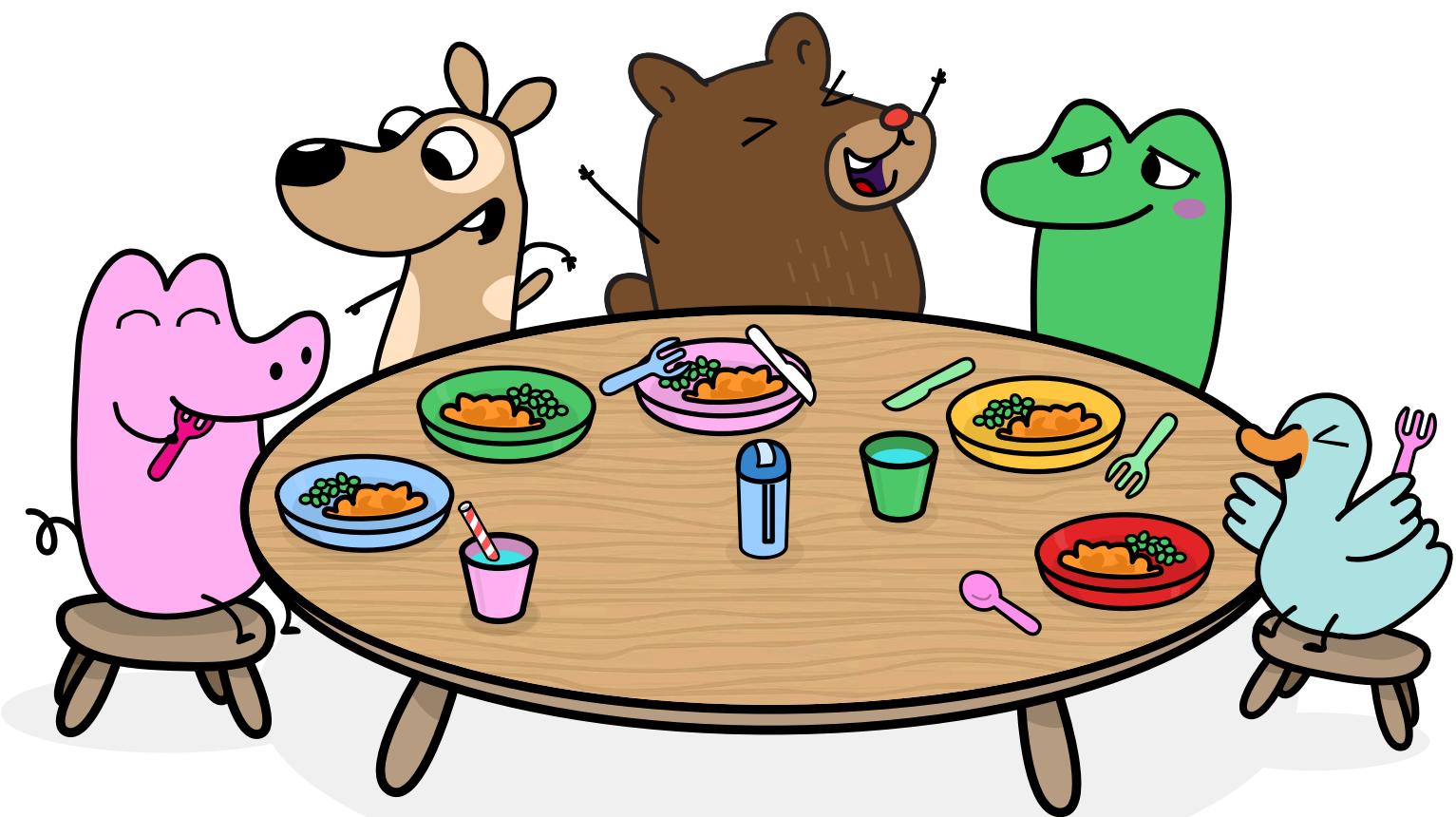


Shoshi

Everyone burst out laughing.

Even Shoshi.

YaYa couldn't help but smile.



YaYa didn't feel embarrassed any more.

She didn't feel mad.

She felt thankful she had such good friends.

And... she felt hungry.

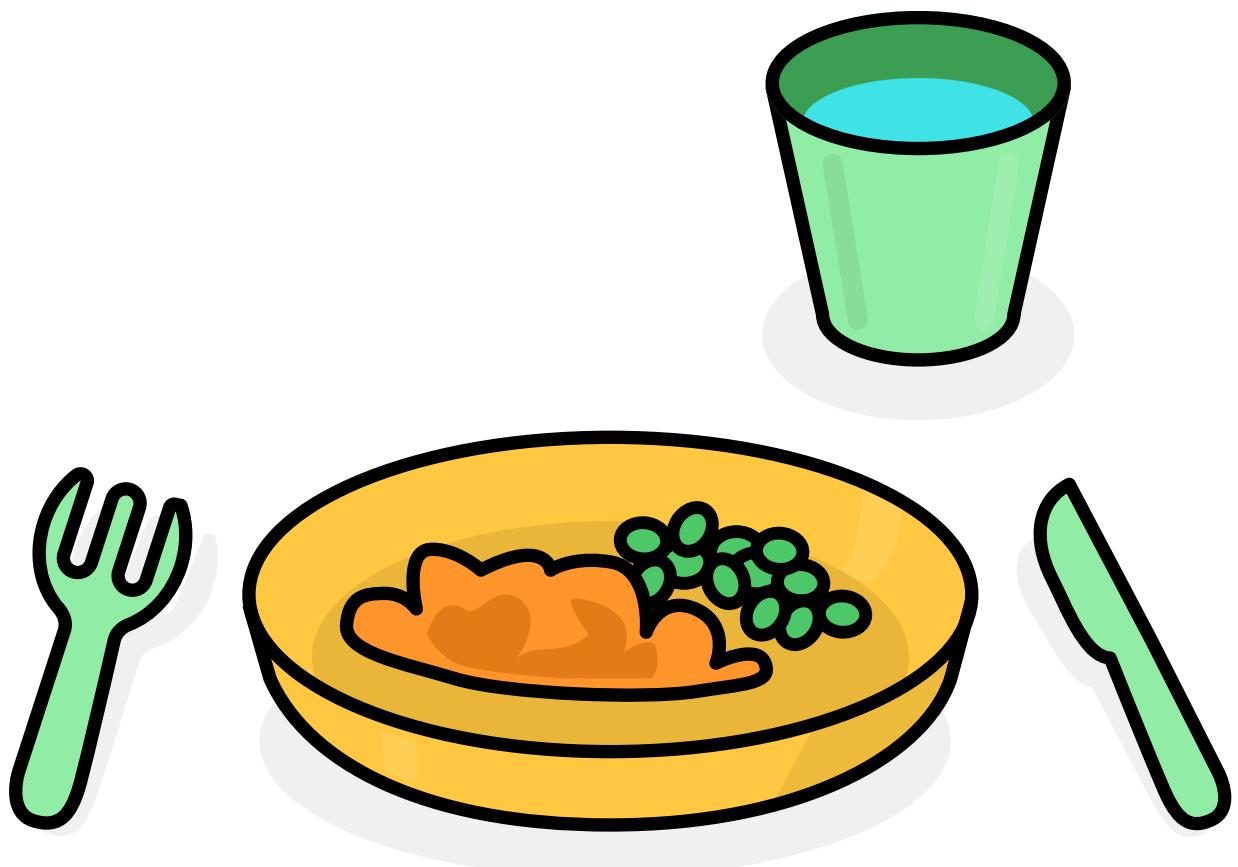


She looked down at her plate.

Her plate was still not green.

But then,

She picked up her fork, and...



yam!

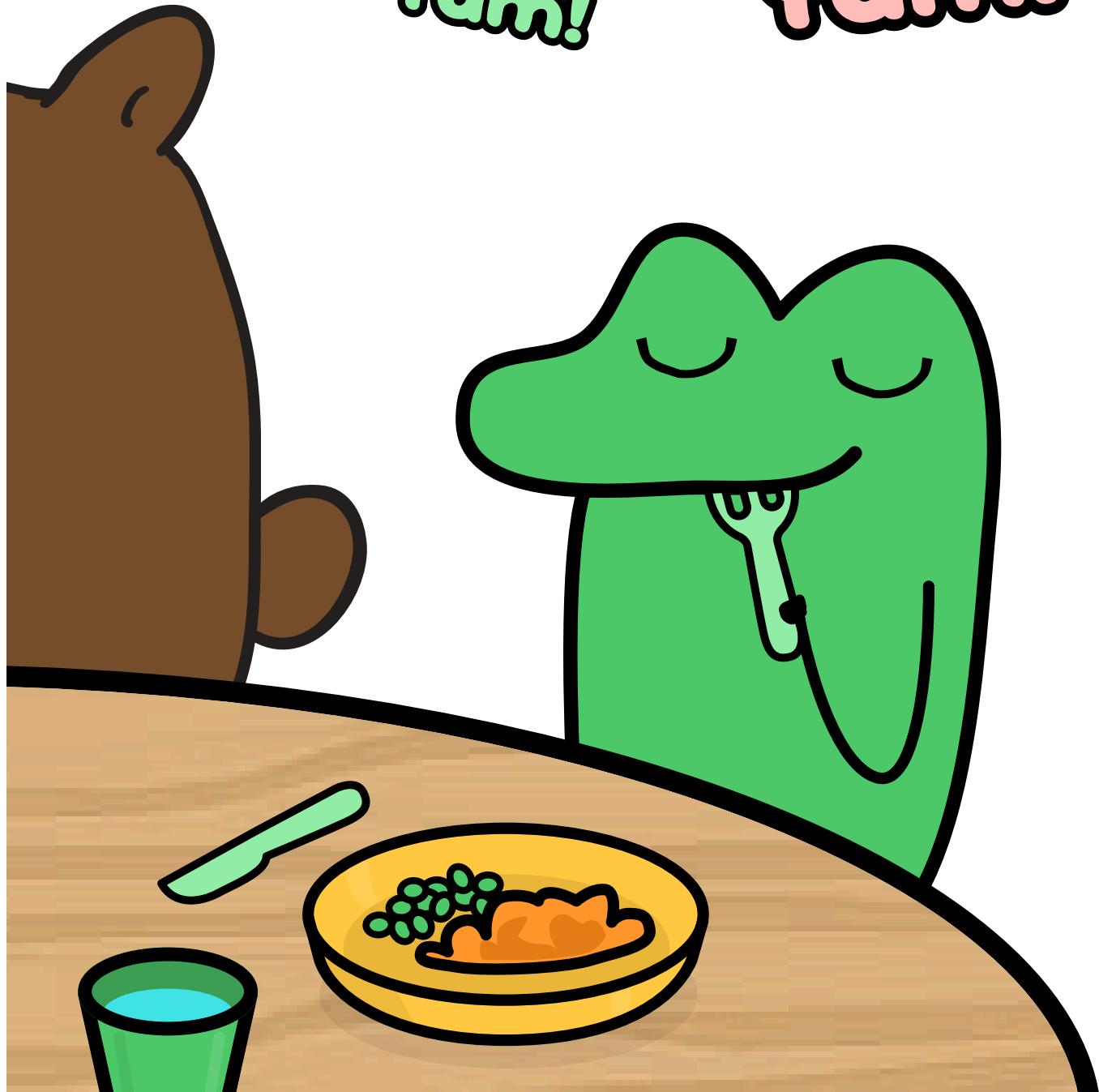
yam!

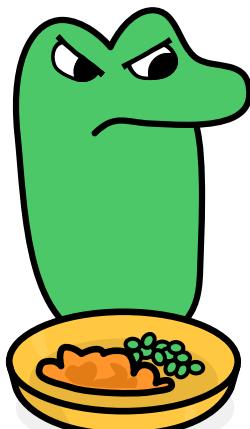
**Yammm!**

yam!

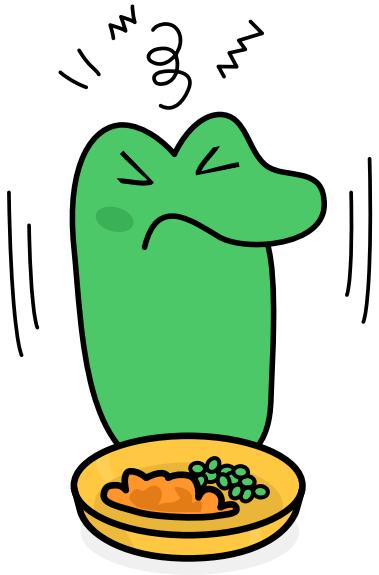
yam!

yam!

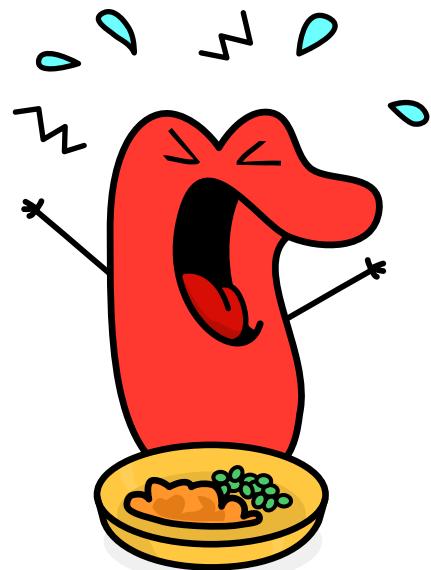




Disappointed



Overwhelmed



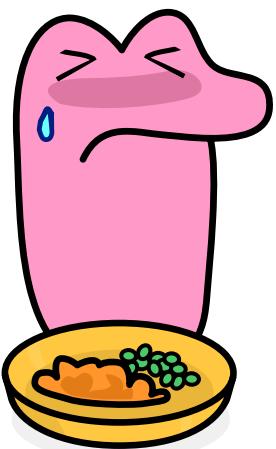
Mad



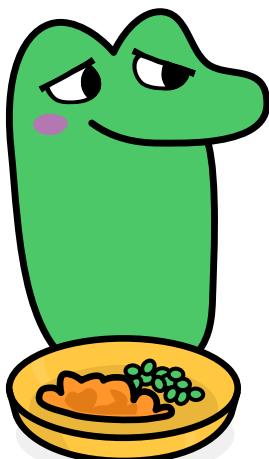
Angry



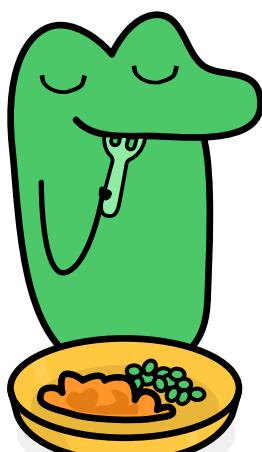
Cool Down



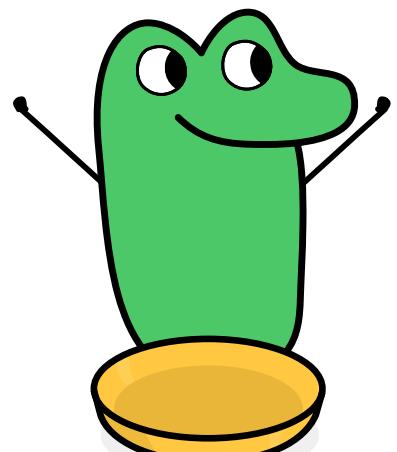
Embarrassed



Cheered up



Brave



Happy

Dear Grownups,

Children don't get what they want all the time, but unlike us, they don't yet have the emotional and social tools to cope. Their brains are still developing, and they aren't able to manage these moments on their own. When things don't go their way, they can find themselves in very real distress.

**Here's what you can do:**

**Cool Down:** When a child is in distress, it's not the time to talk. The first thing to do is help them cool down and feel safe. Stay close and let them know they're not alone. Offer a glass of water, and use as little words as possible.

**Watch for embarrassment.** When a child does something wrong, they might feel embarrassed and ashamed. Help them separate their behavior from who they really are.

**Mirror what happened.** As simple as it sounds, just describing what happened in your own words helps more than you'd think. "You really wanted that green plate, and you didn't get it." That's all. It helps them feel seen, and - it helps them process the experience again, but this time with you there beside them, and that makes all the difference.

Learning to handle disappointment is one of the hardest things a child has to do. It doesn't happen in one moment or one story. It happens over hundreds of green plates, lost turns, and broken plans, and every time, the thing that makes the difference is knowing that someone is there, someone sees them, and someone isn't going anywhere.

That someone is you.

Love,  
The Catbears.

