



Some Days are Difficult

Narrator: Today we have a story that was written but A.A. Milne that we would like to share. Even though this is a story about Winnie the Pooh and Piglet and may seem like too childlike for us, the story has a message that will help us to think about our own feelings.



"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either.

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

A.A. Milne



1. Are you having a difficult day?
2. What are some of the things you can do when you are having a difficult day?
3. Do you have someone you can talk to when you are having a difficult day? Are they adults, friends, family?
4. Name the person or people you feel comfortable talking to when you are having a difficult day.
5. Are you a person who people feel comfortable sharing with when they are having a difficult day? What are the qualities someone must have to be the kind of person other people want to share their difficult days with? Circle the ones below that you agree with.

Listening

Paying attention

Not trying to fix the problem

Compassionate

Comforting

Supportive

Stays off their phone while
you talk

Giving you eye contact when
you share

Doesn't interrupt

Doesn't try to talk about
themselves