BRIGHT-SIDE THINKING

A hard moment can have a helpful next thought. Help Aunt Lucy find the bright side!





My sock won't go on.

A bright-side thought:

_____

_____



I made a big mess.

A bright-side thought:

_____

_____



My cast makes this tricky.

A bright-side thought:

_____

_____

NOW TRY YOUR OWN!

Something tricky: _____

My bright-side thought:

_____

_____

AUNT LUCY VERSUS... ME!

Aunt Lucy battled trailer steps, stubborn socks, and runaway sandwich pieces.
Now it's your turn! Think of a small problem that could turn into a big, funny adventure.

My story is called:
ME VERSUS _____

What ordinary thing causes the trouble? _____

What goes wrong? _____

Who helps—or do you solve it yourself? _____

WRITE YOUR STORY!

DRAW THE FUNNIEST PART!





THE ONE-HANDED CHALLENGE

Keep one hand resting in your lap. Can you solve the same problems Aunt Lucy faced?

Never tie your arm. Ask a grown-up to help set up each challenge.



THE SOCK

☐ Try putting on a sock with one hand.

○ Easy ○ Tricky ○ Super Tricky



THE POCKET

☐ Put a small toy into the pocket on the opposite side from your working hand.

○ Easy ○ Tricky ○ Super Tricky



THE HEADBAND

☐ Try putting on a headband with one hand.

○ Easy ○ Tricky ○ Super Tricky



THE ARMPIT

☐ Try scratching the armpit on the same side as your working hand.

○ Easy ○ Tricky ○ Super Tricky

NOW I UNDERSTAND!

The hardest challenge was: _____

_____

I wanted help when: _____

_____

Aunt Lucy showed strength by: _____

_____



Some everyday jobs really are harder with one hand!

PROBLEM-SOLVING MATCH

Draw a line from each problem to the solution that could help.

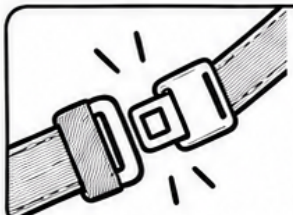
PROBLEMS



Keep the cast dry.



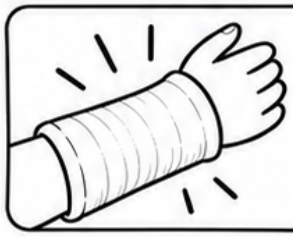
Hair won't cooperate.



The seat belt is tricky.



Flour spills everywhere.



The cast looks plain.

SOLUTIONS



Ask someone to help.



Let the nephews decorate it.



Cover it with a plastic bag.



Use a headband.



Clean it up one step at a time.

Which solution would help you the most?

_____

_____



SMALL VICTORIES

Aunt Lucy celebrated every little thing she learned to do again.
Small victories deserve big smiles!



Something tricky I did:

_____

_____

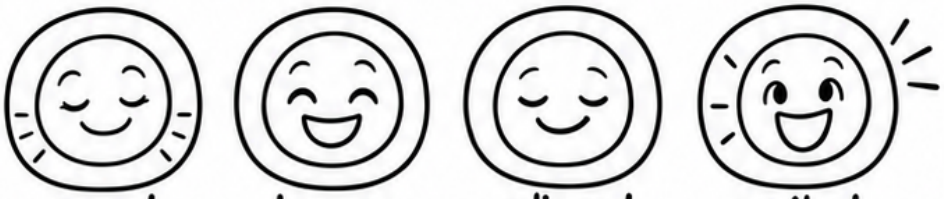
_____

Someone who helped or encouraged me:

_____

_____

How I felt afterward:



Draw your small victory!

Every big accomplishment begins with a small victory.