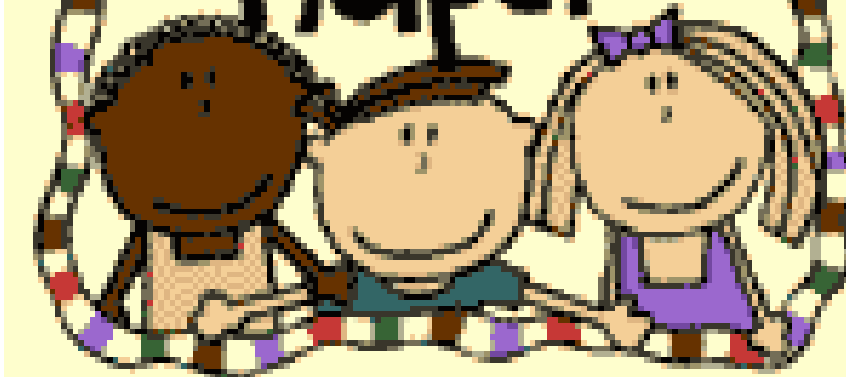


# your inside helper



**Click Here for a Story  
about one child's  
"Inner Emotional Life"**

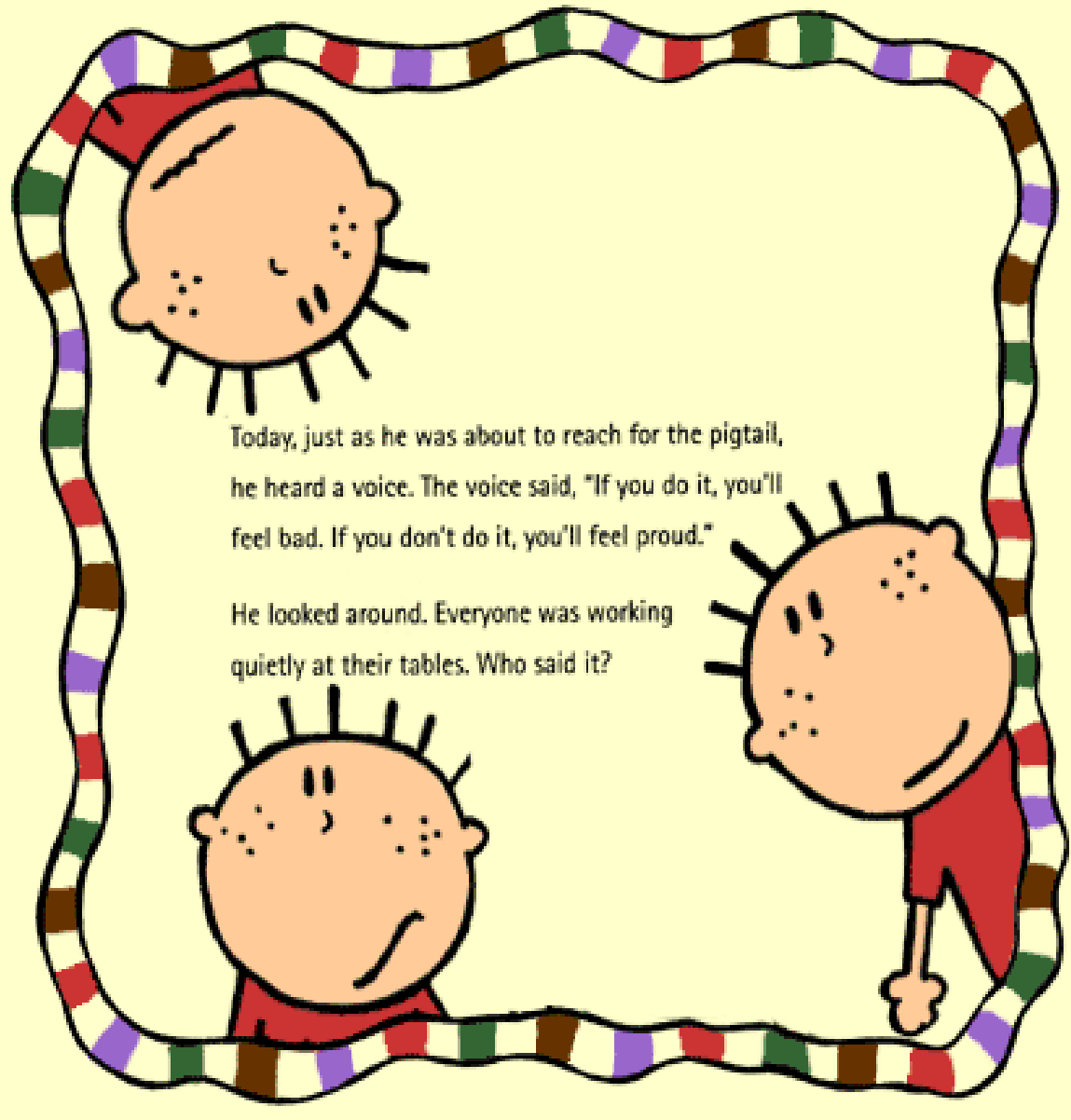
**O**ne day, a little boy named Reggie had an idea. He wanted to pull one of the pigtails of the girl who was sitting next to him.

It was very curly and it looked like it would go "boing" if he pulled it.



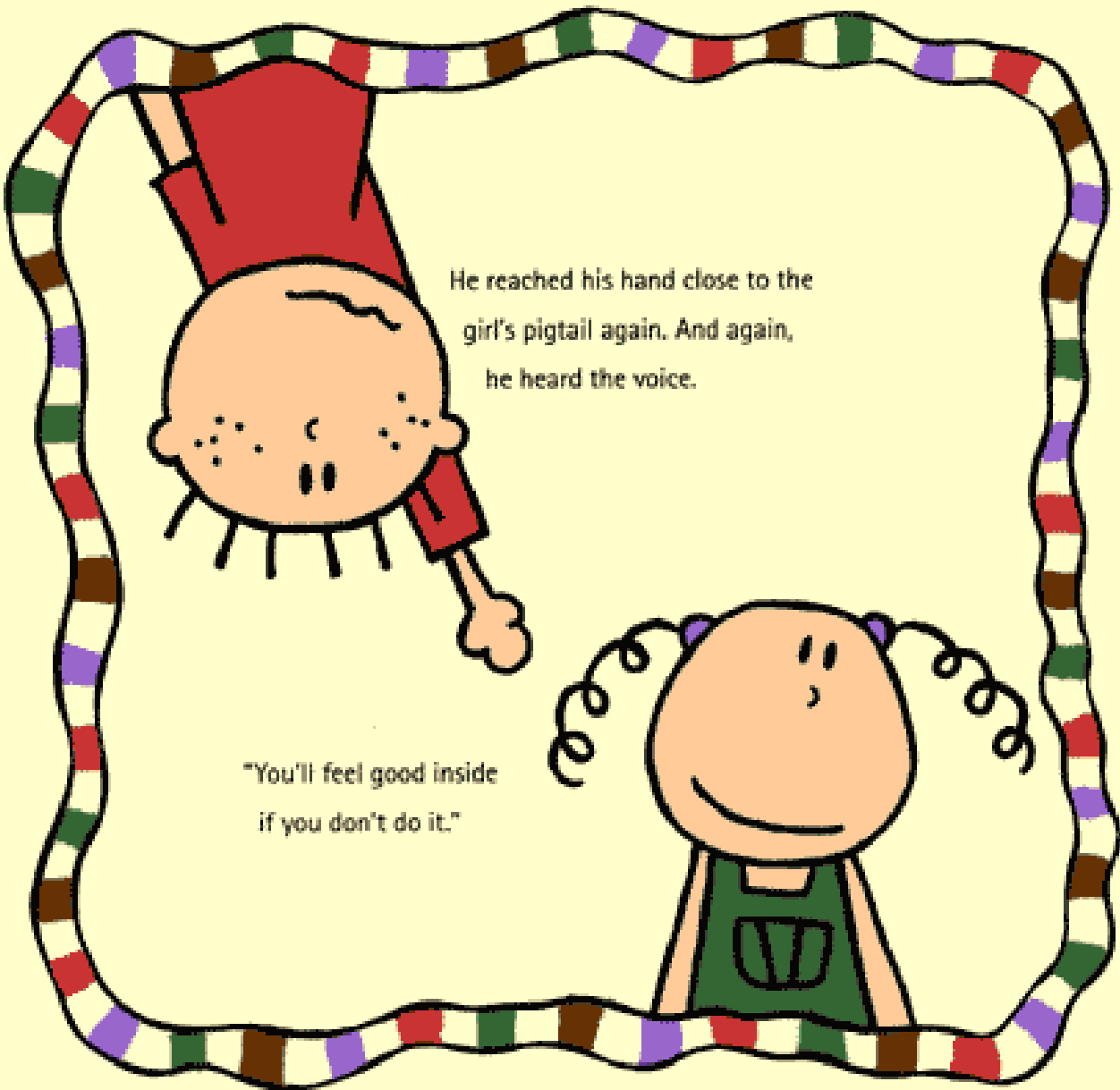
He also had the idea to pull the pigtail yesterday.  
In fact, he did pull it yesterday, and he felt bad inside after  
he did it. The girl started crying, and his teacher spoke  
to him about what he had done.





Today, just as he was about to reach for the pigtail, he heard a voice. The voice said, "If you do it, you'll feel bad. If you don't do it, you'll feel proud."

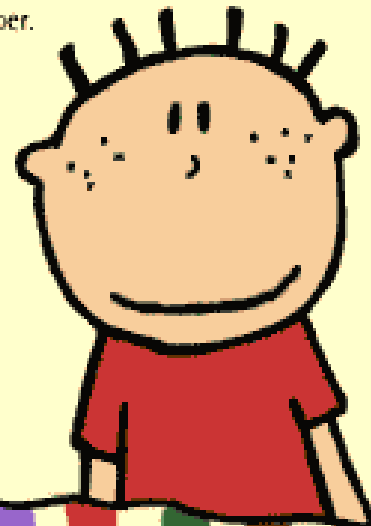
He looked around. Everyone was working quietly at their tables. Who said it?



He reached his hand close to the girl's pigtail again. And again, he heard the voice.

"You'll feel good inside if you don't do it."

The voice sounded familiar. He'd heard it before. It was coming from inside himself. It was the voice of his inside helper.

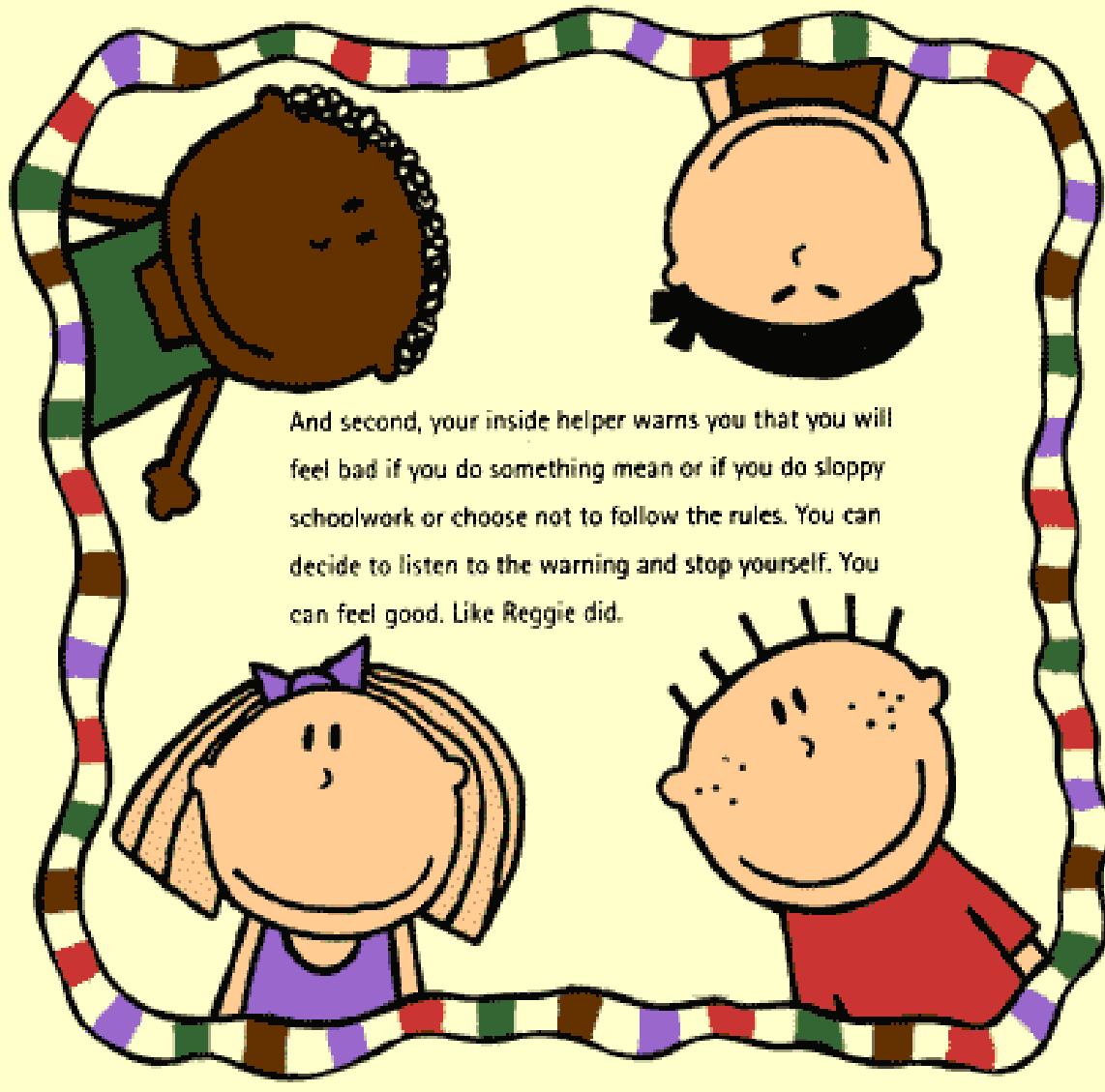




Everyone has an inside helper,  
a voice that does two very  
important jobs.

First, it makes you feel proud when you do a good job.  
It gives you an inside pat on the  
back. Your inside helper is  
what makes you feel good.





And second, your inside helper warns you that you will feel bad if you do something mean or if you do sloppy schoolwork or choose not to follow the rules. You can decide to listen to the warning and stop yourself. You can feel good. Like Reggie did.



Reggie didn't pull the curly pigtail. Instead he did his schoolwork. And at the end of the day, he had a very happy feeling inside. It was the feeling that comes from listening to your inside helper and learning that this helper is your friend. Reggie also felt a little bigger. Like he had grown a little. That's because when you listen to your inside helper, you do feel a little bigger and a little better.

