

A NUSSBAUM MIND STORYBOOK

Shaindy and the Last Slide

A story about ending something fun



For ages 3-6

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Shaindy loves the slide. Up the ladder. Down the slide. Up the ladder. Down the slide. She could do this until the moon came out. But Mommy says supper will be ready soon.



Mommy comes close. "Two more turns, then we go home." Shaindy holds up two fingers. Two is not the same as forever. She takes her first turn. Wheee!



One turn left. Shaindy climbs slowly, slowly. At the top, she looks at the trees. She slides down with one last whoosh. Then Mommy says, "That was our last turn. Time to go."



Shaindy's smile folds up. Her feet want to stay. Her tummy feels tight. "But I love it HERE." "You do," says Mommy. "Stopping something fun can feel hard."



"My tummy is tight," says Shaindy. "I feel cross. And sad." Mommy nods. "You wanted more time here. We still need to go home. I will help you." She waits beside the slide, close enough to hold a hand.



Mommy offers two ways to leave. "Would you like to hold my hand or walk beside me?" Shaindy chooses the hand. She does not choose to love leaving. Just the hand.



At the gate, Shaindy turns back. "Bye, slide." She gives it a little wave. "See you another day." The slide does not wave back. It is very busy being a slide.



On the way home, Shaindy feels sad and hungry at the same time. Mommy listens. They walk slowly enough for her little legs. Missing the slide does not mean the walk has gone wrong.



At home, Shaindy puts her shoes by the door. One thing finished. One thing starting. Mommy asks if she wants to help put napkins on the table. Shaindy chooses the purple ones.



Supper smells good. Shaindy tells Totty about her last whoosh. She still wishes she could slide again. And she likes being here with everyone. Two feelings can sit at the same table.



Before bed, Shaindy draws a slide and a supper bowl. "Goodbye to one thing. Hello to another," she says. "And help in the middle." Mommy smiles. "Help in the middle. Every time you need it."

Shaindy's Tool Reminder

1

Know what comes next.

A grownup can tell you when an activity will finish and what will happen next.

2

Name the hard part.

You can feel sad, cross, or excited about a change. A grownup can listen without asking you to like it.

3

Choose a little help.

Hold a hand, say goodbye, or carry a small comfort item. A grownup keeps the plan safe.

4

Start the next small step.

Shoes by the door. Napkins on the table. You do not have to like the change before taking a step.

Goodbye, hello, and help in the middle.