

The Smoosh Factor

Confident



Hey Angry, how come you're not eating your lunch?

I am angry!

I know! I'm Confident!

This is no time for jokes, Confident!

Ok, ok. Sorry. Yes, let's be serious. Why are you upset?

My mom put a banana in my lunch and she knows I don't like bananas.

Oh I see. Maybe your mom forgot that you don't like bananas?

...maybe.

My mom puts bananas in my lunch because she wants me to eat fruit.

But you like bananas. I do not!

That's true.

See? Maybe you would be angry just like me if you didn't like them.

Maybe.

Bananas are smooshy and gross.

Do you like other kinds of fruit?

Some.

What kinds do you like?

Oranges.

Any other kind?

Angry



Depression and Bipolar
Support Alliance

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Pears.

And...

Apples.

Hey, I have an idea!

What?

What if you told your mom that you don't like bananas because they're smoochy...

Ok...

And then you can tell her about all the other fruits that you like to eat!

Do you think she would put apples in my lunch instead?

I don't know. But, you won't know until you ask.

That's true.

Fruit is nutritious. It's cool that your mom wants you to eat fruit.

You think my mom's cool?

Yeah.

She is pretty cool, I guess. Thanks, Confident.



Angry

Questions for learning:

- What would you have done if you were **Angry**?
- How did **Confident** help **Angry**?
- Can you think of a time you were angry and upset?
- **Confident** suggested to **Angry** to talk to her mom about what made her upset. Can you think of a time when you were able to talk to someone who made you angry?