The Within!



When I was little my dad sat me on his knee and asked me a question:

'Do you know what the worst thing you can lose is?'

6

'My pocket money?'

'No.'

2

'Spot the dog?'

'No. The worst thing you can lose is your temper. A bad temper is like a monster who scares people away and nobody loves. It has sharp claws and sharp teeth and snarls at anyone who comes near. It has no friends and lives in a cold, dark place with nobody to talk to and nobody to laugh with. It makes sweet things taste like bitter lemons and turns beautiful drawings into an ugly scribble.

7

3

'We all have a monster inside us but you have to keep it locked away. If you don't, it will make you very unhappy. Do you know how to keep it locked away?

8

'Take a deep breath and count to ten:

'1... 2 ... 3 ... 4 ... 5 ... hold it ... 6 ... 7 ... 8 ... 9 ... 10.

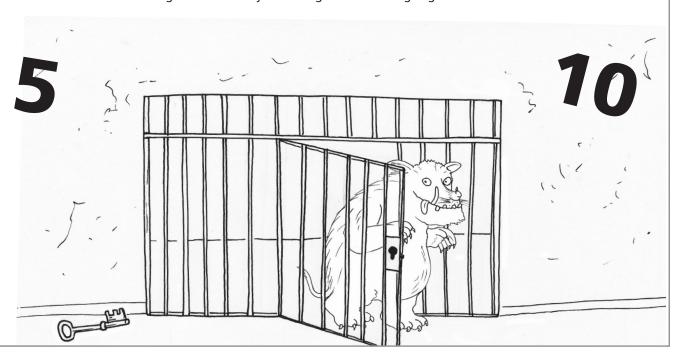
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'Now breathe out, and if you are still angry, count again. That way your monster will never be free to scare away your happiness.'

I uncrossed my arms to give him a big hug and put my head on his shoulder.

9

It was a long time before my monster got out of its cage again.



Year 3 - Text 25A. The Monster Within Reading Explorers - A Guided Skills-based Journey - Year 3