Wellbeing In The Community

JK - Grade 2

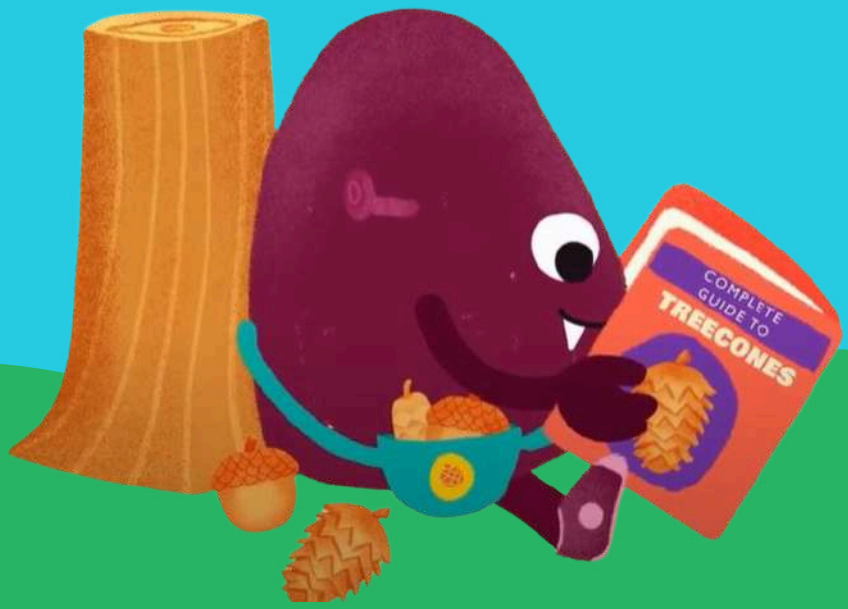
Meet our friends in Beastie Valley

Here we are in Beastie Valley.

This fine beastie is MaroonBeastie. MaroonBeastie is pretty cool and well-liked. You'd think that would be enough for any beastie, but MaroonBeastie has one thing that they're really really into and can't get enough of.

For as long as they can remember, MaroonBeastie has always been really into tree cones. I mean like, they love love love them.

Even when they were little, MaroonBeastie was fascinated by how no two tree cones looked and felt alike; they could spend hours just examining the uniqueness of each one they found.
It didn't take long to become a tree cone expert.

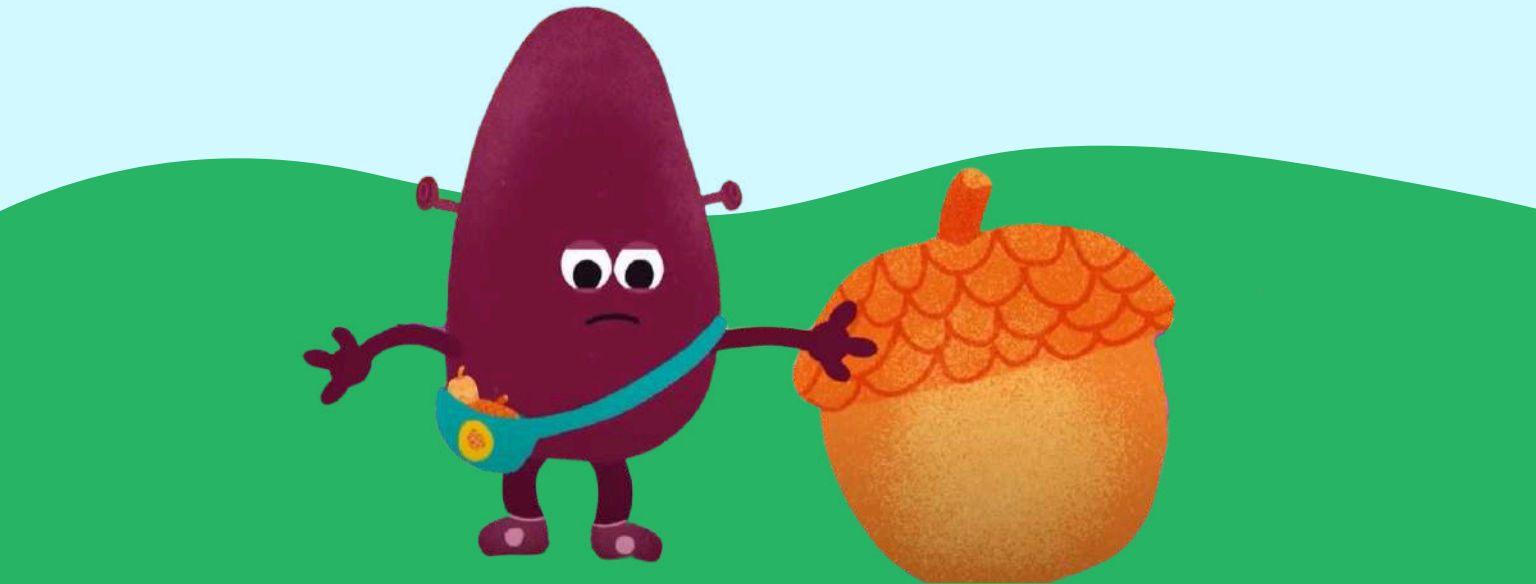


So, of course, MaroonBeastie started collecting them- and finding a new, interesting cone was so, so exciting. Whenever they came across a tree cone that was really big or really small or extra smooth or super prickly, MaroonBeastie was all over it.

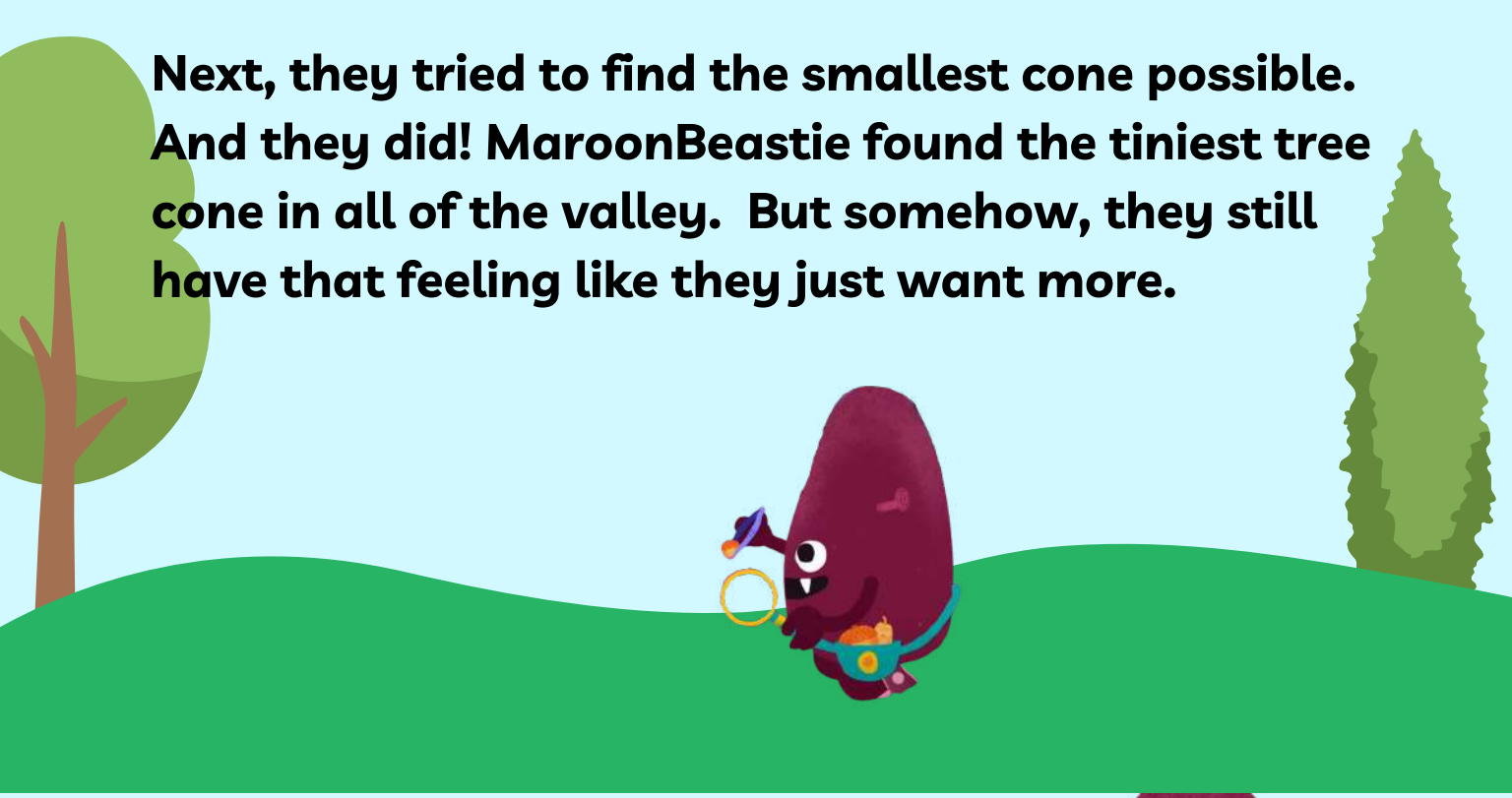
Tree cones were definitely MaroonBeastie's passion. Sometimes they would get so busy collecting tree cones, that MaroonBeastie forgets to have breakfast or lunch!

But, lately, MaroonBeastie is feeling more and more like, no matter how many cones they've collected - and they've collected a LOT of tree cones - it's somehow never enough.

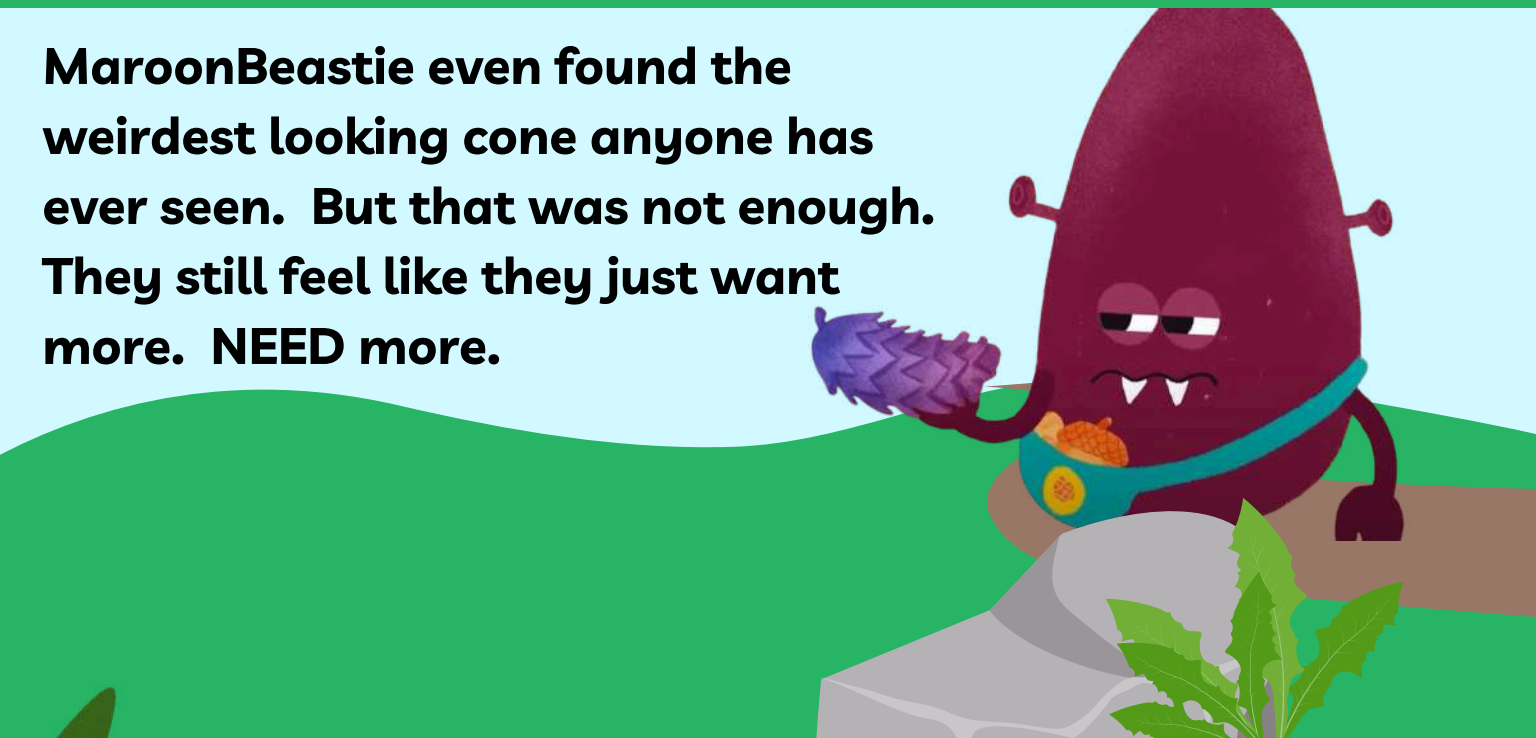
So, they tried finding the biggest tree cone in the forest - and they found it. But that didn't get rid of the feeling of wanting more.



Next, they tried to find the smallest cone possible. And they did! MaroonBeastie found the tiniest tree cone in all of the valley. But somehow, they still have that feeling like they just want more.

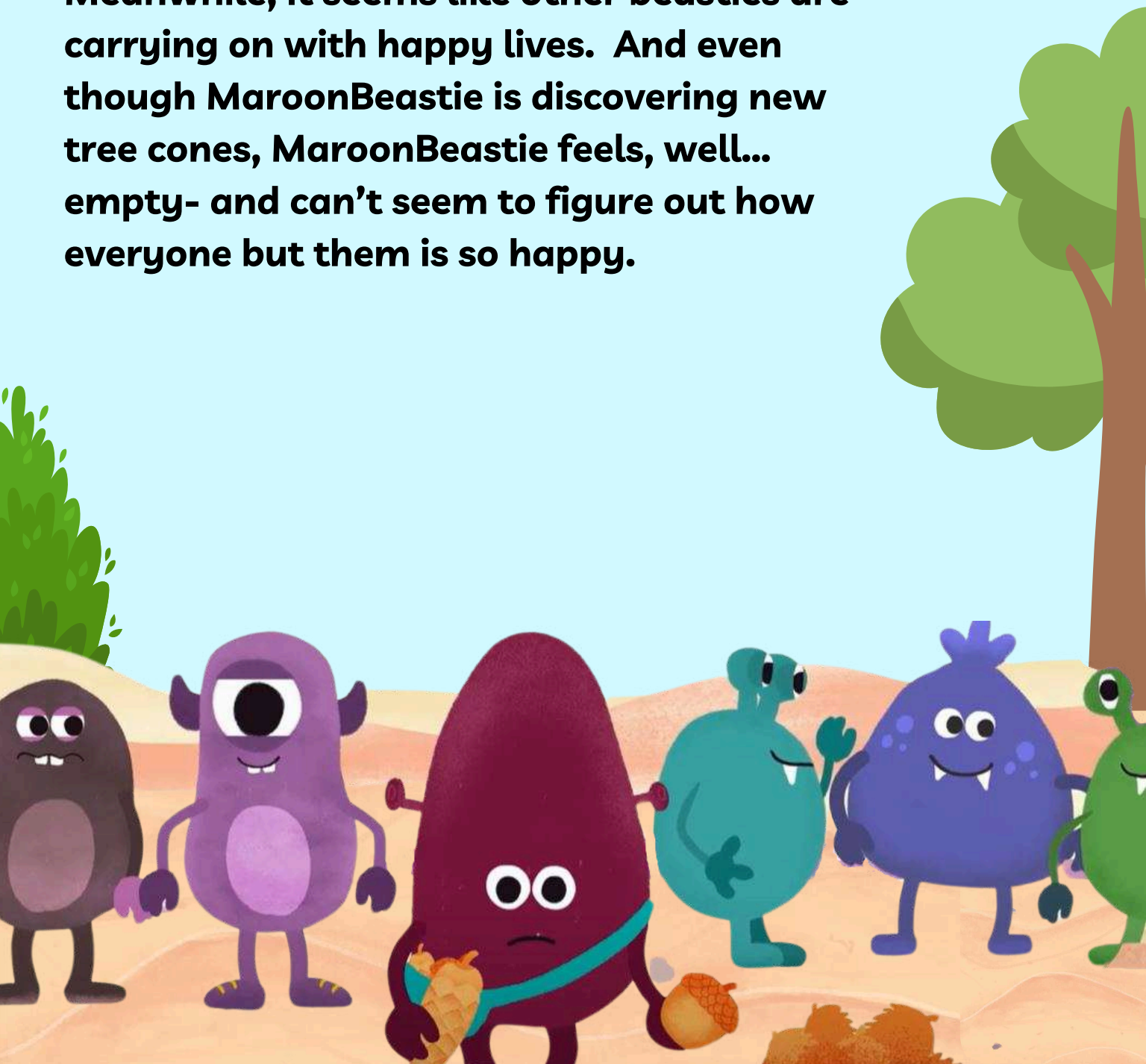


MaroonBeastie even found the weirdest looking cone anyone has ever seen. But that was not enough. They still feel like they just want more. NEED more.

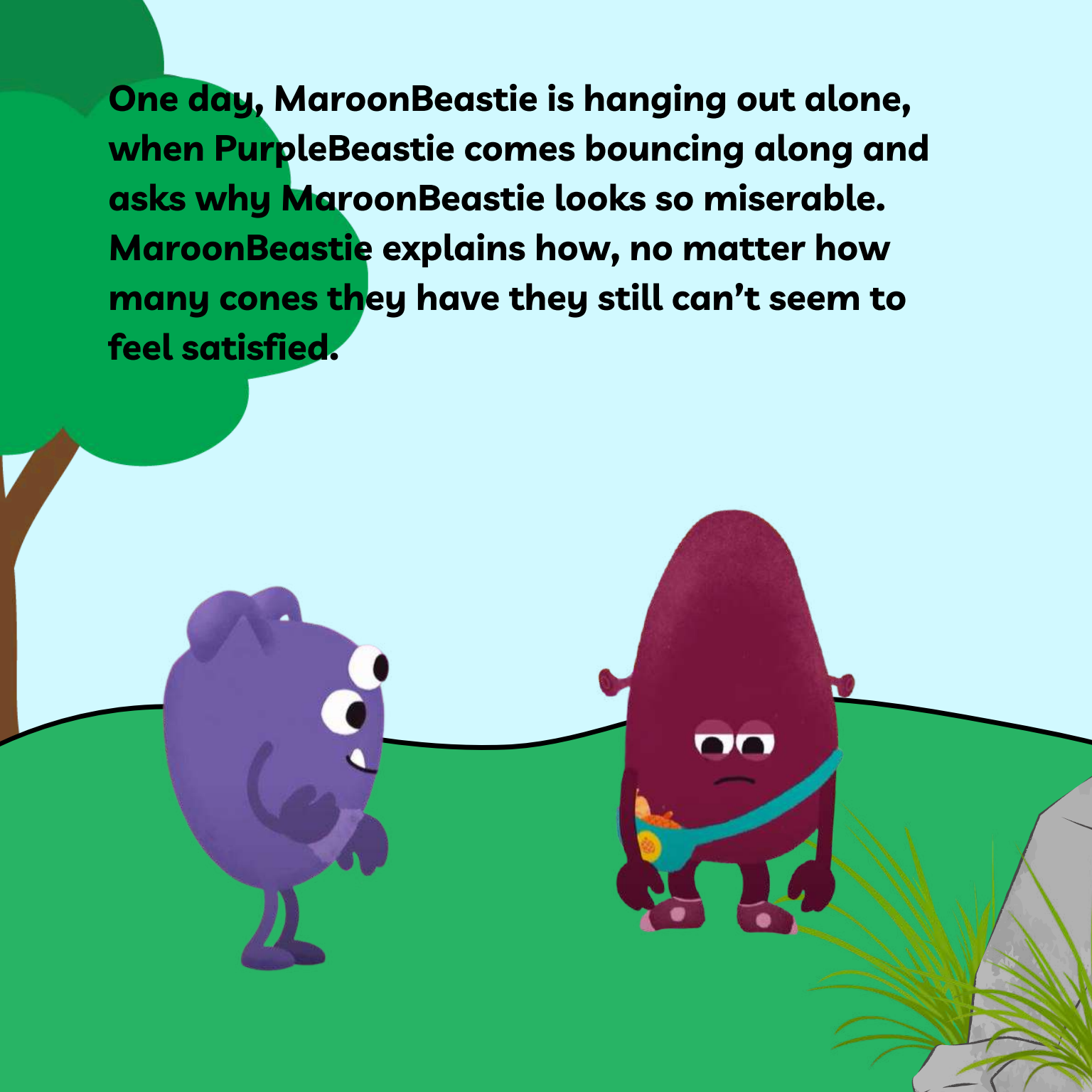


Soon, MaroonBeastie has collected so many tree cones. So many that MaroonBeastie can barely make their way through the house.
Cones are piled up all around the outside of the house too. Stacks and stacks of cones. Hundreds of them. Thousands of them, maybe even tens of thousands... no one could ever see them all, let alone appreciate how no two are alike. But still, MaroonBeastie has this longing feeling inside - like something is missing. Like they want more.

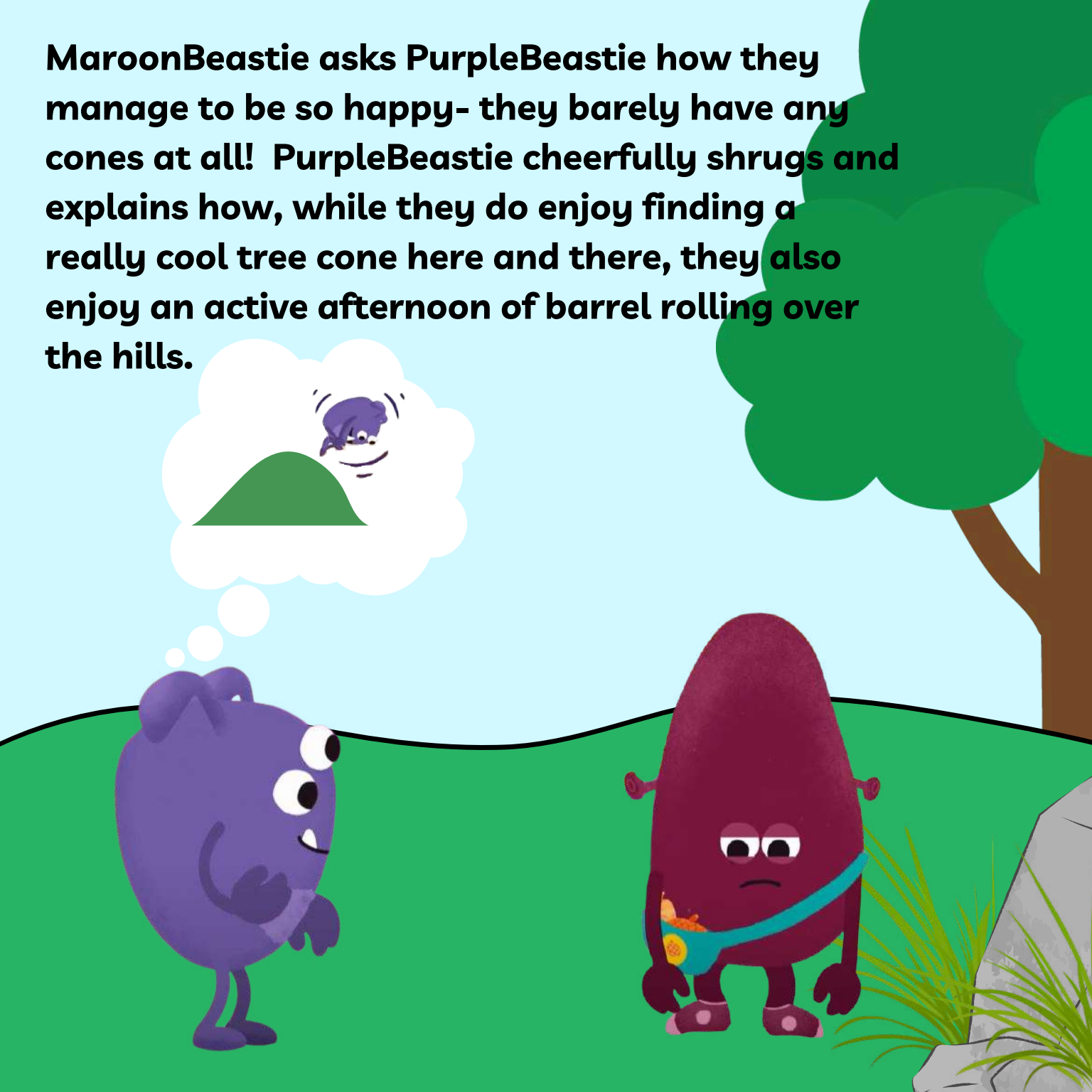
Meanwhile, it seems like other beasties are carrying on with happy lives. And even though MaroonBeastie is discovering new tree cones, MaroonBeastie feels, well... empty- and can't seem to figure out how everyone but them is so happy.



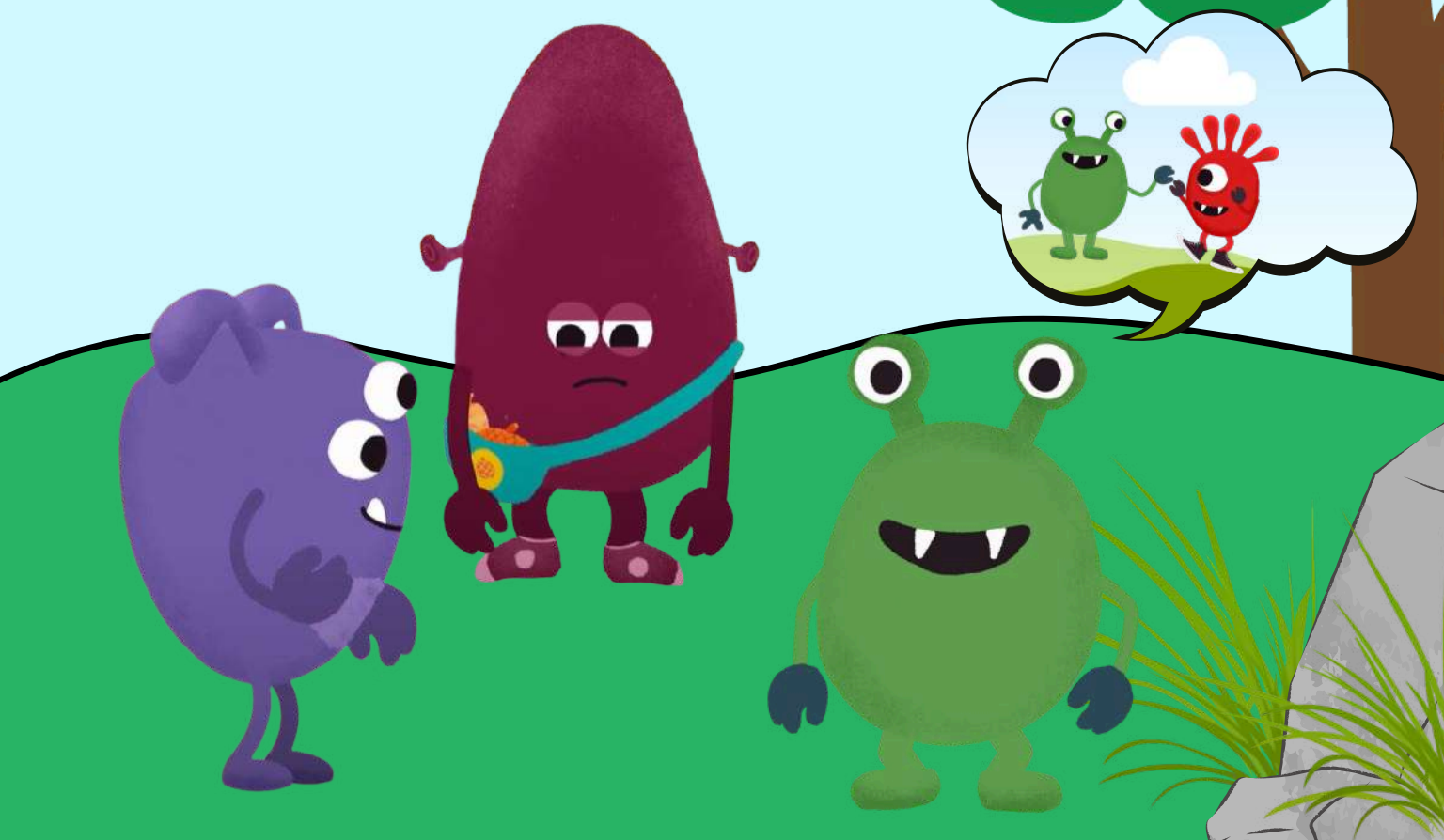
One day, MaroonBeastie is hanging out alone, when PurpleBeastie comes bouncing along and asks why MaroonBeastie looks so miserable. MaroonBeastie explains how, no matter how many cones they have they still can't seem to feel satisfied.



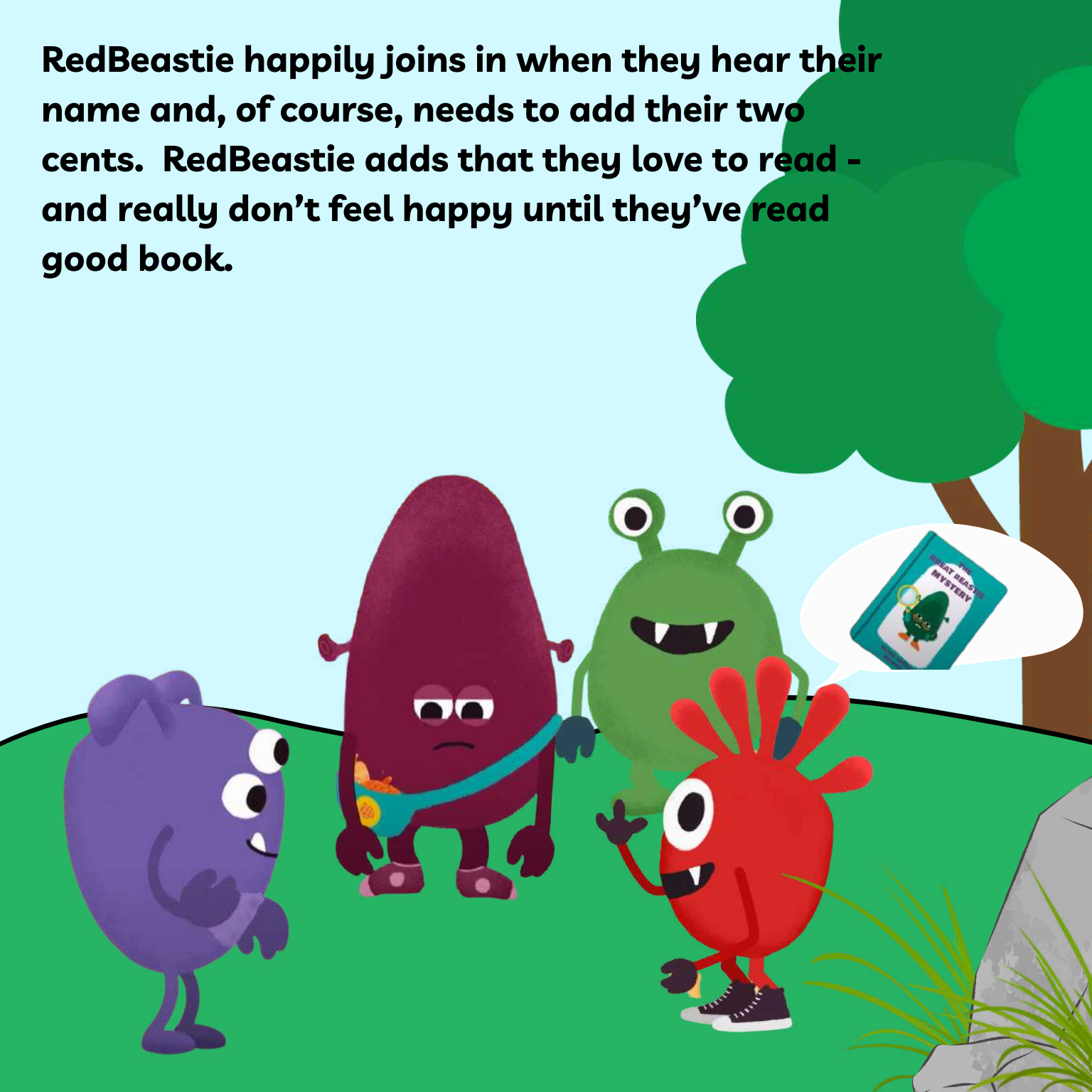
MaroonBeastie asks PurpleBeastie how they manage to be so happy- they barely have any cones at all! PurpleBeastie cheerfully shrugs and explains how, while they do enjoy finding a really cool tree cone here and there, they also enjoy an active afternoon of barrel rolling over the hills.



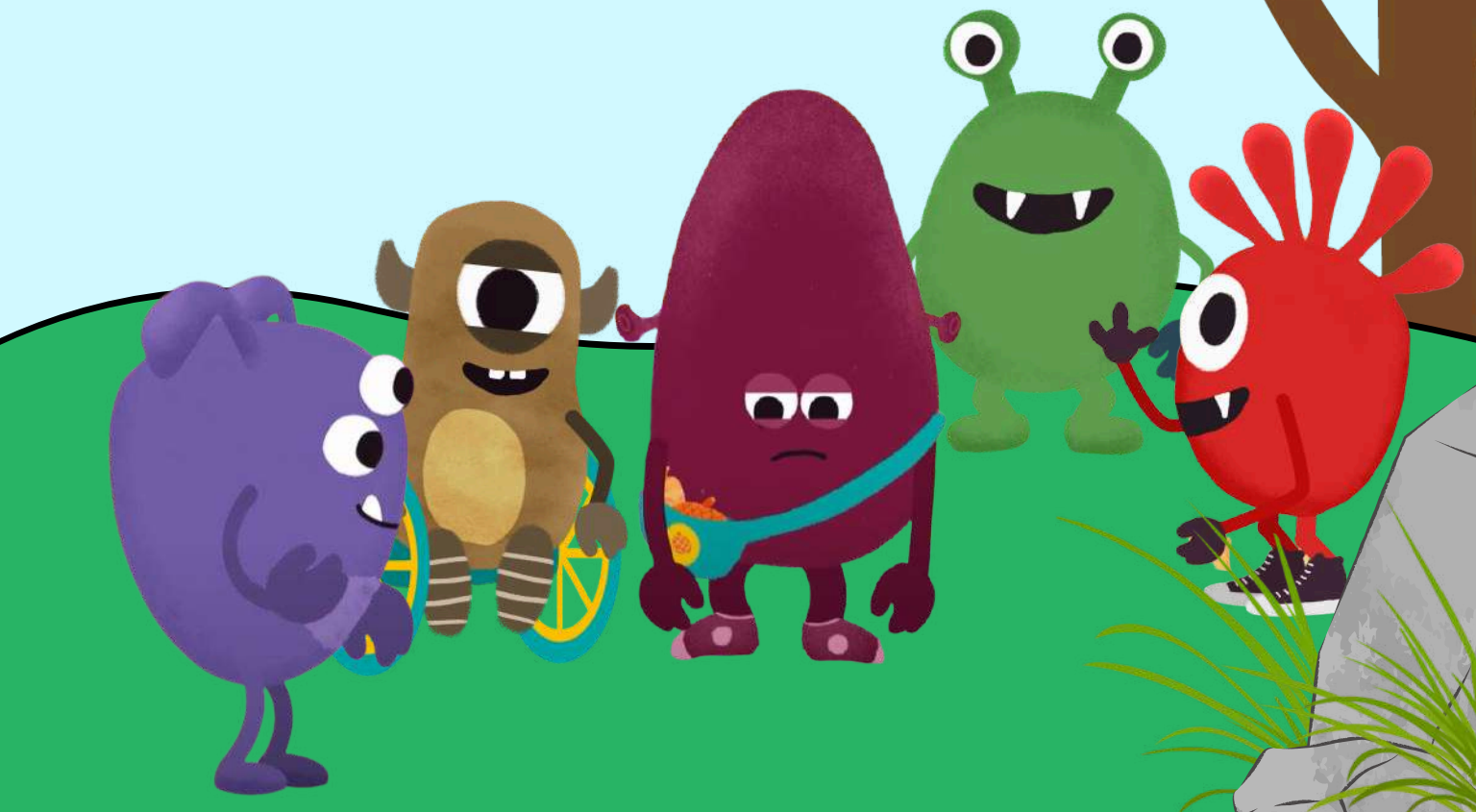
MaroonBeastie almost has a realization, but not quite. Then GreenBeastie wanders by and joins the conversation. GreenBeastie explains that, although discovering a new type of tree cone is a thrill once in a while, and rolling over hills is great too, GreenBeastie finds that the thing that really tops their list is their close friendship with RedBeastie.



RedBeastie happily joins in when they hear their name and, of course, needs to add their two cents. RedBeastie adds that they love to read - and really don't feel happy until they've read good book.



KhakiBeastie had rolled on into the crowd while RedBeastie was talking and pipes up that they have all those things too: they love to find cones, they love to race around and be physical, they have a close friend they love, and they love to read, but, KhakiBeastie's happy cup never feels quite full enough if they don't spend time with people they care about, like their cousins.



MaroonBeastie suddenly notices that SepiaBeastie has also joined the group. SepiaBeastie is one of the adult Beasties and knows a thing or two about a thing or two. So, everyone pays close attention when they speak.

“I love to sit quietly and look out over Beastie Valley, among nature, with all the smells and sounds, and meditate. I practice mindfulness. When I do, I feel blissful and happy. But you know what? No matter how long I meditate, I still won’t feel like it’s enough on its own. If all I do every day is meditate, I can get sort of bored to be honest. When that happens, I know that’s my body and mind telling me to pay attention to all the other different kinds of needs I have.”

Everyone nods their heads, but MaroonBeastie isn't quite there yet. Let me show you, says SepiaBeastie.

Here you have your tree cones - and they're lovely for sure. It's a great hobby. But see what happens when they're the only thing on your slab?

But look at this. Let's add PurpleBeastie's physical activity, barrel rolling here. And then let's add in time with friends and family, and time with a good book. And let's not forget some yummy food and, of course, a little mindful meditation. Now, let's see what happens.

Everyone looks at SepiaBeastie's perfectly balanced slab.

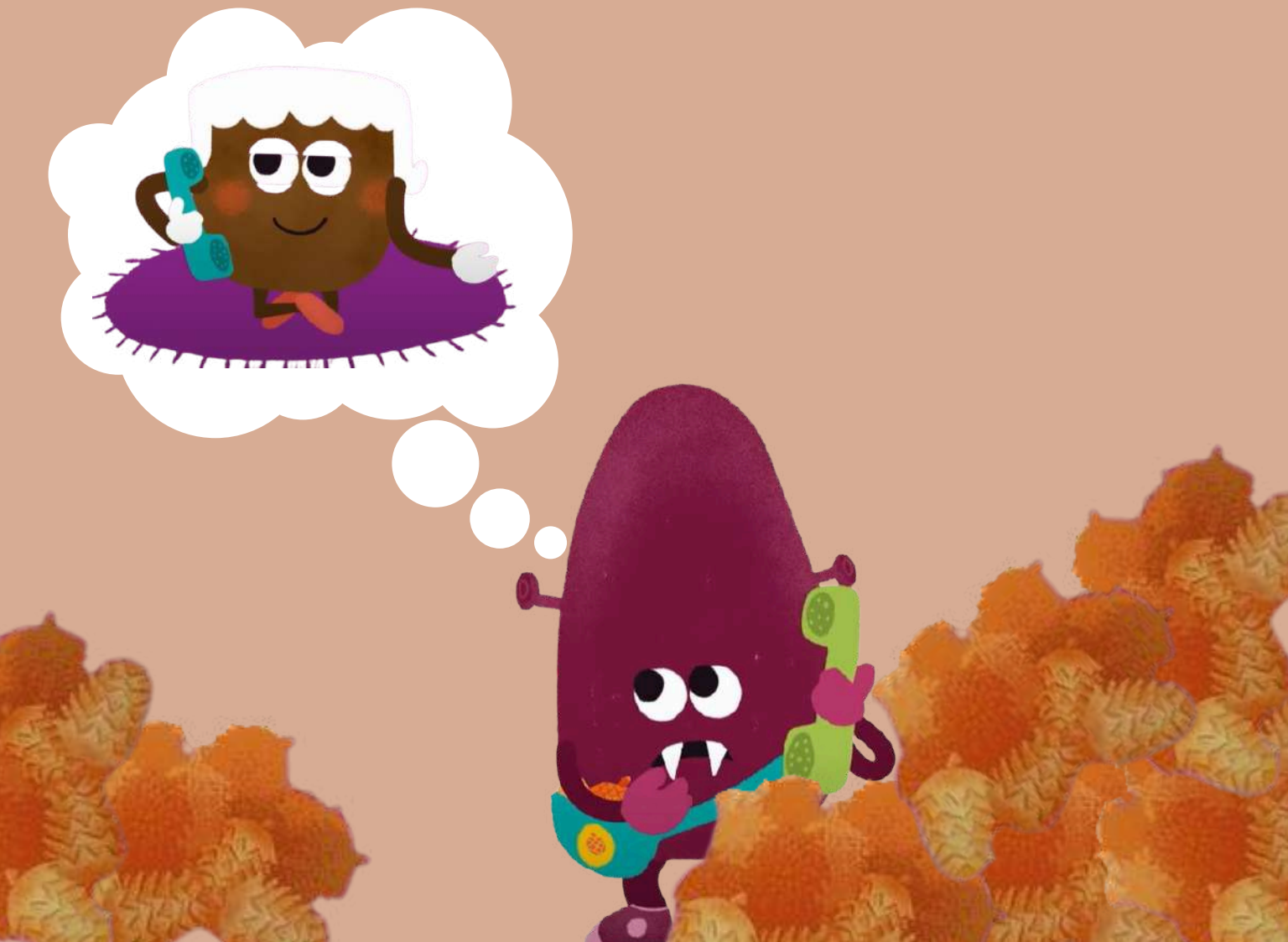
There's a fairly equal amount of good food, physical activity - like barrel rolling, brain time - like reading, time with family and friends, mindfulness time, like meditation, and, of course, exciting interest - like collecting tree cones. All the Beasties are impressed with SepiaBeastie's little demonstration and there's even a bit of applause.

SepiaBeastie modestly reminds everyone that "It's our responsibility as adult beasties to not just help you learn what you need to be healthy... we also need to make sure the needs of all young Beasties are being met. It's one of the great joys and responsibilities of being an Adult Beastie.

MaroonBeastie thinks for a moment. Then all of a sudden... EUREKA! MaroonBeastie finally has an epiphany. MaroonBeastie realizes that no one thing, even tree cones, is enough to make them totally happy.

MaroonBeastie has a new found excitement. They're trying to think of ALL the things they need to create happiness and balance.

Like, when they need help cleaning up their out of control tree cone collection. MaroonBeastie reaches out for help from one of the adult beasties, who are always happy to lend a hand.



Even after tidying up, MaroonBeastie still has an incredibly satisfying tree cone collection. Now it's just smaller, and not taking up the whole house.

Finding all these new activities and hobbies, making new friends, getting help, and having people that they care about has brought BALANCE to MaroonBeastie's life. MaroonBeastie finally feels like they can be their true self. They have new sides and colours to their life.

And, since ALL of their needs are being met, MaroonBeastie has a brand-new feeling. Something they have never quite felt before: MaroonBeastie is... HAPPY.

CREATED BY

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