



Leo's Colorful Day of Feelings

Sirisha Gorthi



Leo woke up with a giant smile, feeling like a bright yellow sun was shining right in his chest. Everything today felt sparkly and full of promise as he skipped to the kitchen for breakfast.



During art class, a splash of blue paint accidentally landed on Leo's favorite drawing. A heavy, blue cloud settled over him, and his shoulders felt a little bit droopy as he looked at the mess.



Later on the playground, a classmate grabbed Leo's favorite ball without asking. Suddenly, Leo felt a hot, red fire bubbling up inside his tummy, making his fists clench tight and his face turn warm.



Leo remembered what his teacher said and took three slow, deep breaths, counting to four each time. The red fire began to fade into a peaceful forest green, and his muscles started to relax and feel soft again.



When the sky turned grey and thunder rumbled outside the classroom, Leo felt small and shaky like a purple leaf in the wind. He hugged his knees close, wondering if the loud noises would ever stop.



His best friend Mia sat down beside him and shared her soft, fuzzy blanket. The purple fear began to melt away, replaced by a cozy pink glow of friendship and the feeling of being safe.



At the park, Leo looked up at the very top of the big, twisty slide and felt a tingle of nervous orange in his toes. He took a brave step forward, climbed the ladder, and felt a rush of wind as he zoomed down.



It was time for the school fair, and Leo's heart did a happy dance of bright gold excitement. There were balloons, music, and the sweet smell of popcorn everywhere he turned, making him want to jump for joy.



As the sun began to set, Leo sat by his window watching the colors of the sky change from orange to deep indigo. He thought about all the different feelings he had carried throughout his busy day.



Tucked snugly under his covers, Leo realized that feelings are like the weather—they come and they go, and that is okay. He closed his eyes, feeling calm and ready to see what tomorrow's colors would bring.