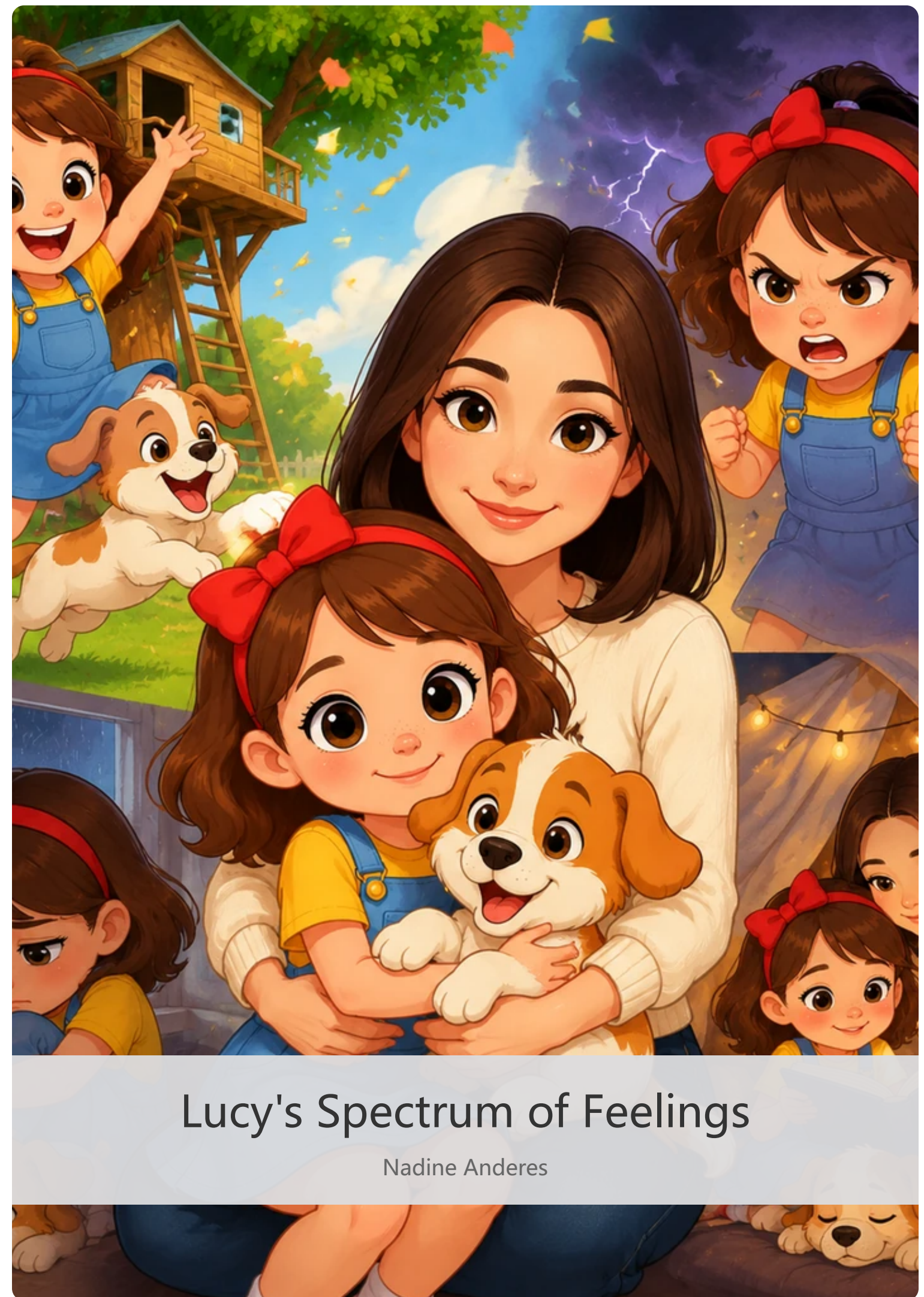




Lucy's Spectrum of Feelings

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Lucy wakes up in her sunlit bedroom with a bright smile, eager to start a brand new day full of possibilities. Sitting at the breakfast table, her heart leaps when her mother surprises her with a beautifully wrapped package tied with a shiny ribbon. Opening it to find a colorful art kit, Lucy bounces with pure joy, her bright eyes twinkling with delight.



Later in the morning, Lucy sits on the living room rug building a tall, magnificent tower out of wooden blocks. Suddenly, her puppy dashes across the room and knocks the entire structure down with a loud crash. Hot cheeks, clenched fists, and a tight chest wash over Lucy as fiery anger blazes inside her, making her want to stomp her feet.



At lunchtime, Lucy sits at the kitchen counter and looks down at her plate, where a pile of slimy, overcooked spinach sits steaming. She wrinkles her nose, sticks out her tongue, and pushes the plate away in utter disgust. The strange squishy texture and sharp smell make her tummy turn, and she shudders at the thought of taking a single bite.



During afternoon playtime in the garden, Lucy watches as her best friend receives a fancy new shiny bicycle with a sparkling bell. A cold, heavy knot forms in Lucy's stomach as jealousy creeps in, making her wish that beautiful bike belonged to her instead. She crosses her arms and looks away, feeling left out and envious of all the attention her friend is getting.



As late afternoon approaches, dark storm clouds roll across the sky, and a sudden roar of thunder shakes the house windows. The living room suddenly grows dim, casting long, eerie shadows across the walls that make Lucy's heart race with fear. She squeezes her eyes shut and hugs her teddy bear tightly, trembling at the booming sounds outside.



While trying to cheer herself up afterwards with her favorite scoop of strawberry ice cream, the sweet treat slips off the cone and lands splat on the dusty porch floor. A quiet stillness falls over Lucy as tears well up in her eyes, spilling down her cheeks in deep sadness. Her shoulders slump, and she stares softly at the melted pink puddle, feeling a heavy ache in her chest.



Seeing her tears, Lucy's father gently kneels beside her and wraps his arms around her in a warm, soothing hug. Wrapped in his comforting embrace, a glowing feeling of love fills Lucy's heart, melting away the lingering gloom. She rests her head on his shoulder, feeling deeply safe, cherished, and understood.



By evening, the storm passes, leaving behind a breathtaking rainbow framed by golden twilight. Lucy runs outside to jump in puddles with her family, filled with overwhelming happiness and peaceful satisfaction. Laughter echoes through the air as she dances under the bright sky, her spirit floating with lightness.



Before bedtime, Lucy sits on the edge of her bed, looking at her reflection in the cozy warm mirror light. She remembers the fiery anger, the slimy disgust, the sharp jealousy, the trembling fear, the quiet sadness, and the blooming love. She realizes that just like the morning sun, the thunder, and the rainbow, her feelings came and went like changing weather.



Lucy tucks herself under her soft duvet with a calm, peaceful smile, holding all her experiences gently in her heart. She knows now that every single emotion she felt today was okay, serving a purpose to protect, guide, or comfort her. All feelings belong to her, and every single one of them is good.