

The Box of Emotions

Marc was three years old and had many things in his heart.

Some days he felt happy, other days angry, other days a little sad… but he didn’t always know how to express what was happening to him.

One morning, Marc woke up with a strange feeling. He wanted to play, but nothing seemed to please him.

“I don’t know what’s wrong with me…” he said.

His mother showed him a colorful box.

“That’s the box of emotions,” she explained. “Inside is everything we feel.”

When Marc opened the box, a soft light and a sweet voice appeared:

“Hello, Marc! Today we’ll help you put a name to what you’re feeling.”

Joy

A laughing yellow ball popped out of the box.

“I’m Joy!” it said. “I appear when you play, when you laugh, and when you’re having fun.”

Marc smiled.

“I know that! I feel like that when I play with my friends!”

Sadness

Then a blue cloud with kind eyes appeared.

“I am sadness. I come when you miss someone or when something doesn’t go your way.”

Marc remembered when he broke a toy.

“Ah… that’s why I felt like crying.”

“Crying is okay,” said sadness. “It helps you feel better.”

Anger

Next, a red flame appeared.

“I am anger! I appear when something isn’t fair or when you’re tired.”

Marc thought about the day he wasn’t allowed to have a toy.

“I’ve felt like that too…”

“Anger isn’t bad,” said the flame, “but you have to express it without hurting others.”

Fear

A trembling little bunny came out of the box.

“I am fear. I protect you when something makes you feel unsafe.”

“Like when it’s dark?” Marc asked.

“Exactly,” replied the little bunny. “And with a hug, fear gets smaller.”

Love

Finally, a bright heart appeared.

“I am love. I am always here, when you love and when you feel loved.”

Marc hugged the heart tightly.

“I really like this one!”

The sweet voice said:

“Marc, all emotions are important. Feeling them is okay. Naming them helps you understand yourself better.”

From that day on, when Marc feels something in his heart, he says:

“I think I’m happy…”

“Today I’m sad…”

“Now I’m angry…”

And so, Marc learns a little more about himself every day.

Because understanding emotions is the first step to taking care of our hearts.