

An Unusual Situation

Workbook



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Like Milo, we all have been through an unusual situation that confused us. Maybe you could draw or write about something unusual, confusing, or difficult that happened in your life.



While Milo had his sister and parents to help him through the unusual situation, there are also other people in our lives who can help us through these difficult times. Use the space below to draw or write about the people in your life who can help you through hard times.



Milo felt a lot of different emotions in the book because of his unusual situation. You might have noticed some of these different emotions that Milo was having. Take a marker or colored pencil and circle some emotions that you noticed Milo experienced in the story.



Milo's Tip: if you don't understand an emotion, you can ask an adult to help explain it to you!



When we have been through something like Milo's situation, we can experience a lot of different emotions too. This is normal, and is part of what makes us human. Take a marker or colored pencil in a different color than before, and circle some emotions that you have been feeling lately.

Sad

Ashamed

Calm

Proud

Brave

Happy

Disappointed

Tense

Worried

Confused

Angry

Stressed

Scared

Excited

Trustful

Embarrassed



You might have noticed that you circled some of the same emotions as Milo, while some emotions may be different. Don't be surprised, as we can all feel similar emotions after going through similar experiences.

Use the space below to list some emotions that you share with Milo, and some emotions that you are having that Milo did not.

Emotions I share with
Milo

Emotions that are different
from Milo's



Sometimes, our feelings can change over time. When something difficult is happening, we might have certain feelings in the moment. But once some time has passed and we can think about it later on, we might feel differently about it.

Have you felt some emotions that have changed since your difficult situation started? Use the space below to draw or write about these emotions and how they have changed.



Now that we spoke about your emotions that you felt during your unusual situation, let's think about some that you liked to feel and the ones that you didn't like to feel.

All emotions are okay as they are what we feel. We shouldn't feel ashamed because of them.

Emotions I like to feel

Emotions I don't like to feel



The good news is that all emotions pass at some point, including the ones that you don't like to feel. So you can be reassured, even the worst feelings won't last forever. But maybe you noticed that sometimes you can do things that help to make them pass even faster. Maybe for you, it could be playing with your friends or your family members, or maybe when you draw you don't feel so sad or angry anymore.

Draw or write about some things you can do to make yourself not feel so bad!



Now let's try to write down all the things that help you feel better. Maybe you only remember a few for the moment, but you will always be able to add new strategies later.



Milo's Tip: Each time you feel an emotion that you don't like, you can come back here to remind you all the good strategies that works for you to help you feel better!!

Something that makes me feel better is _____

Something that makes me feel better is _____

Something that makes me feel better is _____

Something that makes me feel better is _____



Milo was happy to share how he got through his unusual situation, and now he wants to help you get through your difficult situation too!



This accompanying workbook to An Unusual Situation includes activities to help young people get through difficult situations that they may have encountered in their own lives. With included tips from Milo himself, this workbook guides readers in processing their feelings and developing strategies to better manage emotions following a disrupting event.

