

# Introduction

**Amigo the Teardrop** is a story for a caring adult and child to read together to help the child understand the nature of sadness, and how to deal with it. The story introduces Amigo, a friendly teardrop, and gives the child permission to cry when he or she is sad.

Amigo gives various examples of what makes us sad, and then shares a variety of ideas of things that can be done to help us feel better. He does not try to take away the sadness, only to help the child learn to deal with it explaining that it is a natural feeling that everyone has at sometime.

The story pages contain discussion questions the reader can ask the child as they read the story together. These questions will help a child personalize the feelings and situations that are mentioned in the book.

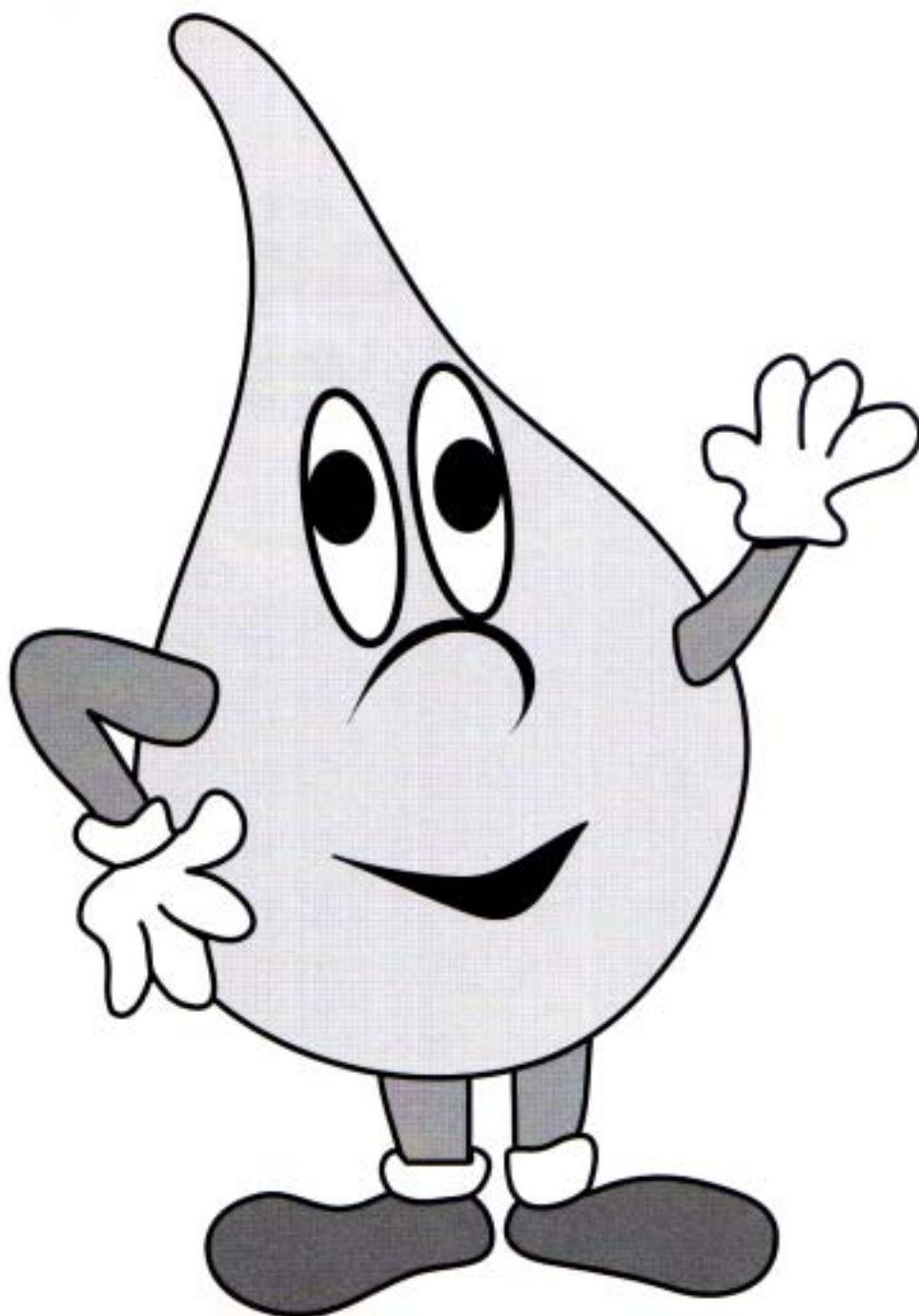
The adult could read the story through the first time without using the questions, then reread it adding the discussion suggestions. Children love to hear stories more than once, and this gives them the opportunity to experience the story before having to think about their answers.

This book also includes activity pages at the end. These can be used to extend the learning and understanding of this universal feeling, sadness, which can sometimes be terrifying to a child.

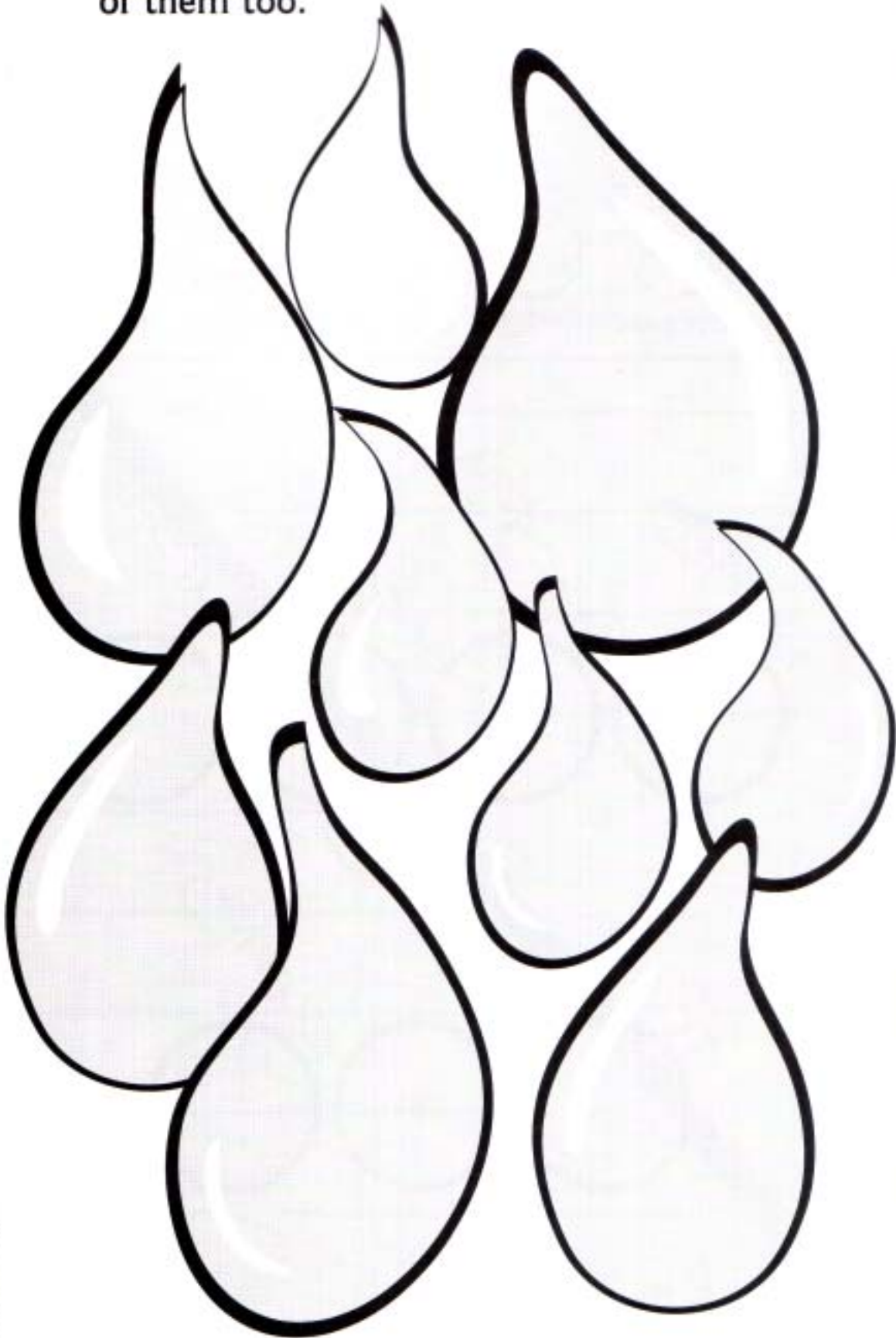
# Discussion Questions

- How can anyone else tell you are feeling sad?
- What happens to our faces and bodies when we are sad?
- What language is "Amigo?" What does "amigo" mean in English?

My name is Amigo. I am a teardrop. Someone told me you are feeling sad, and I understand how that feels.



Here are Amigo and lots of his friends. Write down on each teardrop something that makes you sad. You may want to ask a special adult to write what makes him or her sad on some of them too.



For each day of the week, draw a face that shows how you are feeling when you are getting ready for bed each night. See if you feel the same way every day or if your feelings change.

