

Eva Brlek & Julija Kukec

# I want to introduce myself

Illustrations:  
Ljiljana Kuruca



+  
guidelines  
for adults

evenio  
Priloga gradbi polje de otro

**BUILDING RESILIENCE:**

• meeting new friends • strategies for dealing with frustration



Mona's kindergarten friend, little fox Ivy, was celebrating her fifth birthday. Mona was also invited to her birthday party and was really looking forward to that day. She carefully chose a gift for Ivy, put on her favorite dress, and tied a red bow on her head.





Mom walked Mona to Ivy's birthday party.

– We're almost there, my dear. But hurry up, the party's just about to start! – with a smile on her face, Mom gently rushed Mona.

Mona's mom looked at her in surprise. She found it strange that Mona suddenly did not want to go to her friend's birthday. She had been looking forward and preparing for the celebration the whole week.

– Is there a reason why you don't want to go to the birthday party? – she asked Mona.  
– I feel afraid because some of Ivy's friends that I don't know will be at the party. – Mona whispered and added with tears in her eyes:  
– I'm shy and I'll just stand in the corner while everyone else will be playing and having fun.

Mona was slowing down more and more, and then she suddenly stopped, curled up, and didn't want to move anymore.

She looked worried and a little sad and she just whispered: – I don't want to go to this birthday, Mom.





– I understand, Mona. It’s not so easy to meet new friends, isn’t it? Sometimes you might not know what to say to them or how to introduce yourself. And sometimes you wonder what others think of you, right?

– Mom asked in a calm voice, and the little kitty just nodded.

Then her Mom reminded her of how it was when she started kindergarten. In the beginning, she didn’t know anyone from her group.

– And look at you now... You found a good friend in kindergarten, Ivy, who invited you to her birthday party – these words brought a smile to Mona’s face, but she wasn’t ready to go yet.

So Mom asked Mona if she had any ideas on how she could meet new friends. Mona shrugged her shoulders.

– What do you think about saying a quick hello to everyone first, saying: “Hi! I’m Mona”. Then you could ask someone what they’re playing with. Or you could just say: “This toy is really cool”. That way you can meet someone new yourself. But we can ask Ivy to introduce you to her friends. – Mom suggested.

At that, Mona nodded, got back on her feet, gave her mom a paw, and they headed towards Ivy’s house.







The closer they got to Ivy's house; the tighter and thighter Mona squeezed Mom's paw.

Mom paused for a moment and said to Mona: – It's okay to be a little shy, or even scared, but remember what we talked about earlier. And I have another great idea. When you're having a hard time, put your paw here on your heart. Then remember the warmth you feel when friends you love come to your house for a playdate or a birthday party. Can you remember the warmth you felt when Ivy came to your birthday party? – Mona put her paws on her heart, smiled, and nodded.

Mona still felt insecure, but she really wanted to play with Ivy, so she decided she wasn't going to give up. She put her paw on her heart once again, took a deep breath, and rang the doorbell. While waiting for Ivy to open the door, her mother whispered to her: – I believe in you. You can do it!