

Tatjana Gjurković i Tea Knežević

Little hedgehog is sad, he didn't win the game

Illustrations:
Jelena Brezovec



Basic emotions:

SADNESS

+

Advice for parents
and teachers

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Sadness caused by failure

Playing is children's "job". It has countless positive effects on child's overall development, including discovering their own skills, potential, abilities, or limitations. Play also gives a child the space to push their own boundaries and win over others and themselves. Victories are successes and affect our self-esteem, self-confidence, and sense of worth and pride, while losses or failures cause sadness, disappointment, and frustration.

You picked up this picture book because you may have already encountered a child's sadness because of failure in some challenge or game and you've noticed it more than once.

Sadness is one of the so-called basic emotions. They appear in all cultures and from early age. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

Sadness caused by failure is very often accompanied by other emotions such as frustration, anger, and shame.

However, a child who loses a game first of all feels sad because they didn't succeed in their plan. After the unpleasant feeling of sadness, a child can develop fear and aversion to participate in challenges in general, so it's very important for parents to use the moment of failure to teach their child how to deal with this unpleasant feeling. They are not and can't always be the best or the winner.

This picture book contains a therapeutic story about a hedgehog who became very sad because he didn't win a game he was playing with his friends. The story will help your child recognize and name the emotion of sadness they feel and offer them a way to work through it and not give up on new attempts.

At the end of the picture book, there are tips for adults that will help you understand your child's emotional needs and help you provide help and comfort.

Your soothing voice, attention and the closeness you establish with the child you are reading to, is a big step on the path to healthy development of your little one.

Enjoy these moments together. ♥

”

Hi! I'm a little hedgehog and I have a lot of friends in my forest.

We love being outside, on the playground, enjoy the sun and the fresh air. We often play competitive games. I'm very good at some games, but I can't win at others. Once I got really sad because I didn't win the game, and I started to cry. You probably know how bad it feels when you lose a game.

Make yourself comfy and listen to my story...





– One, two, three: it's your turn now! – you could hear little animals playing and having fun in the woods. Saturday was a great day to enjoy nature because they didn't have to go to kindergarten or school!

On a big meadow animals had enough space to play different games, and nearby, their parents were drinking berry tea and did what grown-ups usually do - they talked.

Little hedgehog, doe, boar, wolf and skunk like to play together.
Today doe suggested:

– Let’s play the letters game! I’ll be the judge and assign a different letter to each one of you. When I say ‘Go!’, everybody has to find as many items as possible whose name begins with the letter that was assigned to him. And when I say ‘Stop!’ you’ll bring me items you collected. The one who collects the most items is the winner!

– We played this game last time! – little hedgehog was frowning and looking down. He remembered the last time they played this game; he lost with the fewest items collected. It made him very sad. He even cried.

– That’s right! And it was so much fun! Let’s play again! Let’s see who’ll win today - doe was persistent.

“Well, maybe today I could win the game and show others that I can do it!”, hedgehog thought to himself.



Doe assigned letter M to wolf, letter G to boar, letter C to skunk and letter S to little hedgehog.

They couldn't wait for the sign to start the search.

– Ready, steady, go! – little doe announced the beginning of the game. Animals ran into the wood. They hurried to collect as many items as they could, that started with the assigned letter.

– You have only one minute left! – doe was shouting and soon declared the end of the search: – Stop! Now is time to show me what you have found in the wood.

Wolf presented a mushroom, a mole, and a mosquito. Boar presented grass and grasshopper. Hedgehog showed a stick, a stone and a snail. And the last one was skunk who was proud to show everyone his catch: a chestnut, a caterpillar, a crust, a camomile and a clover.

