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Wrongdoing hurts:  
**Wolf feels guilt**

Illustrations:  
Jelena Brezovec



Complex emotions:

**GUILT**

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Advice for parents  
and teachers



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## Guilt

To learn how to function in a community, or society, children explore and learn about relationships with others through socialization and play. Learning about relationships comes with experiencing various emotions, some of which are very unpleasant for the child which is why they'll need help from adults to learn to deal with those feelings.

Guilt is one of the so-called complex emotions, and some also call it a social emotion because the function of guilt is to make it easier for us to live together with others and integrate into society.

Children will most often feel guilt when they receive criticism of their behaviour from their parents or another authority figure. When parents want to direct their child's behaviour, they must clearly let them know what is okay to do and what is not. Criticism is a technique used to prevent unwanted behaviour in a child and it's necessary, but it may cause them to feel guilty and sometimes ashamed. It's extremely important for a parent to know the difference between criticizing a child's behaviour and the child as a being.

It's okay for a child to feel the emotion of guilt, but it's parents' responsibility to explain to the child why a certain behaviour is undesirable and what are the consequences of such behaviour. It is also the responsibility of parents to help their child work through their feelings of guilt and find another way to act in future situations.

This picture book tells a therapeutic story about a little wolf who hurt his friend and felt guilty. The story will help children recognize their own emotions and name them.

At the end of the picture book, there are tips for parents and adults on how to better manage their child's behaviour and how to help them cope with the emotion of guilt.

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

Enjoy these moments together. ♥

”

Hi! I'm a little wolf and I love going to kindergarten because I can play with my friends all day long.

We are very good to each other, and we love each other very much, but once something bad happened to me. I accidentally hurt my friend the mole. Luckily, she didn't have to go to the doctor, but I felt really bad. I didn't want that to happen, and I didn't know how to fix that bad feeling inside me.

Make yourself comfy and listen to my story...





Little wolf came into the kindergarten that morning and ran over to his best friend beaver.

– Hello, wolf! Look what I have! – beaver showed him some branches.

– Oooh, that’s nothing. Look what I’ve found on my way here! – little wolf showed him a big stick.

– Shall we go to the creek and make a real proper bridge with our sticks and branches? – beaver suggested in great excitement in his voice.

– Yee, let’s do that! – wolf agreed and the two of them ran to the little creek nearby.







They gathered a few larger and smaller branches, and then they carefully started to place them across the creek. They loved to play around this little creek. Once the bridge seemed strong enough, beaver suggested:

– Let's see who can run over the bridge faster!




– One, two, three, four, five! It took you five seconds! – wolf counted for the beaver and then suggested: – Now you can count for me, beaver.

– One, two three... Three! Only three seconds! – beaver shouted.

– Yee, I was faster! – little wolf was happy and proud.





While the two of them were playing, a little mole joined them, and she also wanted to cross the bridge made of branches and sticks. The mole had a bad eyesight, so she was walking across the bridge slowly and carefully.

Little wolf couldn't wait his turn, until the mole crossed the bridge, because he wanted to show everyone that he was the fastest again. He decided to run over the bridge once again even though the mole had only crossed half the way. As he ran, he stumbled upon the mole, she swung to the side and – plop – fell into the water!