

# Smoothing out the **Bumps**



*by Susan McMullan*  
*Photos by Lisa Giebink*



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**Bumps**



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The ups and downs of life can take you on some bumpy rides. Many times, you will have several types of feelings in one day. Your friends may feel differently about the same thing. Feelings are good because they help us sort out our lives.





**Ally**

Sometimes people feel happy. Ally feels happy when she listens to music. She smiles as she moves to the beat.





# Brennan

Brennan feels happy when he celebrates his birthday. Seeing colorful decorations and a room filled with friends puts a big grin on Brennan's face.





When times are not so good, people feel sad. Forgetting his library book makes Brennan feel this way. When Brennan is sad, he slumps in his chair and covers his face with his hands.





# Brennan

However, feeling sad does not last forever. Brennan knows he can return his library book the following day. Brennan writes a note to himself in his planner. This reminder makes him feel better.





**Ally**

Ally feels mad when another student gets to choose the music for morning exercises in physical education class. Ally squints her eyes and grits her teeth when she gets mad.





Ally talks to her teacher about her anger. Her teacher tells her she can choose the music the next day. When Ally cools down, her anger fades away.





**Ally**

After physical education class, some people feel tired. Ally feels tired after finishing the mile run. Her heavy breathing shows she is worn out.





Ally sits down and drinks water. Soon, she is ready to stand up again.





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### ***Dedications***

To Ally and Janna, because I have always been your greatest cheerleader.  
– S.M.

To my family, friends and the many dedicated professionals who have  
walked the bumpy trail with me. Thank you, my heart is full.  
– L.G.

*Summary – People have many emotions and helpful  
ways to handle them.*

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