



OOPS, YAY, BLAH



Alexander sure had a very bad day! During most days bad AND good things happen. Alexander didn't notice any good things in his day. Sometimes it's easy to see the good things and sometimes it isn't.

An author and mom, Deborah Kris, calls the things that happen during our days by three names:

- **Oops:** a mistake that we make and we feel bad about
- **Yay:** a thing that happens that we feel happy about, especially our successes
- **Blah:** a thing that happens to us and we feel frustrated, confused, sad, or scared

Oops or Blah?

Here is a list of ALL the Terrible, Horrible, No Good, Very Bad things that Alexander experienced. Which ones do you think were caused by a mistake that Alexander made (oops) and which ones were just bad luck or done by someone else and made him feel bad (blah)? You could put an **O for oops** or **B for blah** next to each event.

- Went to sleep with gum in his mouth and woke up with gum in his hair
- Tripped on the skateboard
- Dropped his sweater in the sink with water running
- No prize in his cereal box
- Stuck in the middle of the backseat
- Teacher didn't like his invisible castle
- Sang too loud
- Forgot sixteen when counting
- No dessert in his lunch
- Not a best friend anymore
- Only one with a cavity
- Elevator closed on his foot
- Fell into a muddy puddle
- Was called a crybaby
- Punched his brother
- Scolded for being muddy and fighting
- Had to buy white tennis shoes
- Forgot the rule and used his dad's copier
- Knocked books off his dad's desk with his elbow
- Called Australia on his dad's phone
- Lima beans for dinner
- Kissing on TV
- Bath too hot
- Soap in his eyes
- Marble went down the drain
- Railroad train pajamas
- Brother took back a pillow
- Mickey Mouse night light burned out
- Bit his tongue
- Cat slept with his brother

If you answer like Anita did, you should get 9 **Oops** moments and 21 **Blah** moments.



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Yay?

If described differently, some of the things Alexander experienced aren't so bad. Can any of them be thought of as 'yays?' Choose 3 things that you think are 'yays.'

- Had breakfast
- Got a ride to school
- Has friends
- His mom made his lunch
- The dentist took care of his teeth
- He will get his cavity filled
- Got new tennis shoes
- Saw his dad at work
- Had dinner
- Watched TV
- Took a bath
- Has pajamas to wear
- Has a pet
- Has a bed
- Mom comforted him

Daily Family Sharing

Like Deborah and her family, your family can practice self-compassion, or forgiving yourself, by talking about your **oops** moments. You can also support each other by sharing your **blah** and **yay** moments. 

1. Pick a time near the end of the day when you are all together. Suggestions:
 - a. Late afternoon after everyone is done working
 - b. During dinner
 - c. Before getting ready for bed
2. Give everyone an opportunity to talk about their...
 - a. **Oops** moments - Discuss how each person might do things differently next time.
 - b. **Yay** moments - Take time be happy for the person or say that you are proud of that person for working hard for their success.
 - c. **Blah** moments - Ask how the person felt and if they want to try to do anything about it or just let it go
3. Suggestions:
 - a. Remember to let a person finish talking before responding to what they said
 - b. Take turns going first each day
 - c. Ask questions before offering suggestions to make things better
 - d. Not everything can be "fixed" or made better



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- e. Be open to someone bringing up an oops, yay or blah during another part of the day - sometimes they just can't wait!
- f. Try to continue for a week or even a month and see if it can become part of your family's life.

Daily habits of reflection and self-acceptance build resiliency. Resiliency helps us get through hard times. 💡

To think about

- No one showed Alexander much sympathy or compassion. What might you do to help Alexander have a better day? **What might you do to help Alexander have a better day?** 💡