

A NUSSBAUM MIND STORYBOOK

Dovi's Plan That Can Change

A story about a plan that can change



For ages 3-6

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Dovi is making a tool plan. Not a plan for a hammer. Not a plan for a saw. A plan for feelings. Totty brings little blank cards. Dovi brings a crayon and one very important idea.



"I will draw three things," says Dovi. "A breath. A wiggle break. And asking you." He draws a curly line, two dancing feet, and Totty's beard. The beard takes the longest.



They practice while Dovi feels comfortable. One gentle breath. A short stretch. "Help, please," says Dovi. "Here I am," says Totty. Practice is easier when the feeling is not huge.



The next day, Dovi's train tips off its track. He worked so hard on that track. His tummy squeezes. His hands grip the train. "I am getting upset," he says. He reaches for his plan.



Dovi tries a breath. In gently. Out gently. The train is still off the track. His feeling is still there. "My plan is broken," he says. "Not broken," says Totty. "One try gave us some information."



"Would you like your stretch?" asks Totty. "No," says Dovi. "I want you beside me." Totty sits down. Dovi can change his choice. A plan is a helper, not a boss.



Totty listens while Dovi explains the terrible train trouble. The words come out fast. Then slower. "It was my best track," says Dovi. "You worked hard," says Totty. "I see why this matters."



After a little while, Dovi is ready to look. One track piece is turned sideways. Totty holds the train while Dovi turns the piece. They try it together. The train rolls again.



Dovi adds a new picture to his plan: two people sitting side by side. "Sometimes I need someone with me before I can fix the track." "A useful thing to know," says Totty.



That evening, Dovi is excited about a visit from Bubby. He uses his dancing-feet card for a short wiggle break. This time it helps him sit at the table. Same boy. Different feeling. Different tool.

Dovi puts his cards where he can find them. The plan can change. His feelings can change. He can keep learning what helps. And when he needs Totty, the beard picture reminds him what to say.

"Help, please."

Dovi's Tool Reminder

1

Make a small plan.

Draw two or three safe things to try. A grownup can help you choose.

2

Practice when comfortable.

Try a gentle breath, a stretch, or asking for help before the big feeling arrives.

3

Your plan can change.

One tool might not help today. That is information, not failure. You can choose another.

4

Include a safe person.

A grownup can listen, stay nearby, and help you try the next step.

A plan is a helper, not a boss. Keep asking, trying, and learning.