

# After the Harvest

## A Story About Saying Goodbye



Javier Rosado, PhD and Tatiana Fernandez

Illustrated by Jodi Slade



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It was a beautiful day in Immokalee.

The clouds were full and white, the rays of the sun made the leaves shine in the light, and there was even a gentle breeze. It was a perfect day for Jelly to sit on top of her favorite wildflower and watch the ants march by. Suddenly, a group of bees carrying pollen grains flew past her towards the watermelon plants.

"I wonder what's going on," thought Jelly.

Just then, one of the flying bees screamed, "Oh no! Not my glasses!" His glasses had fallen off of his face and on to Jelly's wildflower. He landed right next to her with a thud. "Who are you?" he asked nervously while trying to put his glasses on again.



"My name's Angelica, but you can call me 'Jelly'. Everybody else does! I live in a beehive nearby and my family works in the watermelon fields. Today is my first day helping them."

"You don't look very busy to me," said Gabriel.

"The truth is, I don't know what I am supposed to do here in the watermelon fields," sighed Jelly. "You know, I've never seen you at school before."

"My name is Gabriel and I start school on Monday. My family and I just arrived in Immokalee. We have never been here before. We travel to and from different fields for each year's harvest.

"Well, Gabe, if you can tell me why everyone is flying so fast and what on earth they are carrying, then I promise to show you around school. Do we have deal?" asked Jelly.

"Um, sure, but just one thing," Gabriel said shyly, "I don't like to be called 'Gabe'."

"You got it, Gabriel!" laughed Jelly.



Gabriel then bounced off of the wildflower and yelled to Jelly, "Follow me!"

The two new friends flew over the flowering shrubs and herbs surrounding the watermelon plants. They watched each flower be taken by a bee collecting pollen grains. Gabriel explained that the bees have to collect the pollen grains from the flowers and then they have to fly over the watermelon plants and drop off the grains. He calmly explained that if the grains are not dropped off in time, then the watermelons will not grow.

Gabriel looked over at Jelly and said, "My parents always say, 'without hard work, nothing grows but weeds'."

They landed on the ground and Jelly smiled and said, "That's true."





Then she launched herself into the air again and looked back at Gabriel shouting, "Catch me if you can!"

Gabriel flew after her exclaiming, "Slow down, Jelly! You're going too fast! It's not safe!"

He finally caught up with Jelly and they flew around for a while until they realized that the weekend was almost over and they had to go home to get ready for school the next day.

"I'll meet you by the front door of the school tomorrow," promised Jelly as she buzzed away.



The next morning, bright and early, Jelly flew from her beehive to the school where she found Gabriel pacing nervously in front of the entrance.

"Hi, how's it going?" asked Jelly cheerfully.

"Um...not very well," said Gabriel looking towards the ground. "Honestly, I'm kind of scared no one will like me here," he said.

"Don't be silly Gabriel," Jelly said with a smile. "Everybody here is pretty nice and my friends and I will help you feel right at home!"



Jelly then took Gabriel's hand and showed him around the school. She helped come up with some questions that Gabriel could ask his new classmates. This helped Gabriel feel more confident about making new friends...



...and by the end of the day, Gabriel had made some new friends, Cocco and Julian!



Gabriel and Jelly made plans to spend the next weekend together in the fields again. Gabriel wanted to show her how he spends his time while his parents are working.



A few months later, Jelly and Gabriel were doing one of their favorite weekend activities, sipping lemonade on a giant lily pad while trying to figure out which animals the clouds most resembled. At one point, Gabriel looked around and noticed something, "Look, Jelly," he said, "the fields are full of giant watermelons. This means that my family's work is almost done for the season. I am going to have to move away soon."

"What?!" exclaimed Jelly. "What do you mean? Nobody ran this idea by me! I do not approve. I don't want you to move!"

"I don't want to move either," said Gabriel. "I like it here. Why can't my family just stay put?" he asked angrily.



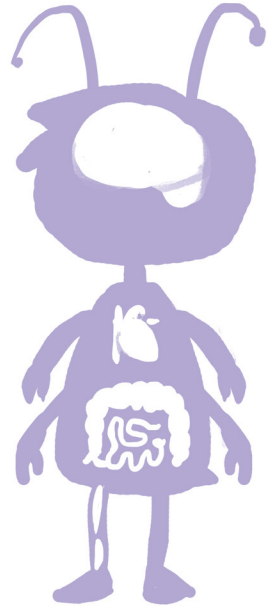


That night Gabriel tossed and turned and couldn't go to sleep. He couldn't stop thinking about the move and wondered where his family would go next after the season was over. The next morning Gabriel woke-up with a stomach ache and was very tired.

Why do you think Gabriel's stomach hurts?

1. He ate spoiled food.
2. He got hurt while playing.
3. He's worried about moving.

When we are worried about something, our bodies tell us we're anxious. Which part of your body gets a funny feeling when you feel worried?





Gabriel stayed home sick from school that day.

That afternoon, Jelly, Julian, and Cocco looked for Gabriel at his beehive when they got home from school. They were worried about their friend. Julian knocked on his door.

"Gabriel, are you o.k.?" he asked.

"Come on in, guys. I don't feel very well," said Gabriel looking away from them.

"You know Gabriel, when my mom and dad split up, I felt sick, too," said Cocco. "My head hurt," she continued, "and I just felt so tired all of the time. I didn't even want to visit the lily pads anymore. I felt sad and confused."



Julian chimed in, "I felt angry! I kicked my ball so hard it went clear across the soccer field!"

"That's the first time you managed to do that, little brother. Too bad you weren't playing in an actual game!" teased Cocco.

"I just couldn't believe my parents weren't going to live together anymore," said Julian sadly.

We all have strong feelings about different things. Sometimes we feel a lot of an emotions and other times we may only feel a little of an emotion. It all depends on the situation.

How do you think Gabriel, Jelly, Julian and Cocco feel, and how much of each feeling do they have?

## Gabriel

How do you think Gabriel feels about having to move to a new place?



## Jelly

How do you think Jelly feels knowing that Gabriel is going to leave soon and she will not be able to spend time with him anymore?



## Julian

How do you think Cocco felt when her parents split up?

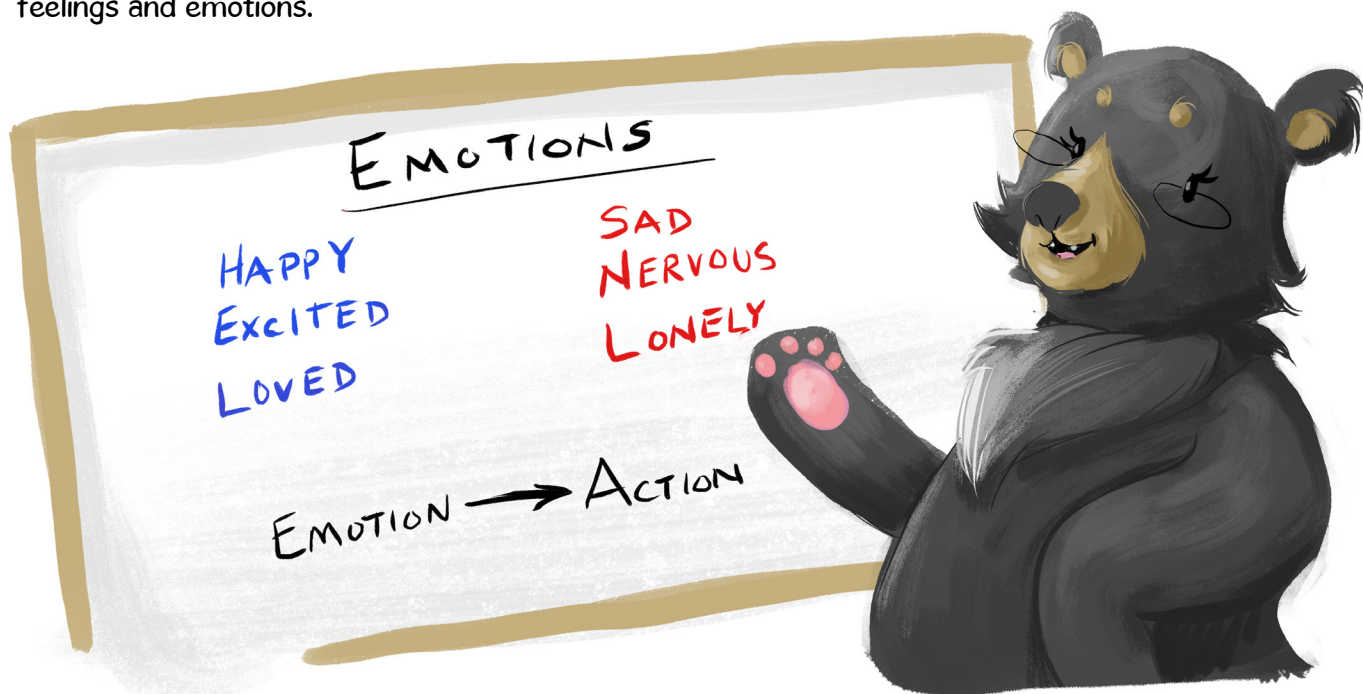


## Cocco

How do you think Julian felt when his parents split up?



The next day at school, the guidance counselor, Ms. Honey Bear came to talk to the class about feelings and emotions.



They all sat quietly and listened as Ms. Honey Bear explained that there are different kinds of emotions: there are some that make us feel good inside and there are some that make us feel uncomfortable.

She said that every time someone has an uncomfortable emotion, their job is to choose an action that will make them feel better. Ms. Honey Bear then showed the class a block – each side of the block had a different ACTION to choose from:



Ms. Honey Bear told the class that she would be back the following week to give them more ideas about what ACTIONS to choose to help them deal with uncomfortable feelings.

After school that day Gabriel, Jelly, Cocco, and Julian flew to the fields to spend the rest of the afternoon playing. Spending time outside together helped them all feel a little better – even though they were sad that Gabriel would be leaving soon.



The following week Ms. Honey Bear returned to the classroom- just like she said she would.

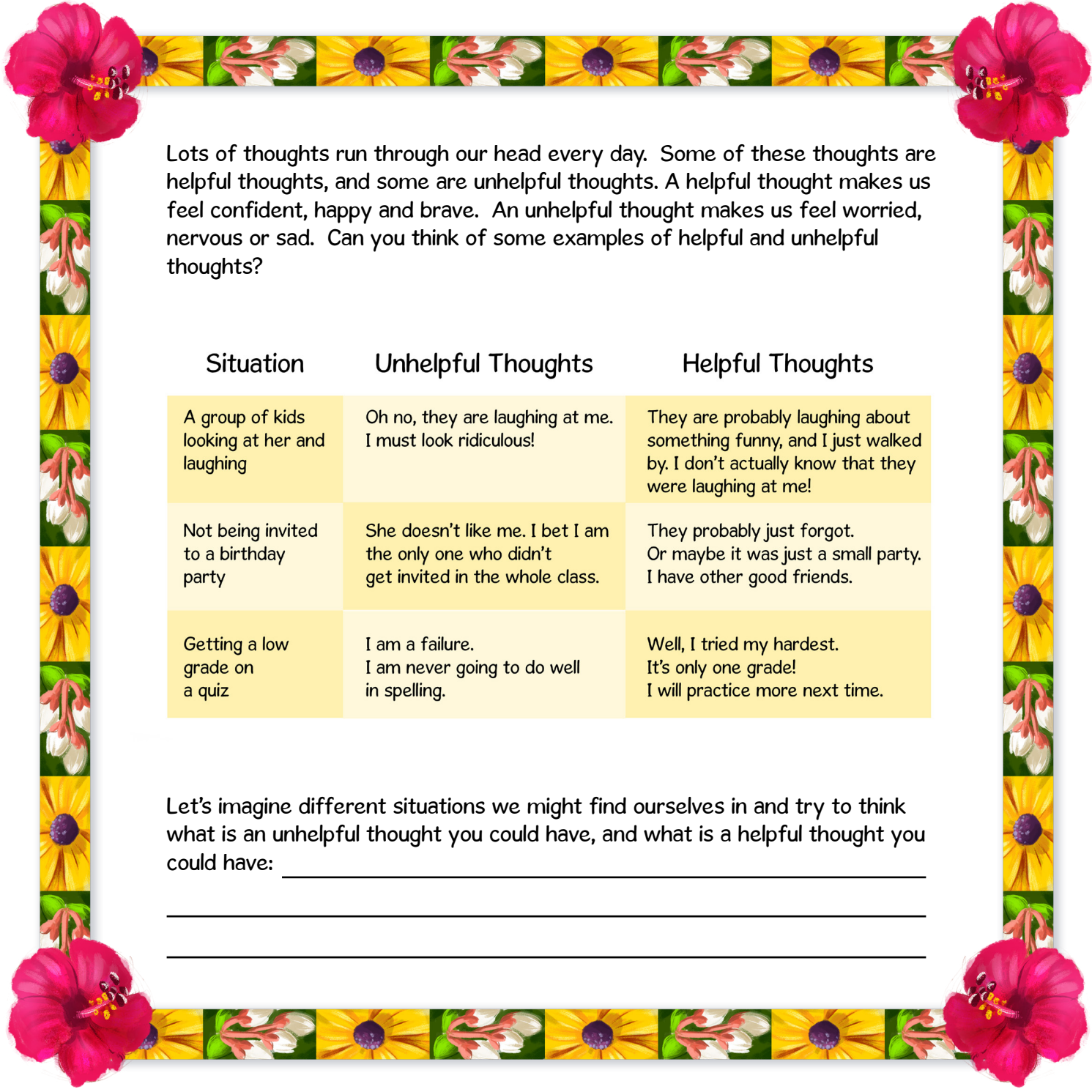
"Today we are going to talk about our thoughts! A thought is something that you are thinking in your head, but that you don't always say out loud. There are at least two different kinds of thoughts that pop into our minds – helpful thoughts and unhelpful thoughts. Helpful thoughts make us feel better and help us do positive things. Unhelpful thoughts can make us feel unsure and confused. We have to be careful not to have too many unhelpful thoughts. If we have too many of those we can start to feel very uncomfortable."

"And that is when it is time to pick an action!" said Jelly.

"Exactly, Jelly, but did you know that there is a difference between a thought and a feeling?"



An easy way to remember the difference is to remember that a thought comes from your head and a feeling comes from your heart. Imagine this...It's late at night and you are alone in your room and you hear a noise, you probably feel scared and you might think to yourself 'Is there is someone here?' The feeling is you being scared; the thought is that someone might be there."



Lots of thoughts run through our head every day. Some of these thoughts are helpful thoughts, and some are unhelpful thoughts. A helpful thought makes us feel confident, happy and brave. An unhelpful thought makes us feel worried, nervous or sad. Can you think of some examples of helpful and unhelpful thoughts?

Situation	Unhelpful Thoughts	Helpful Thoughts
A group of kids looking at her and laughing	Oh no, they are laughing at me. I must look ridiculous!	They are probably laughing about something funny, and I just walked by. I don't actually know that they were laughing at me!
Not being invited to a birthday party	She doesn't like me. I bet I am the only one who didn't get invited in the whole class.	They probably just forgot. Or maybe it was just a small party. I have other good friends.
Getting a low grade on a quiz	I am a failure. I am never going to do well in spelling.	Well, I tried my hardest. It's only one grade! I will practice more next time.

Let's imagine different situations we might find ourselves in and try to think what is an unhelpful thought you could have, and what is a helpful thought you could have:

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During lunch that day Gabriel looked at his friends and said, “You know, I am going to try to think more positively about the move. Instead of thinking that I will have a hard time making new friends at my next school, I will try to start thinking that maybe I will make more great friends like all of you!”

“I keep having unhelpful thoughts about my parents not being together anymore, but I am going to replace those thoughts with helpful ones,” said Julian.

“Instead of thinking, ‘we never get to see our dad anymore,’ we can think, ‘next time we see our dad we are going to make sure we do fun things together!’” said Cocco.

“That’s the spirit!” said Jelly.

The page is framed by a decorative border made of alternating green and red watermelon slices with black seeds. At each of the four corners, there is a whole watermelon illustration.

What about you? Have you had a situation that made you feel uncomfortable feelings or that made you have unhelpful thoughts? Gabriel's situation was that he had to move often, Jelly was sad that she would not get to see Gabriel anymore, Cocco & Julian were upset that their parents split up.

Draw a picture about your own situation:

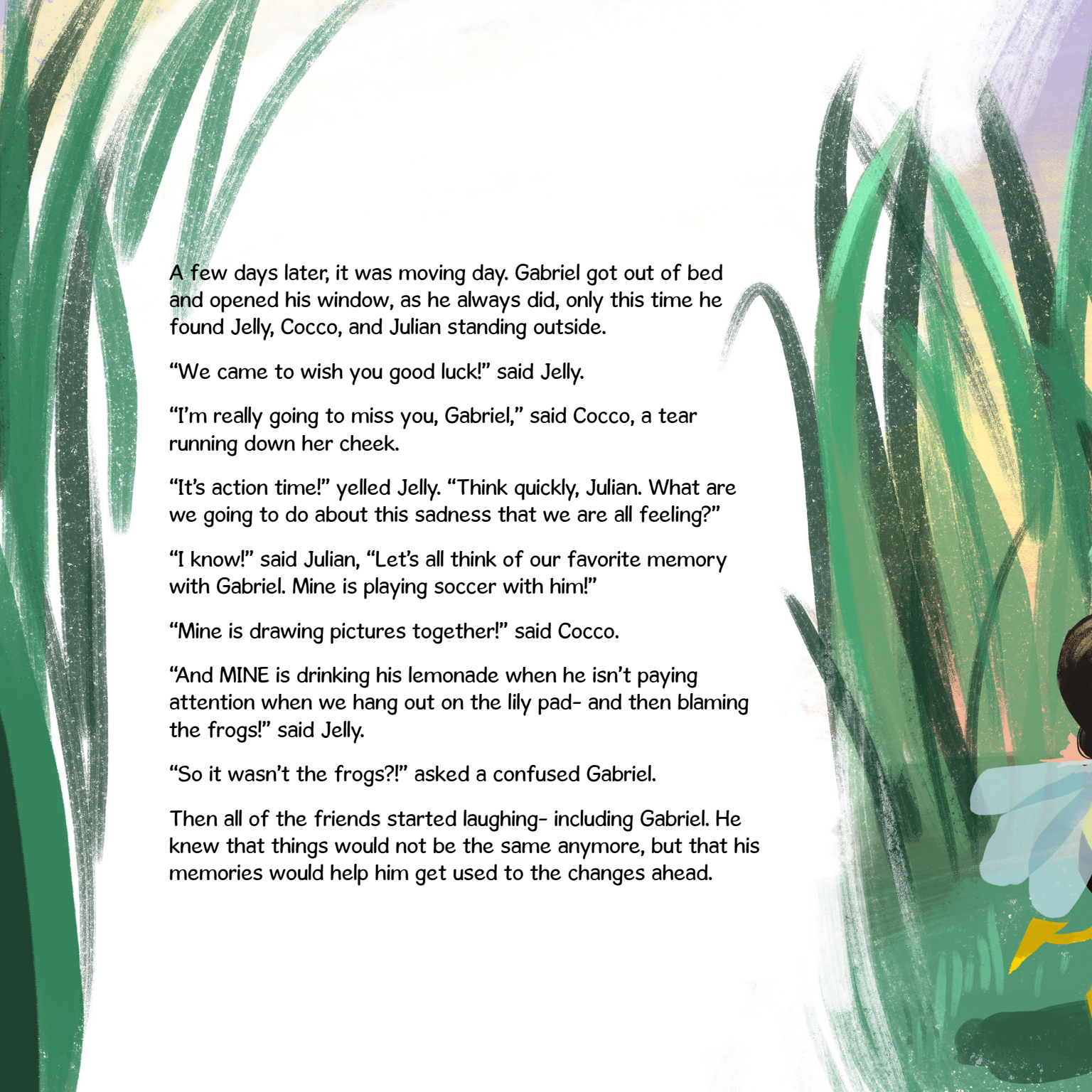
A large, empty rectangular box with a black border, intended for a child to draw a picture about their own situation.

Did you have any unhelpful thoughts? \_\_\_\_\_

\_\_\_\_\_

What is a more helpful thought that you can have instead? \_\_\_\_\_

\_\_\_\_\_

A stylized illustration of tall green grass with long, thin blades. On the right side, there is a blue flower with yellow centers. The background is a mix of green and yellow, suggesting a sunny day.

A few days later, it was moving day. Gabriel got out of bed and opened his window, as he always did, only this time he found Jelly, Cocco, and Julian standing outside.

"We came to wish you good luck!" said Jelly.

"I'm really going to miss you, Gabriel," said Cocco, a tear running down her cheek.

"It's action time!" yelled Jelly. "Think quickly, Julian. What are we going to do about this sadness that we are all feeling?"

"I know!" said Julian, "Let's all think of our favorite memory with Gabriel. Mine is playing soccer with him!"

"Mine is drawing pictures together!" said Cocco.

"And MINE is drinking his lemonade when he isn't paying attention when we hang out on the lily pad- and then blaming the frogs!" said Jelly.

"So it wasn't the frogs?!" asked a confused Gabriel.

Then all of the friends started laughing- including Gabriel. He knew that things would not be the same anymore, but that his memories would help him get used to the changes ahead.



