

# “Zoe’s Day with Dad”

The summer was coming to a close and school was about to start. Zoe had been home from summer camp for a few weeks now and was feeling very sad. She missed spending time with the friends she made while she was away and was disappointed that she would not see them again for a long time. Zoe spent most of her time at home thinking about how sad she felt. It was hard for her to think of anything else.

Every year at the end of summer, before the school year started, Zoe and her dad would go to the water park to ride the slides and swim in the pool. They always had so much fun and Zoe looked forward to it every year. This year was different. Zoe felt so sad, she barely remembered the yearly water park trip!

“Zoe,” her dad said. “Are you excited to go to the water park? I’ve been looking forward to going with you all summer!”

Zoe looked at her dad with sad eyes. “I’m sorry, Dad,” she said. “I’m just not feeling excited this year.”

Zoe’s dad looked at her and wondered how she was doing. “Zoe,” he said. “Is everything okay? You seem sad.”

Zoe did feel sad. Zoe had been feeling sad for a long time. Zoe knew she was having a hard time feeling better on her own, so she decided to talk to her dad about how she felt.

“Dad, you’re right, I do feel sad.” Zoe said. “I miss my friends from summer camp. I had so much fun with them and I don’t know when I’ll get to see them again!”

“Oh Zoe,” her dad said as he sat down next to her. “I’m so sorry you’re going through that. It’s hard to not get to see your friends, especially when you don’t know when you’ll see them again. You know, it’s okay to feel sad about that. The good news is, school is starting soon, and you’ll get to spend a lot of time with your friends from school that you like. You’ll have lots of fun with them and start to make new memories.”

Zoe thought about what her dad said. She still felt a little sad, but she felt a lot better than she did before talking to him. She was even excited to see her school friends and tell them about her summer. Talking to her dad helped Zoe deal with her big, sad feelings.

“Thanks dad,” Zoe said. “I actually feel a lot better after talking about it. I think I’m excited to go to the water park now!”

Zoe’s dad smiled. They got themselves ready to go to the water park and had a fun time. Soon after, Zoe started school and was happy to see her friends.

