

Ellie and Her Emotional Dragons

Ellie's First Day of School



Joseph Goodrich

Illustrated by Traci Van Wagoner

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Ellie has four tiny dragons that magically
appear when she is

HAPPY,
SAD,
SCARED,

or

MAD.



Naz



Naz is a green dragon that helps Ellie when she is nervous or scared.

Nali



Nali is a blue dragon that comforts Ellie when she is sad.

Tully



Tully is a red dragon that calms Ellie when she is feeling mad.

Hani



And Hani is an orange dragon that loves to laugh and dance when Ellie is happy.

Ellie awoke early on the first day of school because she was excited to try on her new dress.



She also could not wait to show everyone her new backpack which had a special pocket that Hani, Nali, Naz, and Tully could hide in while she was in school.





After Ellie got dressed, she ate breakfast, grabbed her coat, and walked to the bus stop in front of her house. Ellie's mommy and daddy gave her a hug and said goodbye.

"Have a good day at school,"
Mommy said.

"We will be here waiting when
you get back this afternoon,"
Daddy said.





Ellie's mommy and daddy waited by the front door of their house for Ellie to get on the bus. Ellie was nervous about riding a new bus and meeting the other kids. She pulled her coat up over her head.

Just then, Naz appeared from her backpack.

"Ellie, why are you so nervous?" Naz asked.

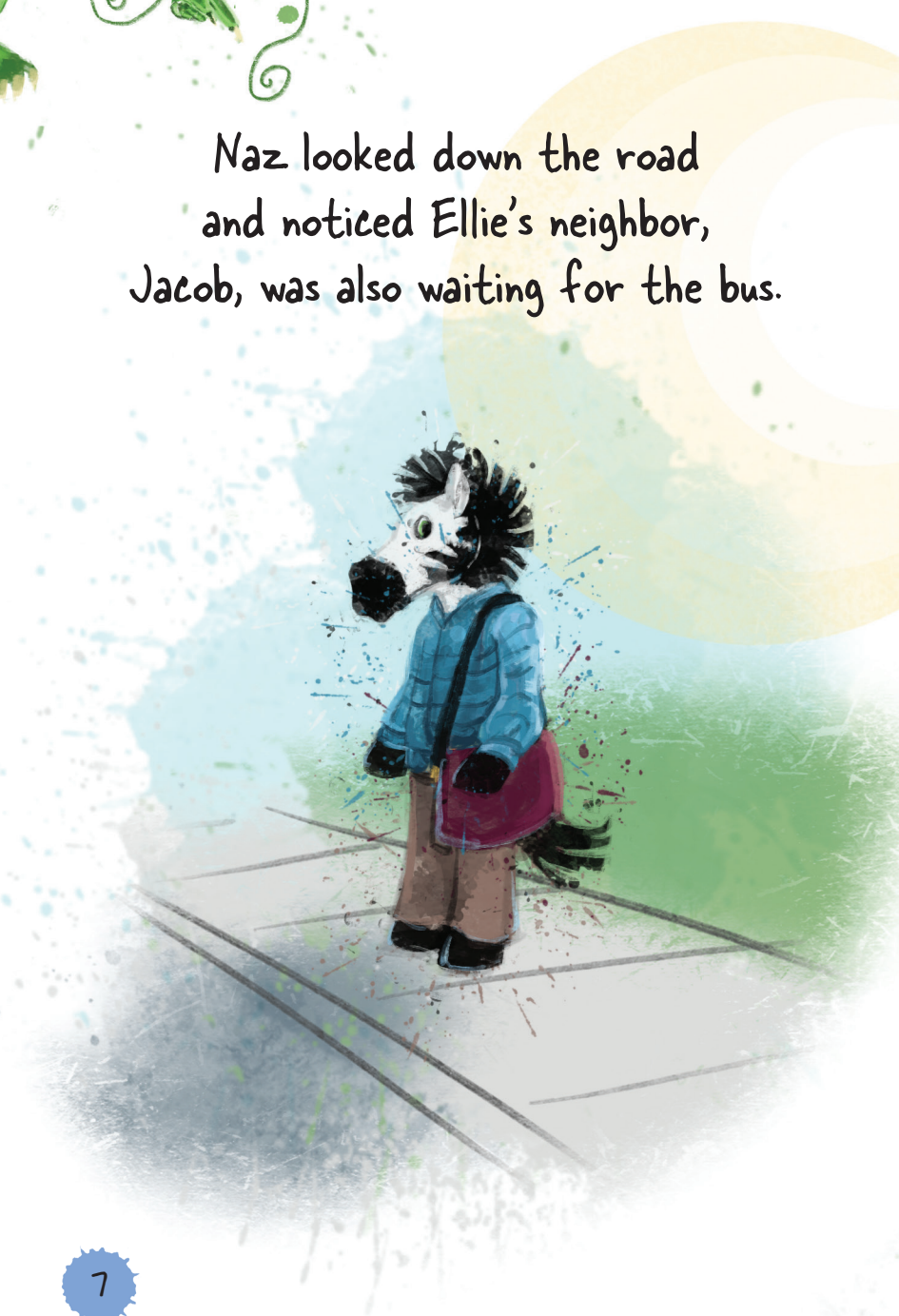
"I never rode the bus before, and I don't know any of the other kids," Ellie whimpered.



Naz looked down the road
and noticed Ellie's neighbor,
Jacob, was also waiting for the bus.

"Ellie, it's okay to be
nervous on the first day of
school. Riding a new bus and
meeting new friends can be
scary. But look—Jacob is
also waiting for the bus!

Maybe he can come and wait
with us!"





Ellie waved Jacob over, and he walked down to join her. Naz was proud of Ellie for not being nervous anymore, so he gave her a tiny dragon hug and disappeared into her backpack.

The bus stopped and picked up Ellie and Jacob, and they rode to school. They got off the bus and walked in together. As they did, Jacob noticed that Ellie looked sad.

"Ellie, why are you sad?" Jacob asked.

"I miss my mommy and daddy," Ellie answered.

"This is the first time I have been away from them. I wish they were here with me."





"I'm sorry you are sad, Ellie.
Let's find your new desk in your classroom and you will feel better,"
Jacob said.

Jacob helped Ellie find her new classroom and walked her to her new desk.
Then he went to his classroom across the hall.

Ellie was the first one there, so she sat at her desk alone.
She put her hands over her eyes and began to cry.

Just then, Nali appeared from Ellie's backpack.

"Why are you so sad, Ellie?" Nali asked.

"I miss my mommy and daddy."





"Ellie, it's okay to feel sad on your first day of school. Everyone feels a little sad when they have to spend time away from home," Nali said.

"You like drawing pictures when you are sad, so why don't we draw a picture to give to your mommy and daddy when you get home?" Nali said.

Ellie pulled her hands away from her face and wiped her eyes.
She took a piece of paper and crayons out from inside her new desk
and began to draw a picture of her playing soccer at recess with Jacob.
Ellie loves soccer.



"I can't wait to give this to my mommy and daddy when I get home!"



Ellie said. Nali was proud of Ellie for not being sad anymore, so she gave her a tiny dragon hug and disappeared into Ellie's backpack.

A few minutes later, the remaining kids found Ellie's classroom.



The last boy to enter was a boy named Curtis. As he went to sit at the desk next to Ellie, Billy put his foot out in front of Curtis and tripped him in front of the whole class.

"Look everyone, Curtis fell because he can't walk normal and wears glasses." Billy laughed.



On the ground, Curtis started to cry.
Ellie became very angry, and she stood up to Billy. "That was not nice!
Now tell Curtis you are sorry and help him up!" Ellie yelled.
Billy refused to help Curtis and ran out of the classroom to tell his
other friends about what he had done.

Ellie helped Curtis up, grabbed her backpack, and ran after Billy. As she reached the hallway, Tully appeared out of her backpack.

"Ellie, why are you so mad?"

"Billy tripped Curtis and made fun of him for having glasses," Ellie said.

"I want to catch him and make him apologize to Curtis right now!"





"It's okay to feel mad at Billy for bullying Curtis, but it is best if we calm down and make sure Curtis is okay. Then we can tell your teacher, Ms. Hopewell, what happened," Tully explained.

"Let's take three deep breaths as we walk back to your classroom."

"In... Two... Three... Four... Out... Two... Three... Four..."

"In... Two... Three... Four... Out... Two... Three... Four..."

"In... Two... Three... Four... Out... Two... Three... Four..."

Ellie stopped before her classroom.

"There now, don't you feel better?" Tully asked.



"I do feel better," Ellie replied calmly.



"I am going to check on Curtis and tell Ms. Hopewell what happened."


Tully was proud of Ellie for not being mad anymore, so he gave her a tiny dragon hug and disappeared into her backpack.

Ellie walked over to Curtis to make sure he was okay.

"Are you okay, Curtis?" Ellie asked.

"Yes, Ellie. Thank you for helping me and for telling Billy what he did was wrong," Curtis said.



A giraffe with a pink floral shirt sits on a wooden desk, talking to two children. On the desk is a green mug with a giraffe on it. The children, a boy with spiky blonde hair and glasses, and a purple elephant-like creature with a colorful backpack, listen attentively. The background is a light-colored wall with some paint splatters.

"You're welcome, Curtis.
No one should be bullied like that.
Let's go tell Ms. Hopewell what happened."

Ellie and Curtis told their teacher Ms. Hopewell
about Billy tripping and making fun of Curtis.

"Thank you for telling me this,"
Ms. Hopewell said.
"I will be sure to speak to Billy and his parents
about his bullying."



The rest of the day was fun for Ellie. She had lunch with her new friend, Curtis, and they played soccer at recess with Jacob just like in her picture. Before she knew it, the final bell rang, ending the school day. As Ellie packed her bag, Curtis stopped by her desk to say goodbye.





"Ellie, you are a great person, and I was wondering if you would like to be my new friend?" Curtis asked.

"Yes! I would love to be your new friend!"

Ellie said excitedly.

"Great, see you tomorrow!"

Curtis left and Ellie was all alone in her classroom. She thought about her day and how she had been nervous about riding the bus, sad about missing her mommy and daddy, and angry at Billy for bullying Curtis. Ellie was finally HAPPY to have a new friend!



Just then, Hani appeared from her backpack.

"Why are you so happy, Ellie?" Hani asked.

"I made a new friend named Curtis today!
We ate lunch together and played soccer with Jacob during recess!"



"Well then this calls for Hani's Happy Dance!" Hani said, and he flew around Ellie's classroom while she danced her way to the door. Hani was proud of Ellie for being happy, so he gave her a tiny dragon hug and disappeared into Ellie's backpack.





Ellie walked to the bus and sat next to Jacob.

She told him about her exciting day at school.





When she got home, her mommy and daddy were waiting outside
of her house like they promised.
She ran up to them both and they shared a big family hug.



Ellie ran up to her room and jumped on her bed.

She opened her backpack to start her homework,
and Naz, Nali, Tully, and Hani flew out and snuggled
up to her.

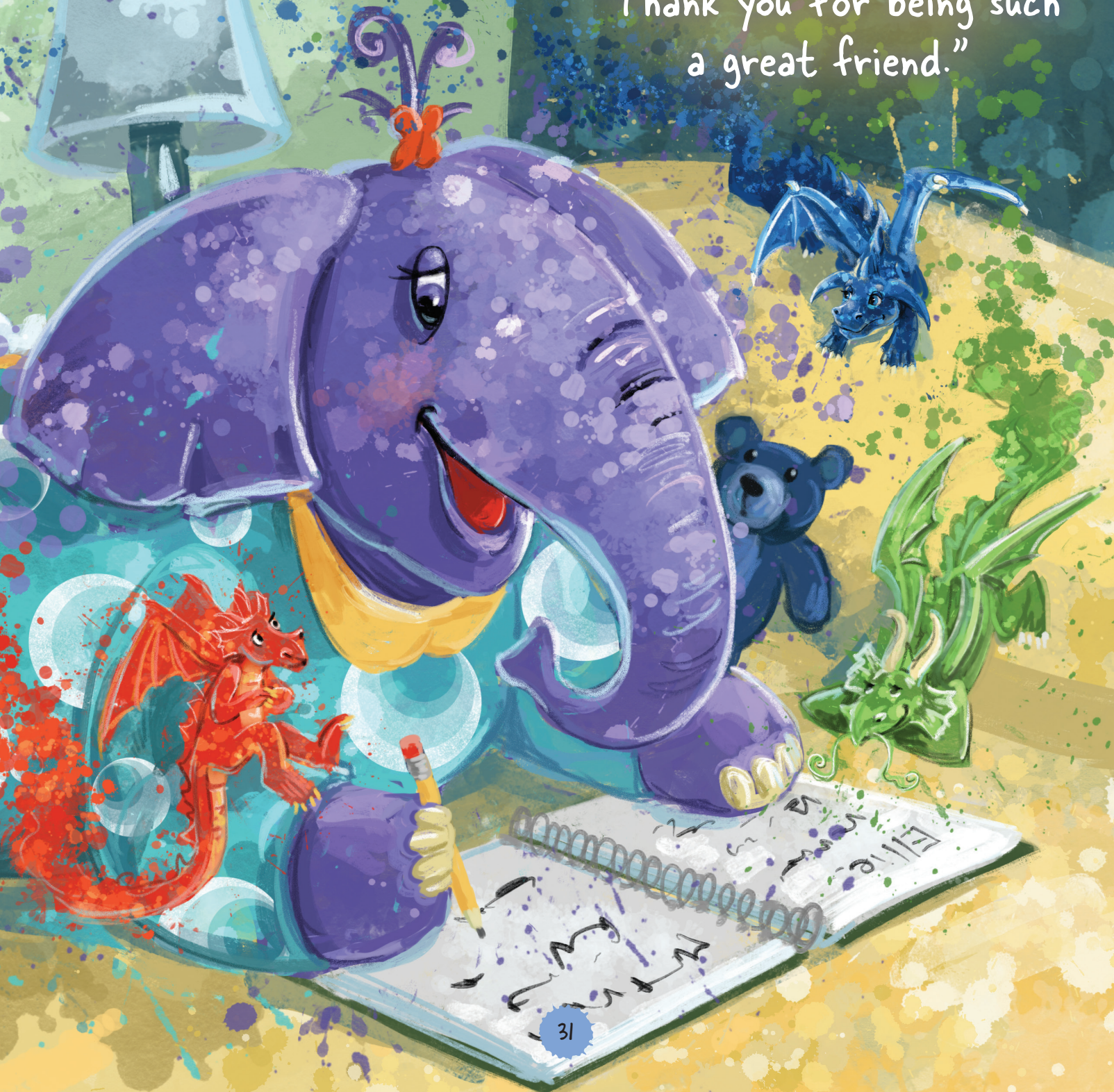
“Thank you, Naz,
for helping me not be scared.”

“Thank you, Nali,
for helping me not be sad.”

“Thank you, Tully,
for helping me not be mad.”

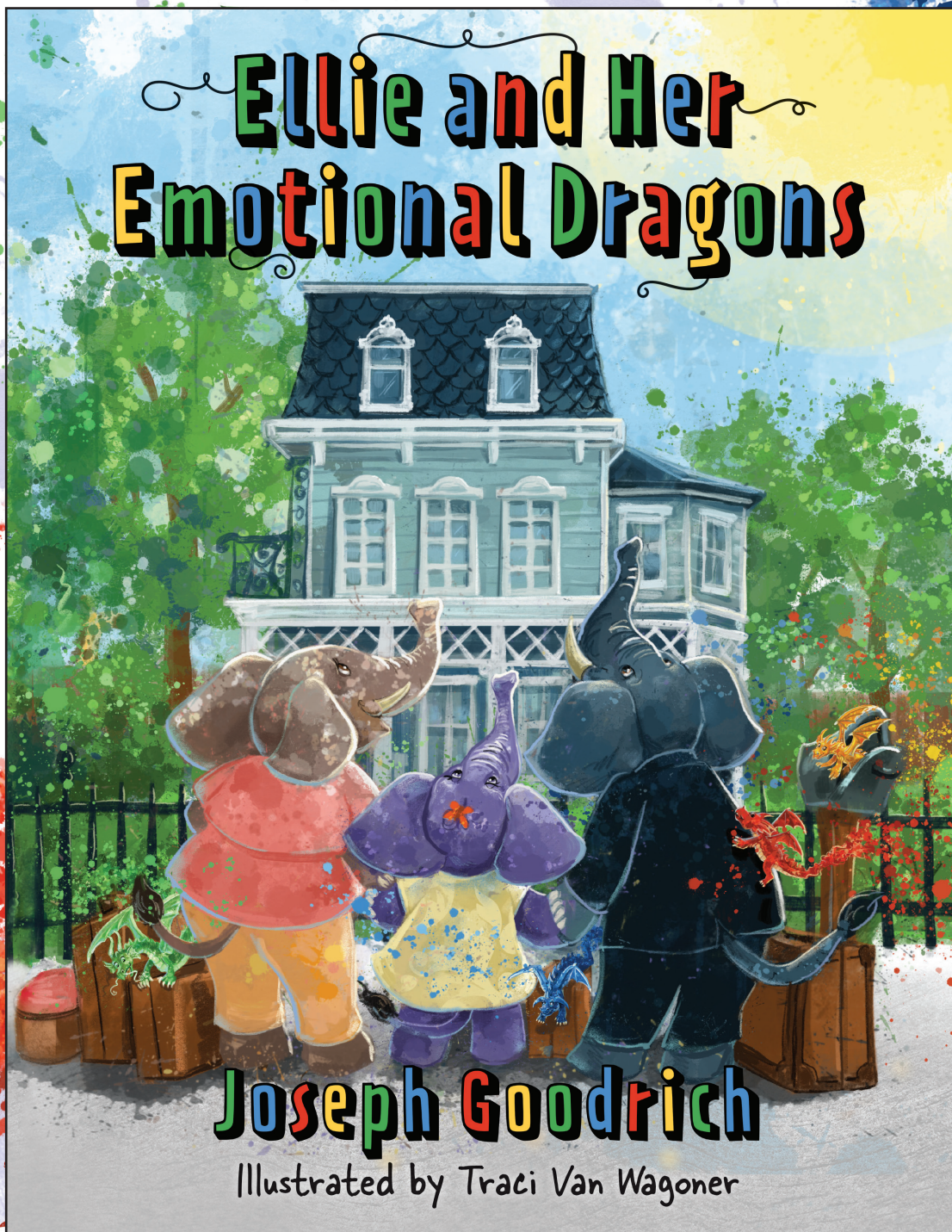
“Thank you, Hani,
for the happy dance.”

"you're welcome, Ellie,"
said all four dragons
"Thank you for being such
a great friend."



Ellie's first book also available!

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