

## Haystack Moment

Boys and girls, I want to talk to you about an idea I have for a Haystack Moment. How many of you have ever seen a haystack? There are no haystacks in the city, only on the farm. Haystacks are made by farmers to store hay for animals to eat. If you have never seen a haystack, then I will try to explain what it looks like. It is like take blades of grass piled up so there would be a big stack of grass. Stems of hay are bigger than grass so the stack grows faster than it would with thin grass. Haystacks can get bigger than your car, in fact they can get as tall as your house.

Since I am a cow and I grew up on a farm, I like haystacks. Cows like to eat hay from the haystack and we like to lie down by the haystack and smell the good smell of hay. Children like to sit down in haystacks for it is like sitting on a big bean bag. It is soft and very relaxing. Back on the farm, cats would lay down on the haystack and just relax in the sun. Doesn't that sound like fun.

While some of you children may live on a farm, most of you live in the city. Do you have a favorite place you like to go when you want to be by yourself. Maybe it is in your room or under a tree or in a favorite chair. This is a place you feel very secure and a place you can relax.

Sometimes things happen that make us very upset and we say things that aren't nice or maybe we do unkind things. We need to relax, take a deep breath. Let's all take a deep breath right now..... Lets take another deep breath.....When we are upset, so that we do or say things that are mean, that are unkind, we need to take a haystack moment. that is when you go to your favorite place and calm down. Sometimes our teachers or parents may have to send us to that special place for a haystack moment. A haystack moment is when we take time to calm down. Can you repeat with me, A haystack moment is when we take time to calm down.

Can you see how taking a haystack moment helps us be more kind. A haystack moment gives us time to think. It gives us time to not be so upset. It help us to not say things that would be painful to others. Even adults need to have haystack moments so they don't do or say things that are unkind.

When everyone in the family knows how to take a haystack moment, it

makes the family time much happier and more fun. And don't you like being where people are having fun together and not fighting. So remember boys and girls, next time you get upset, go to your own personal haystack until you calm down, and if you are told to go to your haystack by an adult, know that they are telling you that so that the rest of your day will go better. And of course you can always go to your haystack even though you are not upset. It is a good place to go when you want to be by yourself.