



Sad Seat Stories

A Parent & Teacher Guide

A simple guide for conversations about feelings, friendship and belonging.



Welcome

Using Sad Seat Stories

These stories are meant to be shared. They are quiet, simple, and familiar—but they carry something important.

Each story explores a feeling that children experience:

- being afraid
- feeling left out
- struggling with fairness
- wanting to be seen

There is no “right” way to use these stories. They are meant to be returned to, again and again. These stories help children learn to notice—feelings in themselves and others.

How to Use These Stories

You can use these stories in simple ways:

- Read the story together
- Listen to the audio version
- Use the activity pages
- Talk about what happened
- Notice what the character feels—and what changes.

Some children will want to talk. Some will draw. Some will simply listen. All of these are ways children begin to understand.

The Stories and What They Explore

Each story focuses on a different experience:

Pogo - One Stormy Night

- Feeling afraid and learning that you are not alone

Bash - Lost and Found

- Belonging and finding a place to call home

Rocket - That's Not Fair

- Learning to win, lose, and be part of a team

Posh - Can I Play?

- Being seen and learning to include others

Children may connect to one story more than the others. That is often where the conversation begins.

Simple Conversation Prompts

After reading or listening, you might ask:

- How do you think the character felt?
- What helped them?
- What changed for the character?
- Who helped them?
- Have you ever felt that way?
- Who helped you?

Sometimes one question is enough.
Sometimes none are needed at all.

Try This Together

These small activities can be done anywhere, with little or no preparation.

Pogo — Finding a Safe Place

Look around the room.

Where do you feel safe?

Can you make a quiet, safe spot together?

Bash — Finding a Place

Move around the room.

Find a place to sit.

Talk about what makes a place feel like **home**.

Rocket — Taking Turns

Play a simple game together.

Practice waiting, sharing, and cheering for others.

Posh — Noticing Someone

Look around.

Can you find someone who is alone?

Can you sit with them or invite them to play?

What to Notice

Children may:

- point instead of speak
- draw instead of write
- repeat the same ideas
- respond differently each time

This is part of the process.

Understanding often happens quietly.

Closing

Sometimes the most important thing
is simply noticing.

Noticing when someone is afraid.

Noticing when someone is left out.

Noticing when something feels unfair.

Noticing when someone is waiting to be seen.

Sometimes all it takes
is noticing someone.

Start with any story. Return when you're ready. These stories are just the beginning. Visit UnderfootPress.com for more stories, read-alongs, and printable activities.



Pogo

Sometimes feels
afraid of storms



Rocket

Learning how to lose,
and still be kind



Bash

Knows what it
means to be
home



Posh

Just wants
someone to say,
"Come play"