

The Drama Diet— For Kids



How To
Turn Your
Dark Clouds
Into Sunshine

By Lisa Stuart

The
DRAMA
DIET
- FOR KIDS

**To Arabelle,
for turning all my
dark clouds into sunshine**



**It's time to
go on a
Drama Diet!**

Do you ever feel like there's a dark cloud around?
And you can't even see it, and it doesn't make
a sound?

But it follows
you wherever you go

Whether you run
really fast or
tiptoe really slow



And this dark cloud comes maybe after a fight
With your very best friend who thinks they're always right
Or you just can't seem to cartwheel without falling down
So you decide to give up and walk away with a frown



This dark cloud you feel has a name you see
It's called DRAMA and it can follow anybody
It's the heavy feeling that can make you sad
It's the frustrated feeling that can make you mad.





It's the thoughts that
stir your mind awake
at night

It's the emotions inside
that can feel a little fright

It's the worries and
butterfly flurries in
your belly

It's when you want
peanut butter
but all you
find is jelly

It's when things fall out of place
like putting on non-matching socks

It's getting embarrassed
and wanting to crawl under
some rocks

It's forgetting to
bring your
homework back
to school

It's about not
feeling very
popular or cool

DRAMA



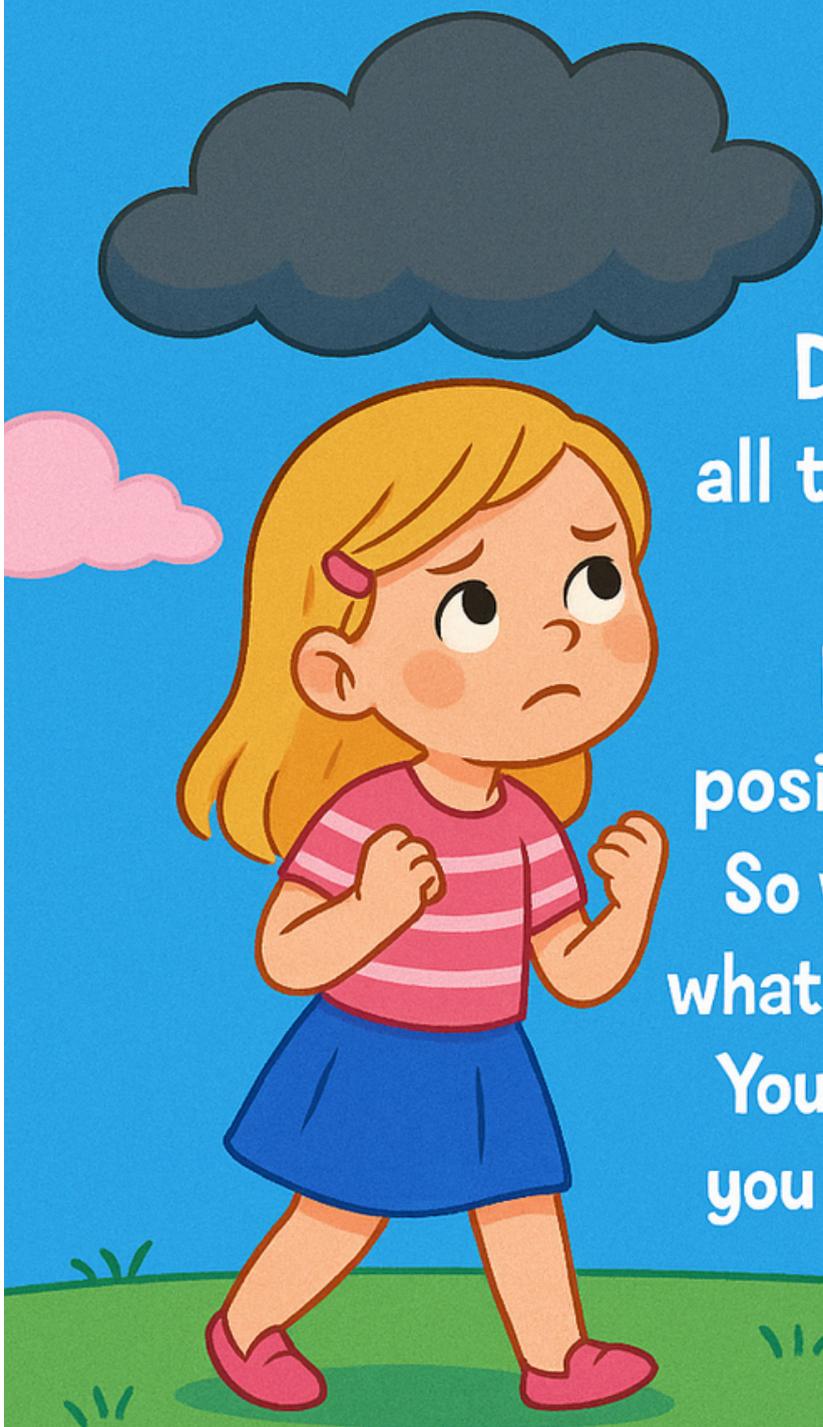
Does it feel like the DRAMA weighs
down heavy on you?

And you sometimes don't know
what you're supposed to do?

Well, I know a secret
that can work really well!

Do you want me
to share? Do you
want me
to tell?





Did you know that
all this **DRAMA** can go
away

If you tell yourself
positive things each day?
So while you can't control
what your friends may say
You **CAN** control whether
you let that **DRAMA** stay!

**You can go on a Drama Diet
which doesn't involve food**

**It's a type of diet
that only affects
your mood**

**The Drama Diet
is a way to look
at all the hard stuff**

**And tell it to its
face that it's ok
you're making my life rough**



Because you're tougher
inside than any dark cloud
You can shine bright in
the dark, you are always allowed
You can sit with your feelings
even the ones you don't understand
And then gather all that Drama
and scrunch it up in your hand

DRAMA

DRAMA



You can hold that DRAMA tight and give a squeeze
You might even give it some love if you please
Because that DRAMA is there to show you how
Strong you are How you can handle anything
like a shining star



Once you feel that the DRAMA in your fist
is all calm with love
It's time to throw it in in air
and let it float up above
Then watch it disappear into thin air
And carry on with your day
with one less care



When you do this you might
feel a little bit better
Like you just put on your
most favorite cozy sweater
You might feel a bit lighter
and free from your stress
You may even feel
like dancing in your
best party dress



But let me remind you,
DRAMA loves to come back

DRAMA

It's like a bug
that pesters
you and wants
to attack

It always
needs a friend
to pay it attention

But now that you know
that's DRAMA's intention





DRAMA

You have the tools
to let it go, you're
ready to try it

Because you have the
secret sauce of
The Drama Diet

You can face all the
DRAMA you don't
need to hide

You can feel all the feels
and then toss them aside

What you felt throughout the day could be released at night.

So you wake up the next day feeling calm and all right.

Now when you get ready for bed and put on your pajamas, Remember to say good night to all your DRAMAS.



Thank you
for coming on
this Drama Diet
journey with me

Lisa Stuart

is also the author of
THE DRAMA DIET,
created **THE DRAMA DIET Card Deck,**
and is the host of
THE DRAMA DIET SHOW,
by **The McCord List Media.**
She is also an attorney,
a wife, a mom of 3 and a dog mom.
She calls herself a **Drama Dietician.**

When a dark cloud hangs over your head,
How do you turn it to sunshine instead?



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...for Kids