

# Bruises, Bumps, and Bandages



Illustration by Jason Chin, *Pie Is for Sharing*

In this *Pie Is for Sharing* illustration by Jason Chin, a young child gets her knee bandaged after a fall.

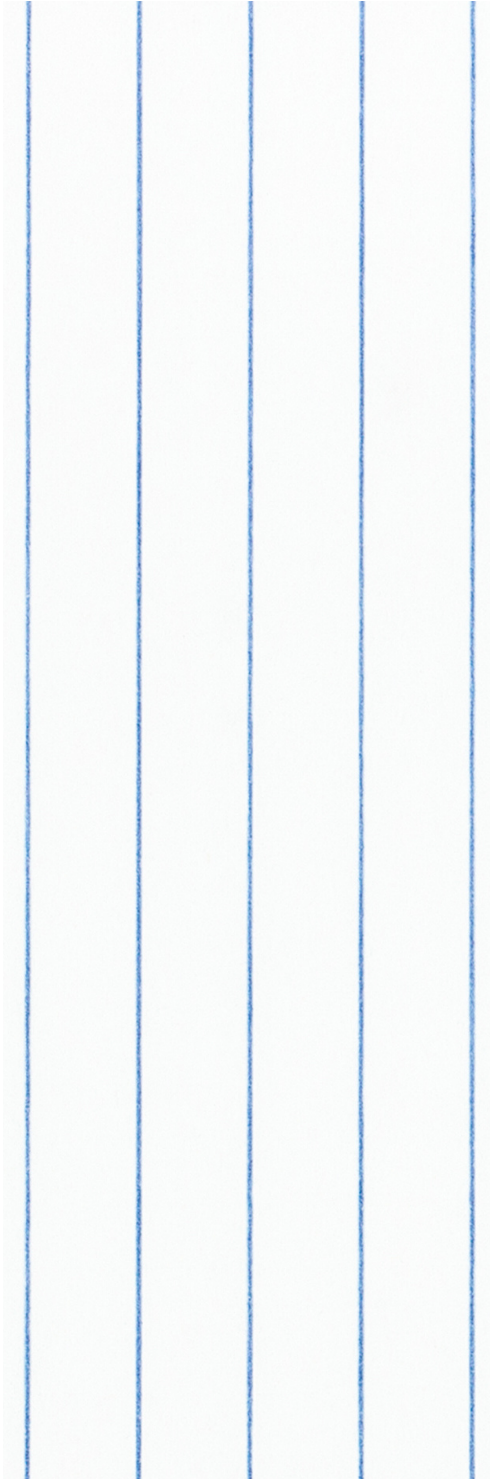
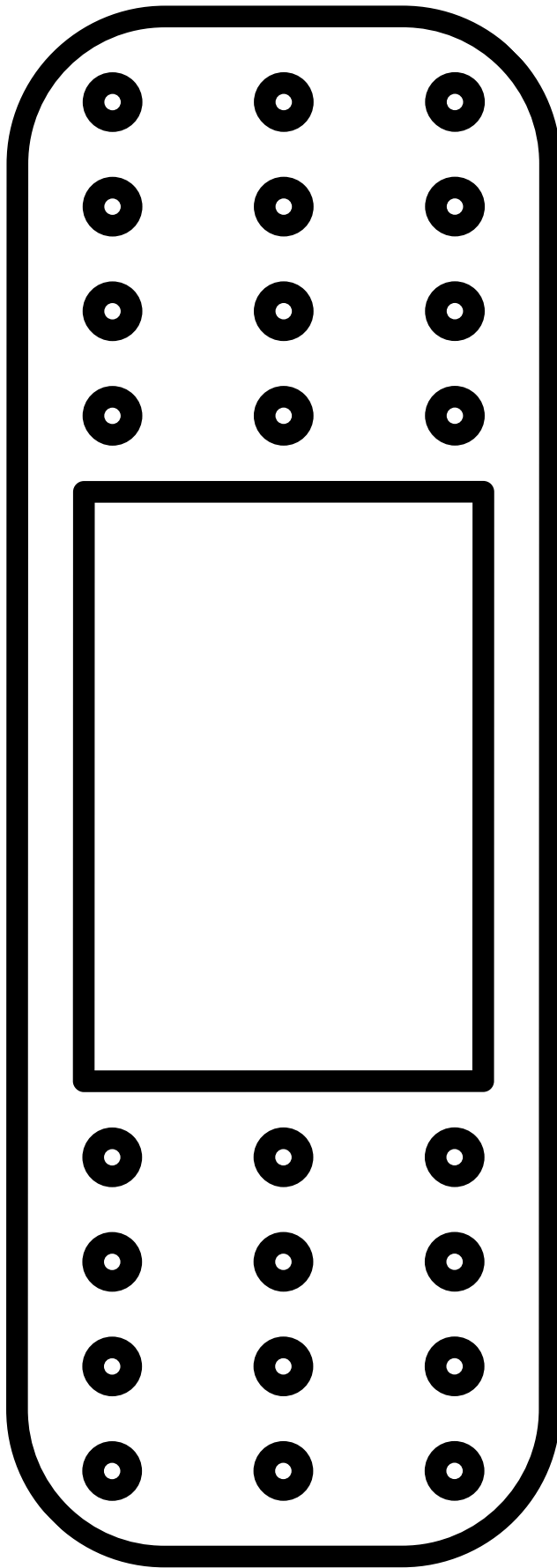
Think of a time when you were hurt. Maybe part of you bled or got a bruise. Maybe you cried. *Did anything make the hurt better? What helped? What did not help?*

Think of a time when your feelings were hurt. *Where did you feel it inside? Did anything make the hurt better? What helped? What did not help?*

You are invited to illustrate on the bandage a time you got hurt and/or write about it.

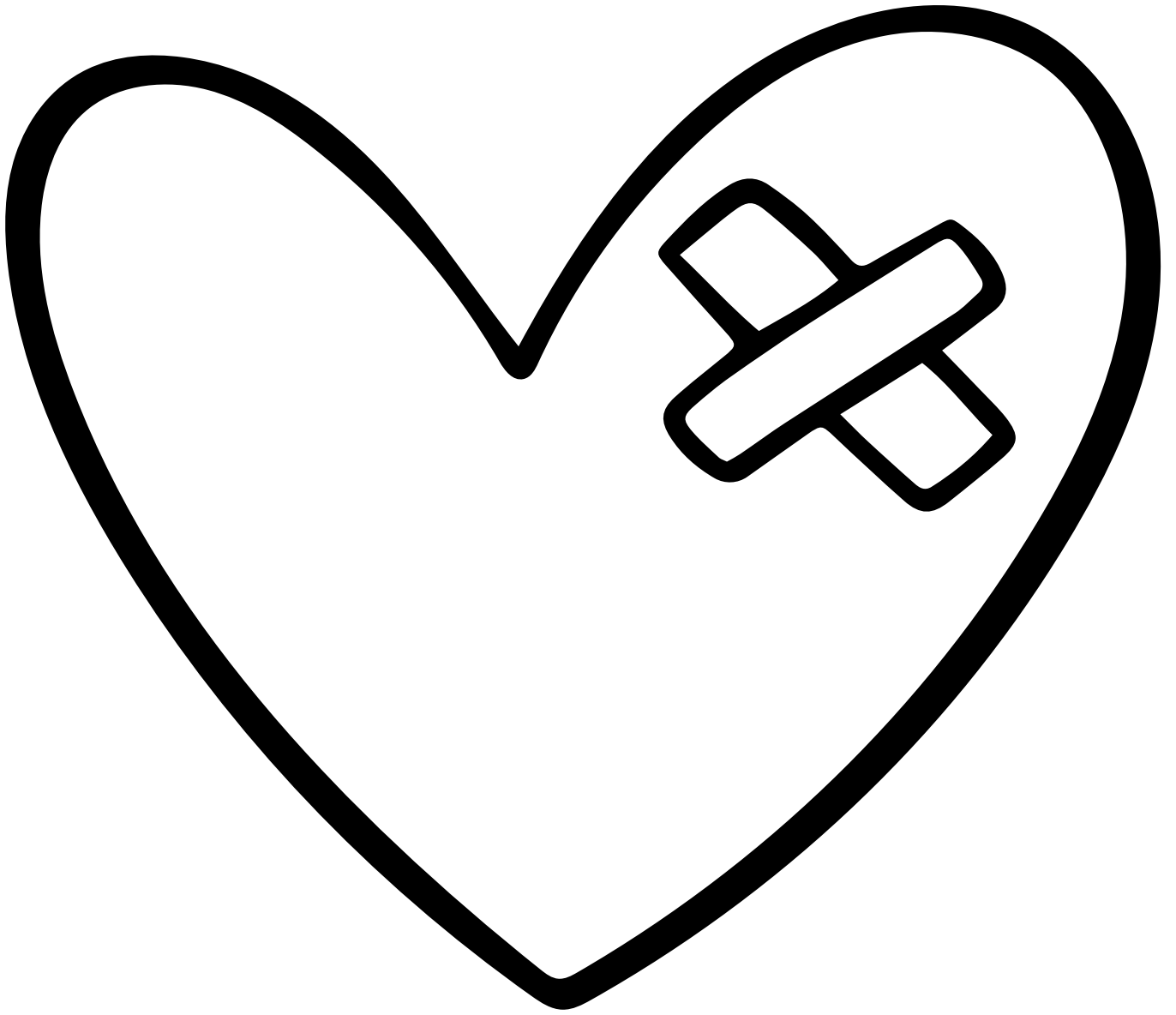
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**Ouch!**



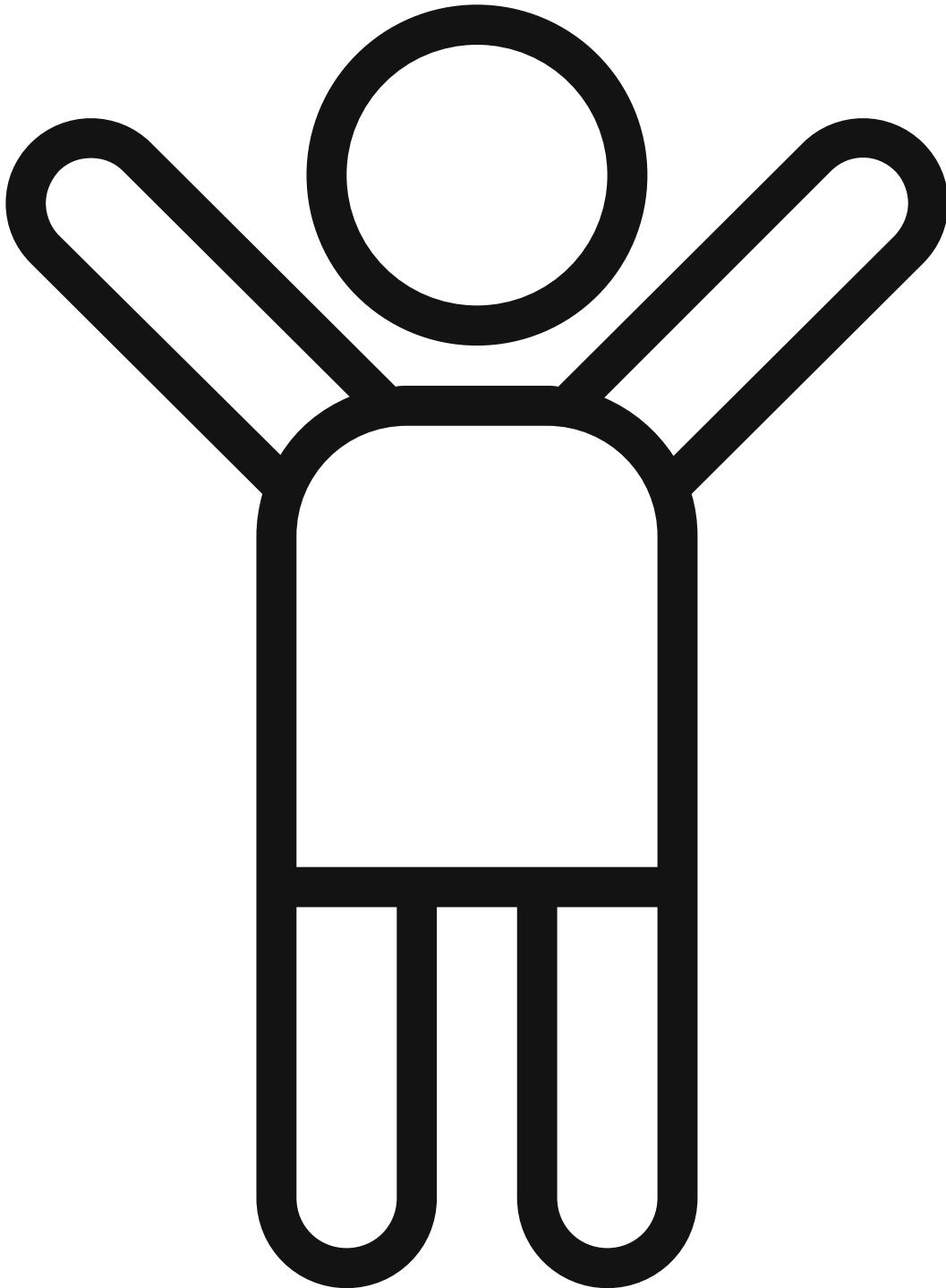
You are invited to decorate this page and write a kind message for yourself or to give to someone who is hurt.

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Five horizontal blue lines for writing a message.

# Hurt Feelings



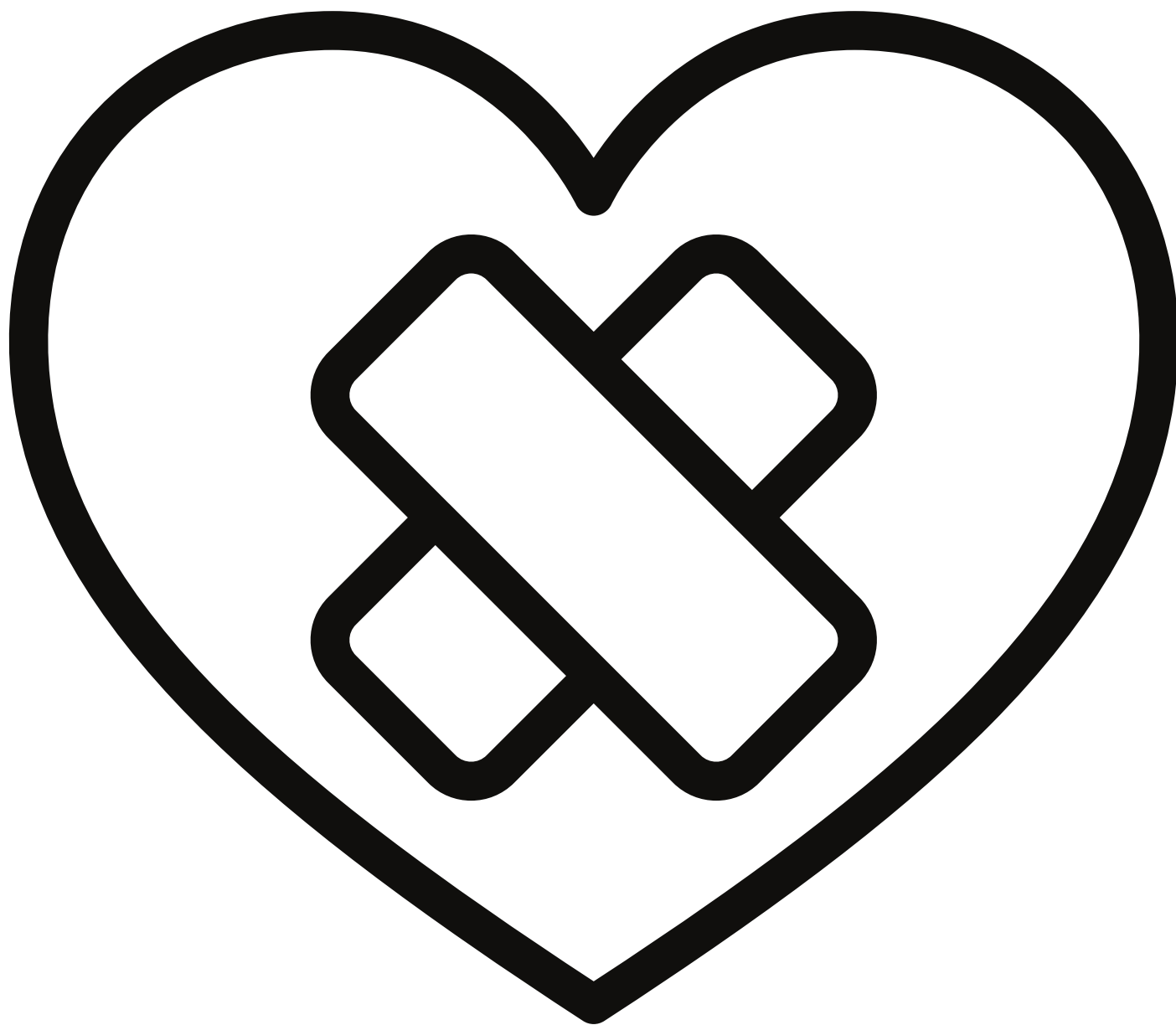
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You are invited to think about a time of hurt feelings. Where in your body did you feel the hurt? What shape was it? What color? Was it hot or cold? Hard or soft?

You are invited to show it here.

You are invited to decorate this page to keep or to give away to someone who might need it.

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"If you are hurt, it helps to share a hug,  
and some bandages, and the story about  
what happened."

-- *Pie Is for Sharing*, Stephanie Parsley Ledyard

# For Further Reading

## Hurts, Hugs, and Healing

