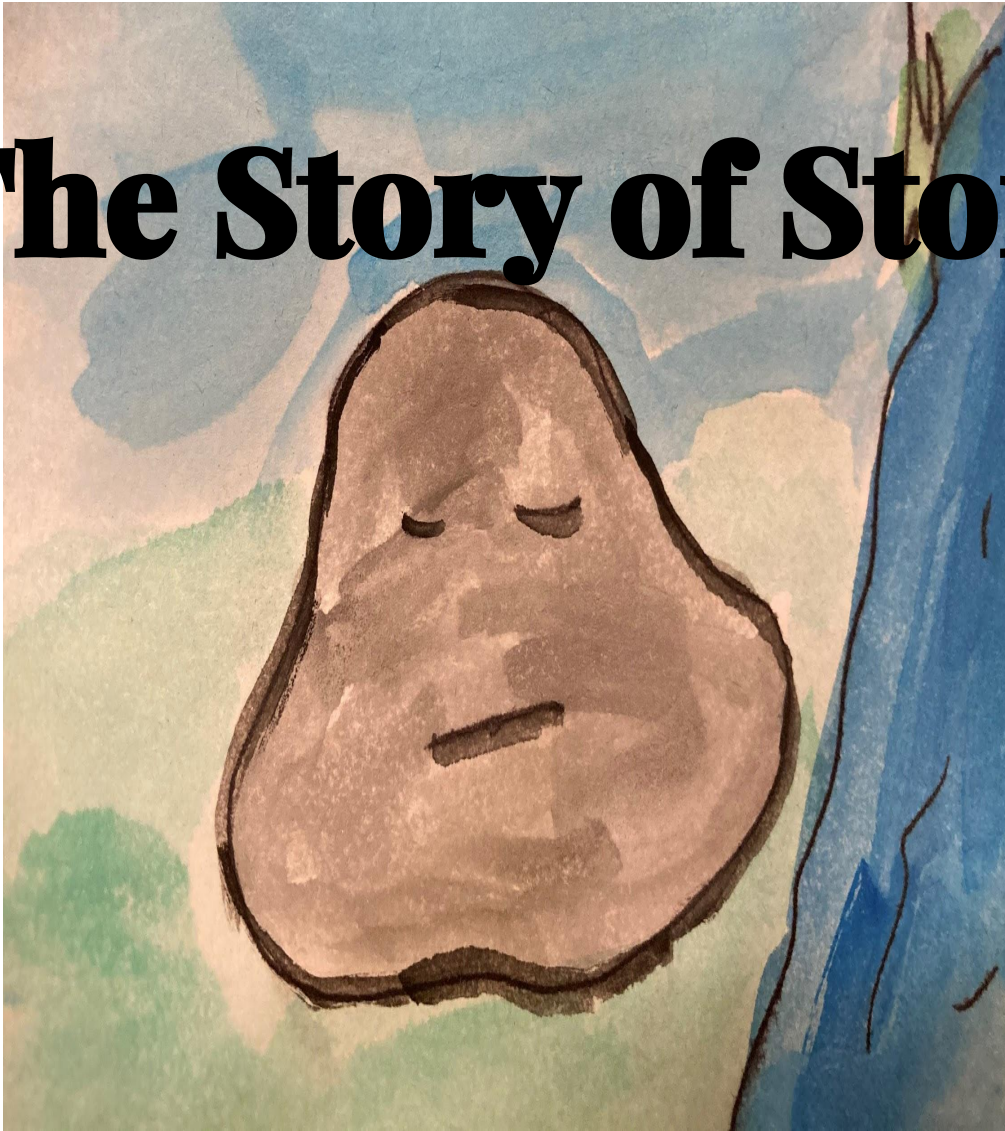


The Story of Stone



By M.L. Henderson

Dedicated to my friends and family who have helped me
keep myself from crumbling entirely.

A special thanks to the Abry and Bean families for their
love, support, and encouragement.

To my daughter,

May you always find purpose in life.

To my students,

Know you are loved!

To the reader,

You are worthy!

To Parents, Educators, and Mental Health Professionals,

I hope this book can be used to practice the skill of

predication, cause and effect, and gain a stronger

understanding of the elements of a story.

I hope you are able to use this text to discuss the process of

erosion and self care.

This book can also be used to spark conversations about

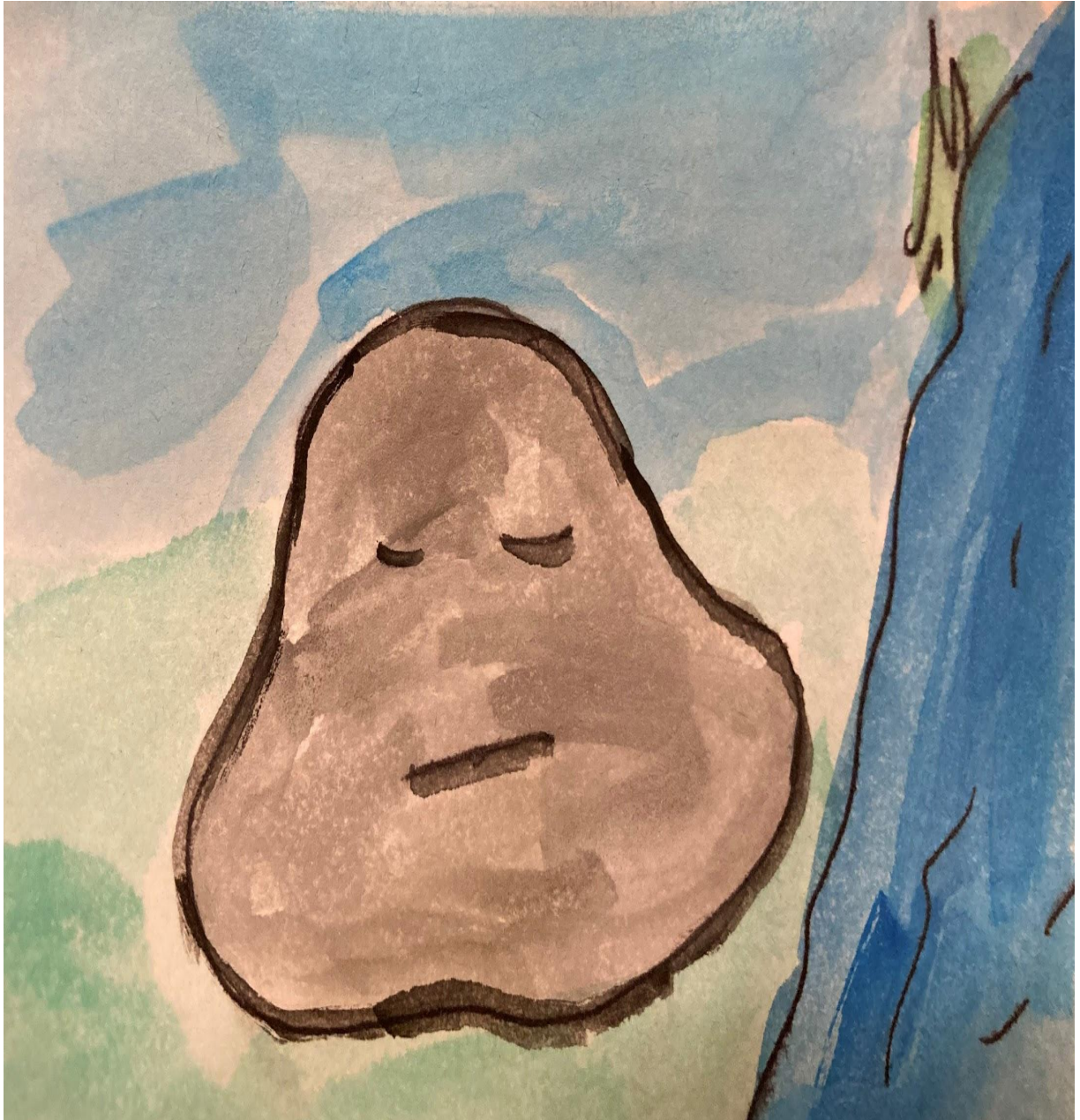
trauma, isolation, depression, bullying, empathy, and

friendship.

May we all be someone's Snake, Bird, and Stone.

Once upon a time there
was a stone.

Stone sat off to one side of
a river, quiet...alone.



Stone didn't
bother anyone.

Despite this, Rain would
pour water on Stone, Wind
would throw things at Stone,
and River would push
Stone around every time she
ran by. Stone took it.
She felt stuck.



Stone felt lonely.

Then one
day...

Snake
appeared.



“Stone! You are the best!”

exclaimed Snake.

“Um...excuse me?” Stone
replied.

Snake started to slither up
and on top of Stone.

“What are you doing?” asked
Stone.

“I’m getting up and out of the
dirt,” said Snake.

“I am going to warm myself
in the sun. Stone, my friend,
being here with you... it’s
amazing! I can rest and soak
in all of your warmth. I love
you Stone!”

Finally, Stone had a
friend.



Snake appreciated Stone.

“Well Snake, you are welcome
to soak up the sun
with me anytime,” said Stone
happily.

For a while, Snake would
come every day and sit atop
Stone.

They would talk about life.

But one day...

something terrible happened!

Hawk spied Snake from
the sky and before anyone
even realized, Hawk
swooped down and
scooped Snake away.



Without any warning,
Stone's only friend was gone.
Stone was heartbroken and
alone...again.

Stone felt horrible
that she could
not protect her new friend
Snake.

Stone felt so much pressure
from the weight of her
sadness that she cracked
in a hundred places.



Life went on...and nothing
really changed. Rain, River,
and Wind continued to
throw things at, push
around, and
take bits of Stone every
time they showed up.

As it did every year
around this time, the days
grew colder.

Wind grew stronger
and meaner.

Rain came down
hard on Stone.

Rain was so so cold
and would always
seem to find a way
into Stone's cracks
and crevices.

Rain would always stay
for a while. When Rain
froze, she pushed
Stone's cracks open
even farther.

All of this caused Stone
to lose parts of herself.

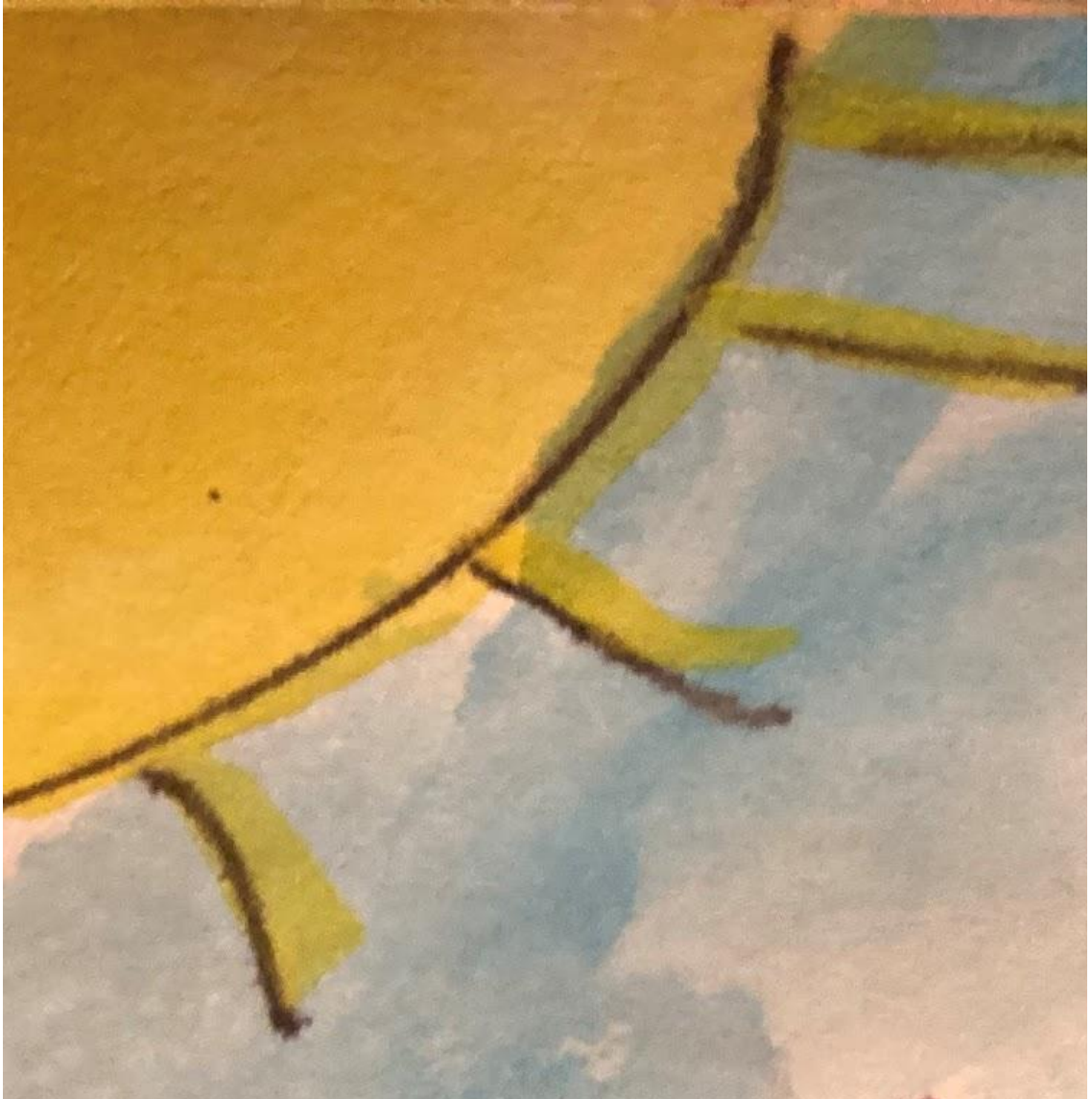


When Spring came,
Rain melted and
ran down Stone
and back towards River.

Stone stood in the
middle of all the living,
moving, and breathing life
and felt so useless. This
endless cycle would
continue to beat Stone
down.

Then one day...

the sun came out.



Grass and moss
made it's home
inside some of
Stone's crevices.

Stone thought that
was kinda nice.

Then one day,

along came

Bird.



Stone could feel the
bird bustling around in one of
Stone's cracks.

“Um excuse me...Bird...

what is it that you
are doing down there?”

said Stone.

Bird laid the twigs
and grass she had
brought with her down,
and said with excitement.

“Stone, I am so happy to
have found you!”

Bird looked perplexed

and then Bird said

“Stone, you are the answer
to my prayers. You are
perfect!”

Stone replied, “What are
you talking about? Why
would anything want to
find something so
stuck and so broken?”



Stone asked, “What could I
possibly be good for?”

Bird answered “Stone, I have been searching for somewhere I feel safe. I want to build my nest here with you. Stone, don’t you see? Your cracks and crevices will protect my family and I from Rain, River, and Wind.”

Stone smiled.

Bird was right.

Stone felt good.

Stone's cracks and crevices
could be a safe place.

For so long,

Stone had felt

she had no purpose.

“Come Bird! Make your
home in my cracks and
crevices.

I will protect you from
Rain, Wind, and River! ”
said Stone.

And Stone did.



The
end.

About the Author

Micah Justice is a mother, teacher, writer, musician, and painter. She lives in Southern California with her daughter, two dogs, and one cat. She has a Masters Degree in and has taught Special Education for over 15 years. She hopes that her stories will positively contribute to the socioemotional health of both children and adults for years to come. She would like to thank all of her friends, family, high school drama teacher, students, and mental health professionals for helping her develop good life and coping skills. They led by example, demonstrating kindness and patience, and to whom she dedicates *The Story of Stone*.

Don't be afraid to ask for help!



According to the Center for Disease Control and Prevention:

"It is estimated that 13 -20 percent of children living in the United States (up to 1 out of 5 children) experience a mental disorder in a given year...Childhood mental disorders can be treated and managed. There are many evidence-based treatment options, so parents and doctors should work closely with everyone involved in the child's treatment – teachers, coaches, therapists, and other family members. Taking advantage of all the resources available will help parents, health professionals and educators guide the child towards success. Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders."

<https://www.cdc.gov/childrensmentalhealth/index.html>

Mental Health Resources

**American Academy of Child and Adolescent
Psychiatry www.aacap.org**

American Psychiatric Association www.psych.org

American Psychological Association www.apa.org

**Center for Parents and Information Resources
www.parentcenterhub.org**

**National Institute of Mental Health
www.nimh.nih.gov**

**Federation of Families for Children's Mental Health
www.ffcmh.org**

**Kids Mental Health Information Portal
www.kidsmentalhealth.org**