

# GOOD MORNING, I LOVE YOU, Violet!

By **SHAUNA SHAPIRO**  
Illustrated by  
**SUSI SCHAEFER**

 **sounds true**  
BOULDER, COLORADO







On Monday,

**Violet didn't want  
to get up.**

She pulled the covers  
over her head.





“Good morning, Violet,” her mom called from the kitchen.

**But it didn't seem like a good morning at all.**

The air outside Violet's blankets felt chilly, and it was still dark. At breakfast, her cereal was wet and soggy.





At school, Violet forgot the answer to #6 on her quiz.

**“I can never remember things,”** she thought.



At lunch, Violet spilled juice on her sweater:

**“I’m so clumsy!”**  
she cried.



At recess, she missed blocking a goal at soccer:

**“I’m just not good at sports,”**  
she told herself.





Violet's class had a special visitor that afternoon. Dr. Freedman was a scientist.

"Sometimes we talk unkindly to ourselves," she told them, "and that hurts our happiness."

"I'm going to teach you a practice of planting seeds of kindness," she said. "It seems simple, but it's powerful and can change the way you feel."

"Every day when you wake up, put your hand on your heart, take a breath, and say to yourself,

**'Good morning, I love you.'**"