MILO'S MONSTER



A BIG BRIGHT FEELINGS book

TOM PERCIVAL

BLOOMSBURY

Dear Reader,

Everyone feels jealous from time to time. It's completely understandable, but that doesn't make it feel any less horrible!

The trouble is that, like Milo, we never know exactly what everyone else is thinking or feeling – so it can be easy to let that pesky green-eyed monster take over!

Here are a few simple tips to help you deal with those jealous feelings.

- ➤ If you feel like a friendship is getting a bit wobbly, it's always best to explain how you feel to your friend. A good talk always helps to clear the air.
- ➤ When we're tired, EVERYTHING seems more difficult. So if you're feeling upset with a friend, then take a step back, get a good night's sleep and talk things through another day.
- ➤ Talk about how you feel with a trusted adult. They'll be able to help you work through your feelings and offer you advice.

No matter how you're feeling, remember that it always helps to talk about it.
Be open, be honest, be YOU!

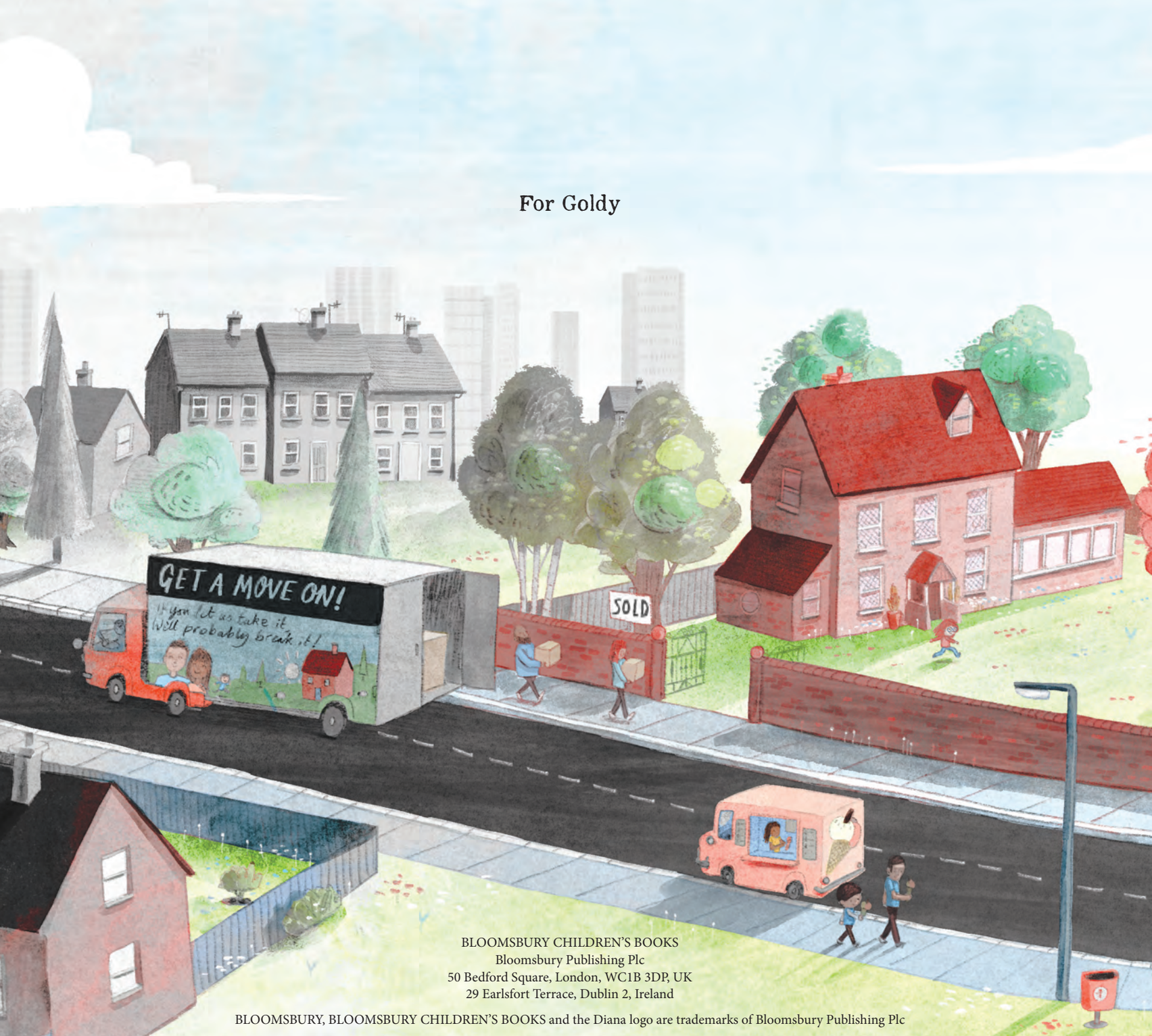
Love,

TOM





For Goldy



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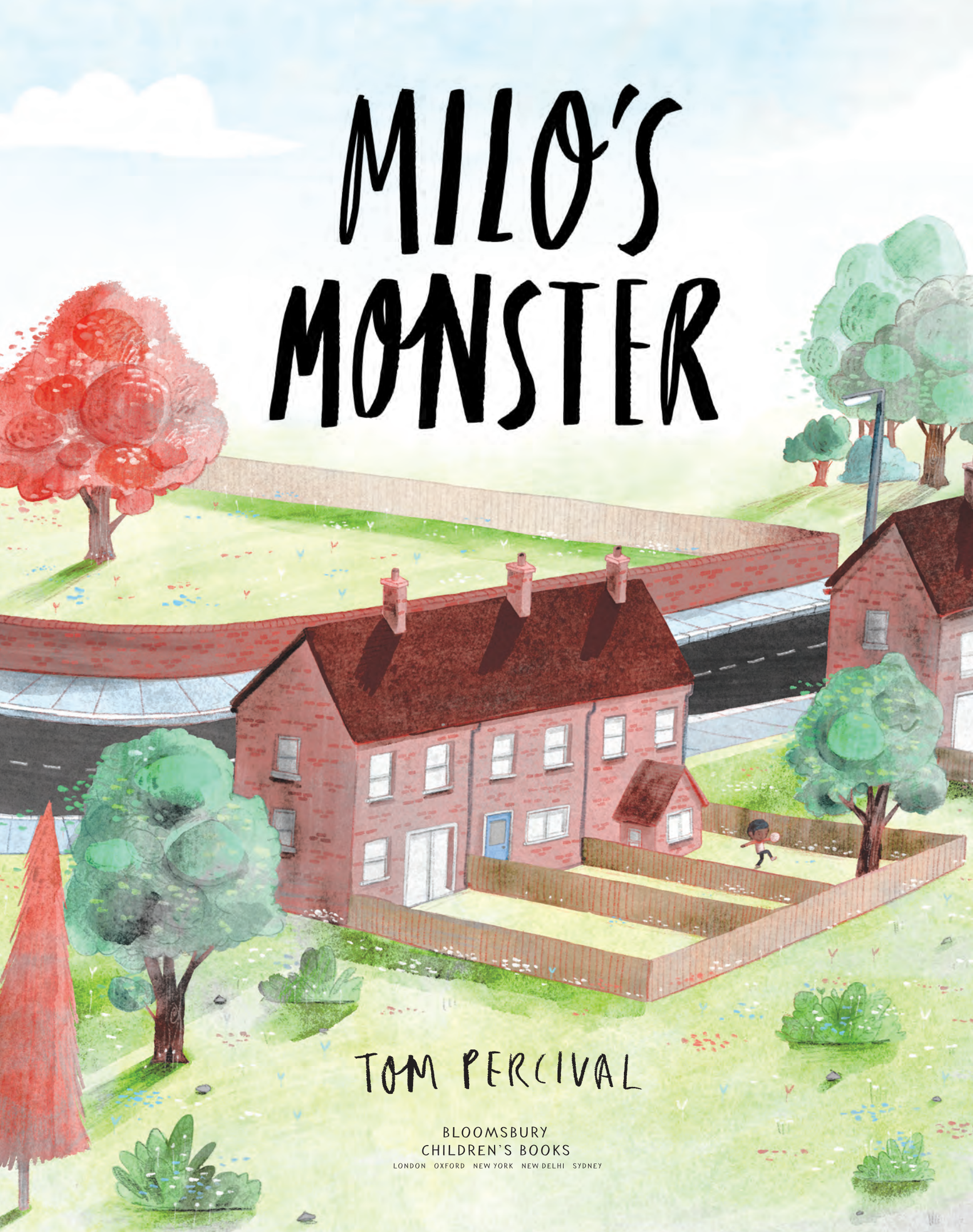
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Milo lived in a neat little house
on a neat little street.



He LOVED his home for lots of reasons,
but mainly because . . .

His best friend Jay lived next door!

Milo and Jay shared
the good times,





the bad times

and everything
in between.





Nothing could beat the feeling
of having a best friend.

Then one day, a new family moved into the big old house across the road.





Milo watched as a girl ran excitedly around
the garden. She smiled and waved,
and Milo waved back.