

NOTE:
ALWAYS GIVE THIS STORY TOGETHER WITH
A CUDDLY COMFORT ANIMAL!!

CARRIE AND THE
CUDDLY COMFORT ANIMALS BRIGADE

A story for everyone with a Big and Special Sadness

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1.

Grieve is something very odd, Carrie feels. For an every day sadness, like when you fell, you can easily say: "look, I hurt so I cry, I am sad.

But a big sadness is hidden. Sometimes it is in her tummy, so she has a tummy ache. Sometimes it is in her head, then she'll get a head ache. Sometimes it is all over and everything hurts. Then she gets angry, just like that for no reason at all.



Or she gets very quiet inside. You never know exactly where it is and when it will disappear again.

Because it is so hidden she also cannot talk about it. Not with teacher, not with grandma, not even with mummy.

Today it sits in her tummy and Carrie doesn't want to eat. It's fine with mummy, mummy knows how it feels when the sadness is in your tummy. So Carrie stays in her room, waiting for it to go away.

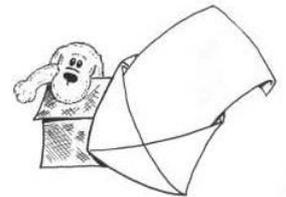
Mummy calls. Carrie gets up and the sadness drops to her legs. They get heavy and tired.

Mummy has a box and a letter in her hands.

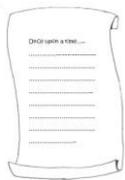
"It's for you" says mum. "Shall I read it to you?"



Suddenly Carrie has normal legs again and a normal tummy. She pulls and plucks at the box until it's open. In the box is a very soft, a very nice cuddly dog. Cuddlepot, Carrie thinks, his name is Cuddlepot.



Mum begins to read:



"Once upon a time, not so very long ago, there was a little girl of almost 6 years old. It was a very special girl, although she looked quite normal. But the girl had a Big and Special Sadness. And therefore you will also have to be very special otherwise it doesn't fit.

At first she couldn't think of a name for what she felt. She was sad and because it came with so many tears she called it the Big Sadness. But later, when it turned tearless and crawled into her entire body, in her tummy, in her head, in her legs, that name didn't fit anymore.

That's when she thought of Big and Special Sadness.

A Big and Special Sadness comes when everything changes. When something happens so nothing is as it used to be anymore. Like with this girl. She didn't want to sleep anymore, she didn't want to wake up anymore. Each night was scary and each day was different. So awfully different from before.

She couldn't talk about it with anyone. Because when you are six you can feel a lot but you don't know yet what all of that is called.

So it became high time for the Cuddly Comfort Animals Brigade!



Don't you know what that is? Doesn't matter, the girl also didn't. Because kids that don't have a Big and Special Sadness don't need to know. They have nothing to do with it. The Cuddly Comfort Animals Brigade is only there for those very special children with their very Special Sadness.

All over the world are people that used to be such children themselves. And because a Big and Special Sadness does change when you grow bigger – more special shall we say – but never totally disappears, they notice it straight away with another child. And then they organize a Cuddly Comfort Animal.

Cuddly Comfort Animals look very normal but of course they aren't. Just like the children for whom they are meant, they are very special. You must be able to throw them (in case of anger) and you must be able to sleep with them (in case of fear). You must be able to cry on them and they must be able to keep secrets. You must be able to take them anywhere, they have to be very, very soft, but especially they have to last a long time because Big and Special Sadness lasts long..



The girl in this story got a monkey. Monkey could never take her sadness away, but he was always there if the Sadness seemed to get to Big. She never had to tell Monkey how she felt. Monkey simply knew, He could just feel what was wrong.

The little girl is grown-up now. She still has Monkey and every now and then she still needs him a little. This girl now picked this Cuddly Comfort Animal for you, Carrie. Because you are a very special child. And special kids turn into special people. But for this you first need a Cuddly ComfortAnimal. So there.

The letter is finished. Carrie holds Cuddlepot real close. So there are more people with such a big sadness. A Big and Special Sadness. People who can see it without you having to tell them. It makes her sigh deeply. Cuddlepot and these people don't make the Sadness smaller. Or less Special.

But they do make it less scary.
And a bit less lonely.

