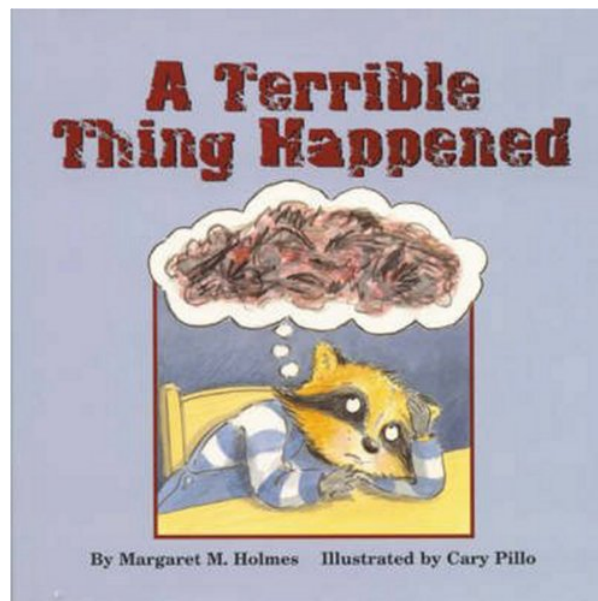
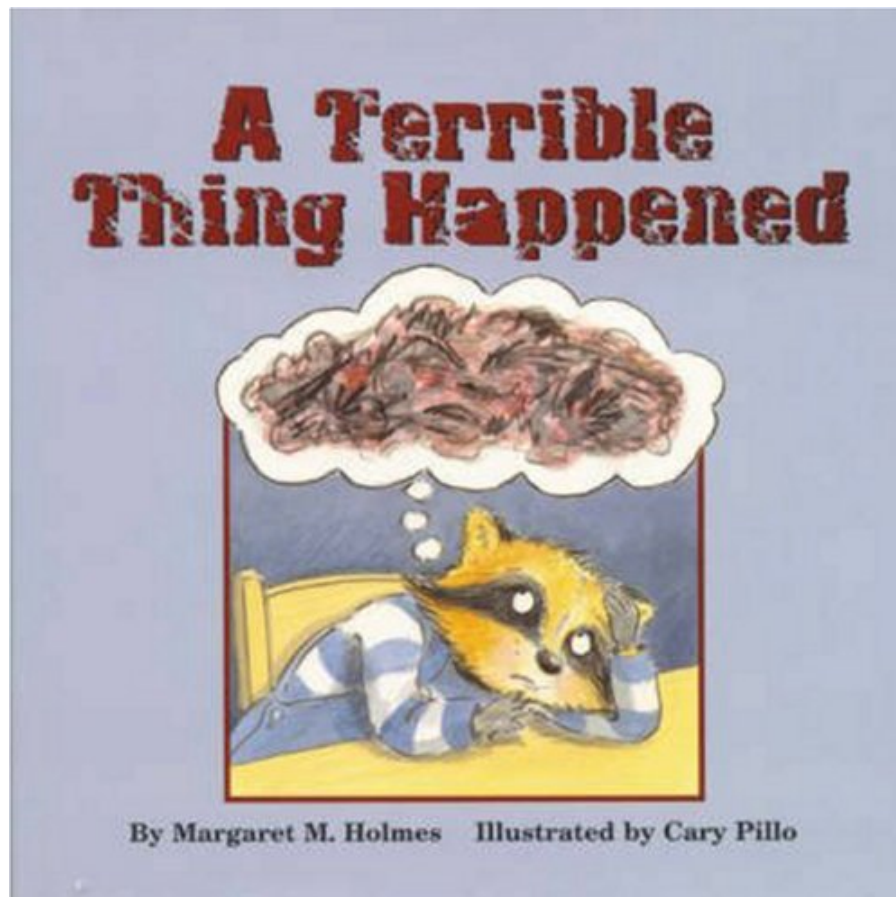


**A TERRIBLE THING HAPPENED BY
MARGARET M HOLMES, SASHA J
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Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but something inside him started to bother him. He felt nervous and had bad dreams. Then he met someone who helped him talk about the terrible thing, and made him feel better.

- Sales Rank: #84199 in Books
- Brand: Amer Psychological Assn
- Published on: 2000-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.24" h x .38" w x 8.32" l, .54 pounds
- Binding: Hardcover
- 31 pages

Most helpful customer reviews

55 of 55 people found the following review helpful.

Such a Useful, Practical Book for just about Anyone
By Sarah

I love that this book is vague about what the actual problem is, never specifying what terrible thing the main character saw. I feel that this is helpful so that if something is bothering a child, that it might help them to think about what is bothering them instead of the character in the book. It expanded on all of the negative ways the terrible thing was affecting the main character and offered him hope of feeling better through talking to a trusted adult who could help him figure out his feelings about what he saw.

I love the line: "Sometimes parents help children figure out their feelings. Sometimes teachers or other grown-ups help. That is how Sherman met Ms. Maple." I love that line for a couple of reasons 1.) Not every child is raised by mom or dad - and it is nice to see that other adults are mentioned as other credible options and also 2) Although many parents are helpful, there are some who are not...or unfortunately may be the major contributor to the child's issues, so for these children it is important to offer other options.

Because you can't flip through the book online to see if you like it before buying it, I thought that it might be helpful to write it out below since it's relatively short:

Page 1) "Sherman Smith saw the most terrible thing. He was very upset. It really scared Sherman to see such a terrible thing."

P 2) "Sherman did not like feeling so afraid. He did not want to remember what happened. So Sherman decided not to think about the terrible thing he saw. Sherman thought that would make him feel better."

3) "At first the plan seemed to work. Sherman woke up every morning. He brushed his teeth and he went to

school."

- 4) "Sherman played with his friends. He teased his sister and he walked his dog."
- 5) "Everything seemed all right for a while. But something inside of Sherman was starting to bother him."
- 6) "Sherman had to play more, run faster, and sing louder in order to forget the terrible thing he saw."
- 7) "Other things started happening to Sherman, too. Sometimes he did not feel hungry."
- 8) "Sometimes his stomach hurt or his head hurt."
- 9) "Sometimes he felt sad, but he did not know why."
- 10) "Sometimes he was nervous for no reason at all."
- 11) "Sometimes he did not sleep very well."
- 12) "Sometimes when he did sleep he had very bad dreams. The bad dreams scared Sherman."
- 13) "All of these things made Sherman angry. It seemed like Sherman was angry all the time."
- 14) "Sherman started getting into trouble at school. Sometimes he felt so angry that he did mean things."
- 15) "Getting into trouble so often made Sherman feel bad."
- 16) "Sherman did not understand all of his bad feelings. He felt confused. Sometimes parents help children figure out their feelings. Sometimes teachers or other grown-ups help. That is how Sherman met Ms. Maple."
(Pic of Ms Maple appears to be in a school-counseling room type setting, but it does not specify).
- 17) "Ms. Maple helped Sherman think about his feelings. She listened while Sherman talked to her. They played while they talked. Sherman did not feel as mixed up when he talked to Ms Maple."
- 18) "Once when Sherman and Ms Maple were coloring, she told him to draw a picture of how he felt when he was angry. This seemed like a strange thing to draw, but Sherman did it."
- 19) "After that, Sherman drew lots of pictures. Pictures of the pain in his stomach. Pictures of the bad dreams he had. Pictures of the fear he felt."
- 20) "And at last, pictures of the terrible thing he saw. (Illustrations of the terrible thing he saw is a bunch of black, grey and red scribbles in the shape of a cloud)"
- 21) "Sherman and Ms. Maple talked about the pictures. He asked if the terrible thing he saw was his fault. Sherman said he worried a lot about that."
- 22) "No," Ms. Maple told Sherman, "it was not your fault."
- 23) "Nothing can change the terrible thing that Sherman saw, but now he does not feel so mean. He is not

scared or worried. His stomach does not hurt as much,. And the mad dreams hardly ever happen."

24) "Sherman Smith is feeling much better now. He just thought you would want to know."

The illustrations in the book are great! Also, the "Parents and Caregivers" section in the back is insightful and practical.

11 of 11 people found the following review helpful.

if you're needing to look into books like this, I am truly sorry

By Amazon Customer

First off, if you're needing to look into books like this, I am truly sorry.

This book was perfect for our needs. I appreciated how the terrible thing was never described in any way so my child could imagine it as whatever he needed it to be. The descriptions of nightmares, crazy behavior, acting out and getting into trouble and feeling yucky all the time were appropriate for my child's experience.

I especially appreciated the representation of therapy. It helped my preschool-age child know what to expect- the talking and playing, and ultimately the feeling better. He marched right into his first appointment and told the therapist all about what they were supposed to do and how she would help him, and got right into talking about his 'terrible thing'.

2 of 2 people found the following review helpful.

this helped make sense of the physical feelings he had like the knotting in his stomach and his bad dreams

By AshleyRenee

I bought this book to prepare my son for his play therapy appointments after my divorce. He is 4, almost 5 and it helped set his counselor up as someone he could talk to about things that might be bothering him. During his emotional transition, this helped make sense of the physical feelings he had like the knotting in his stomach and his bad dreams. It also suggested some outlets like drawing pictures of things. At the end, he asked what the terrible thing was because it never says. It gave me the opportunity to tell him that there are all kinds of things it could be, but that he was able to talk about it instead of letting it build up and that's what is important. It's a book he still likes to reference a lot

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