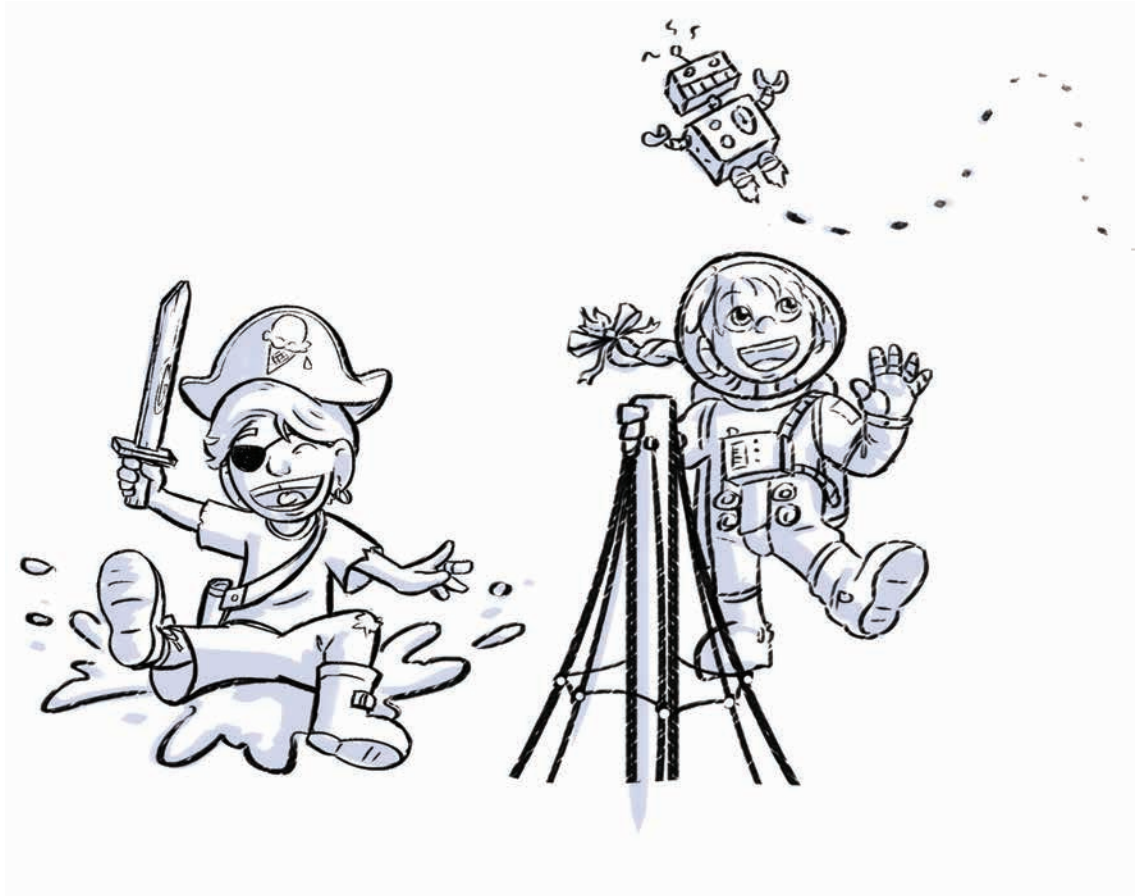


# The Day the Thought Bubbles Got in the Way



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Illustrated by Christopher Tice

Royal Fireworks Press  
Unionville, New York



Hello!




Who are you?  
Do you want to play?



I'm your thoughts; I'm your thoughts;  
I'm bubbling your way,  
bringing thoughts you will have  
throughout the whole day:  
your daydreams and questions  
'bout things strange or near,  
your wishes and memories—  
I'll show them right here!





You're my thoughts;  
you're my thoughts;  
could that really be right?

I'm bubbling your thinking  
all day and all night:  
blinking stars, life on Mars,  
that lunch could be better—  
whatever you're thinking  
we're thinking together!

You're my thoughts,  
and I'm thinking  
that I want to play.

Go on with your day.  
I'll stay out of your way.



Okay!



Hi, my name is Rosa.  
Do you want to play?

Sure! My name is Kevin.  
The playground's that way.





Just imagine all of the fun stuff we'll do.



Hey look! You've got a thought bubble too!

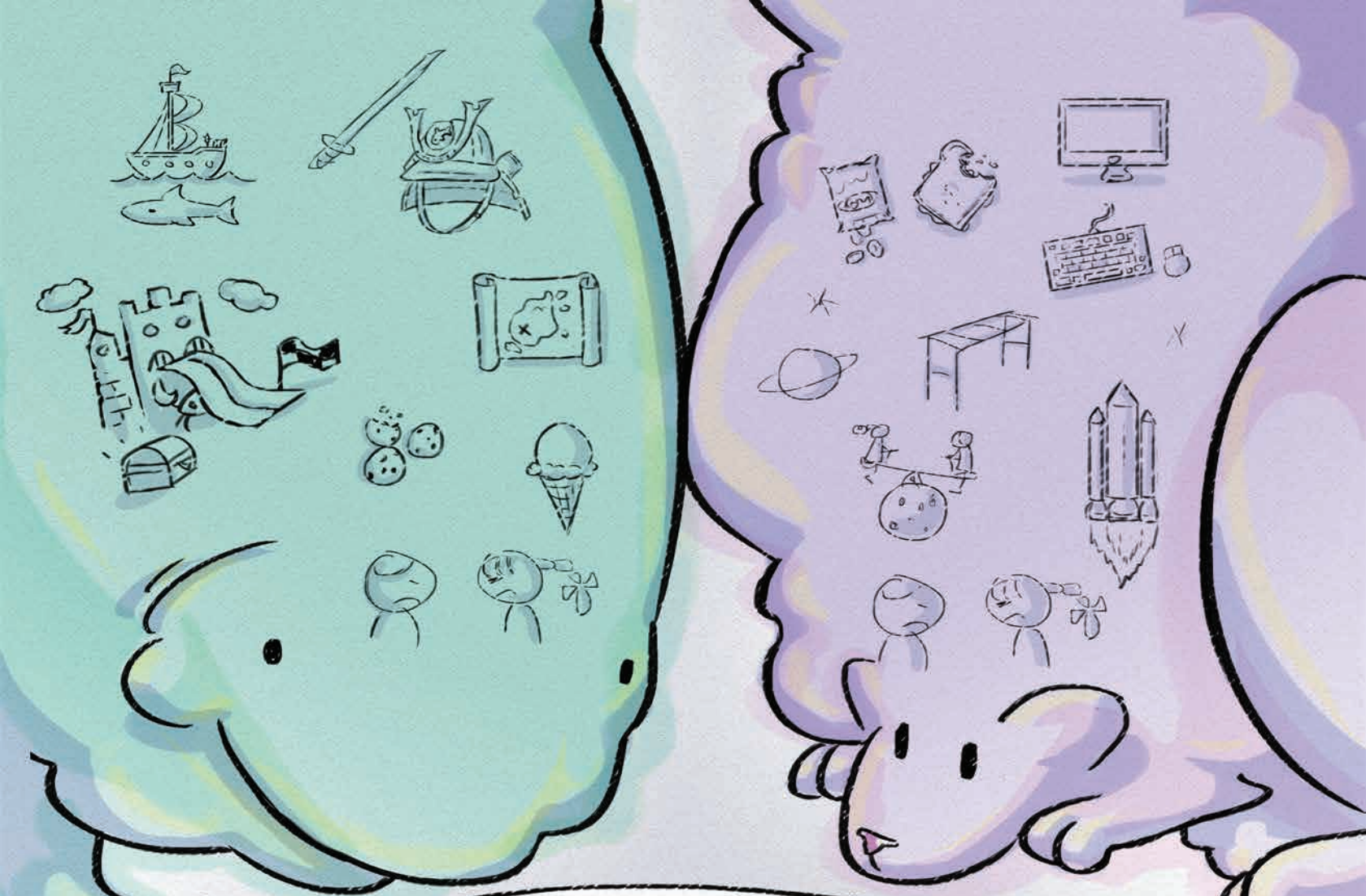
I've got a who?



I'm your thoughts; I'm your thoughts; I'm bubbling away  
with thoughts that you have throughout the whole day.  
Imagining pirates yo-hoing off shore?  
Dreaming of cookies and ice cream galore?  
If you've got an idea of the way things should be,  
all of those thoughts will appear here in me!

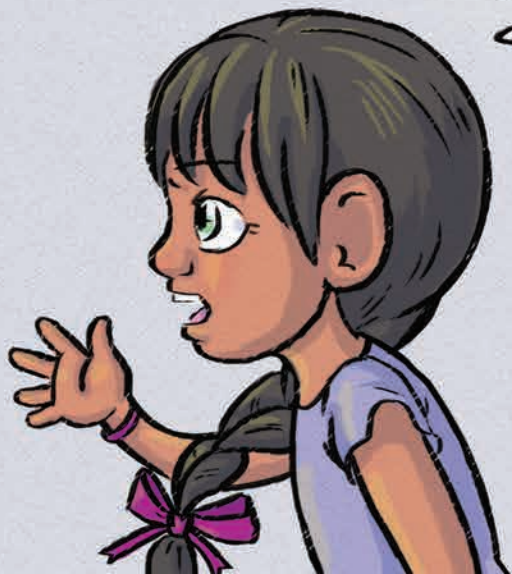


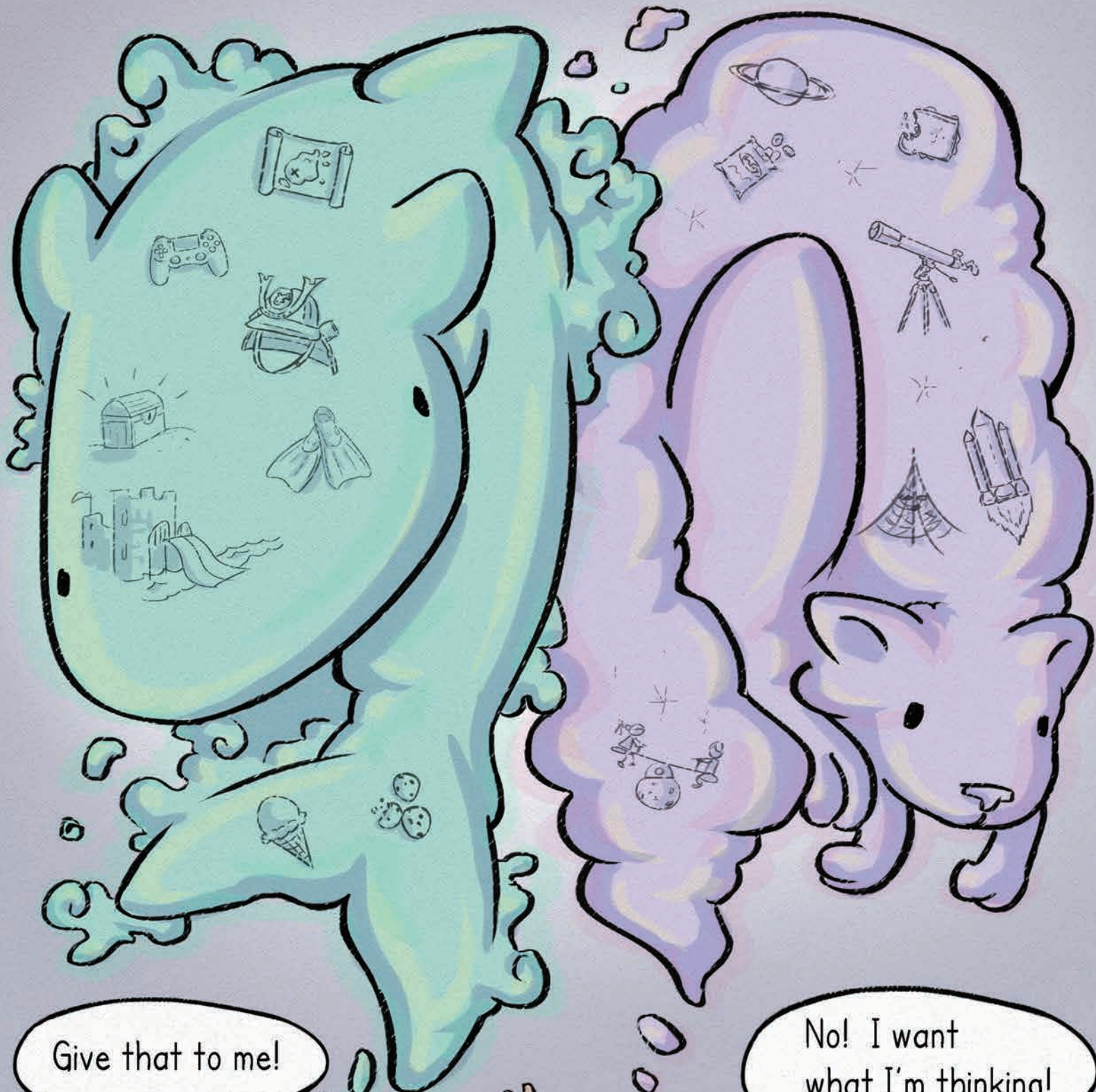




Before, you said sliding forever is fun.

We'll do this fun stuff when forever is done.





Give that to me!

No! I want what I'm thinking!

What should we do?



Thought bubbles, thought bubbles,



What can we say?

you're in the way!

I've got an idea!  
We should figure out how  
to make all those thoughts  
match right here and right now.





That really could work!  
Then our thoughts will agree  
with what's going on in reality!



# **An Introduction to Buddhist Philosophy:**

## **Thinking about Thinking**

### **To the Child**

A boy named Siddhartha Gautama was born in India a long time ago. He grew up to become a great and deep thinker. Eventually people called him “the Buddha,” which is a title that means “the one who knows.”

As a grown-up, the Buddha thought about big questions. One of the questions he wondered about was: “Why do some thoughts make us unhappy?” Although he did not know it then, his answer to that question was so wise that even today, more than two thousand years later, people still find it useful.

Why *do* some of our thoughts make us unhappy? The Buddha said that the answer has to do with what we’re thinking about. He noticed that we often think about what we want. Sometimes we are thinking about what we want in the future. Maybe there is something that we want to get, or maybe there is something that we hope will happen. Other times what we want has more to do with the past. Maybe there was something that we used to have that we wish we could have again, or maybe we wanted something to happen that did not happen. Whether we are thinking about our wants in the future or the past, the Buddha noticed that these kinds of thoughts are not about the present. He also noticed that these kinds of thoughts can get in the way of feeling happy right now.

The Buddha said that if we could take our thoughts of the future and the past and replace them with thoughts about what we are doing right now, then we would be much happier.

### **To the Parent or Teacher**

This book provides a gentle starting point for teaching young children Buddhist philosophy. It introduces three ideas that are foundational to what the ancient Indian philosopher known as the Buddha taught:

1. We can think about our thinking.
2. When we do that, we can notice that we often cling to thoughts about the past or the future.
3. Clinging to these thoughts can get in the way of being happy in the present.

The Buddha (c. fifth century BCE) was born into a wealthy ruling family in what was then northern India but is now southern Nepal. His birth name was Siddhartha Gautama. Renouncing his birthright as a ruler, he set out with the bold goal of understanding and remedying the problem of suffering, including the suffering that comes from feeling negative emotions. At the most basic level, the Buddha believed that we suffer because we cling to unhelpful thoughts. He noticed that these unhelpful thoughts are always about desires. Desires, by definition, are never about the present: we want something in the future, we want something that we had in the past, or we want the past to have been different. These kinds of thoughts cause us to feel negative emotions such as unhappiness or anger.