

What Are You Feeling?

A story about feeling a little blue



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A story about feeling a little blue.

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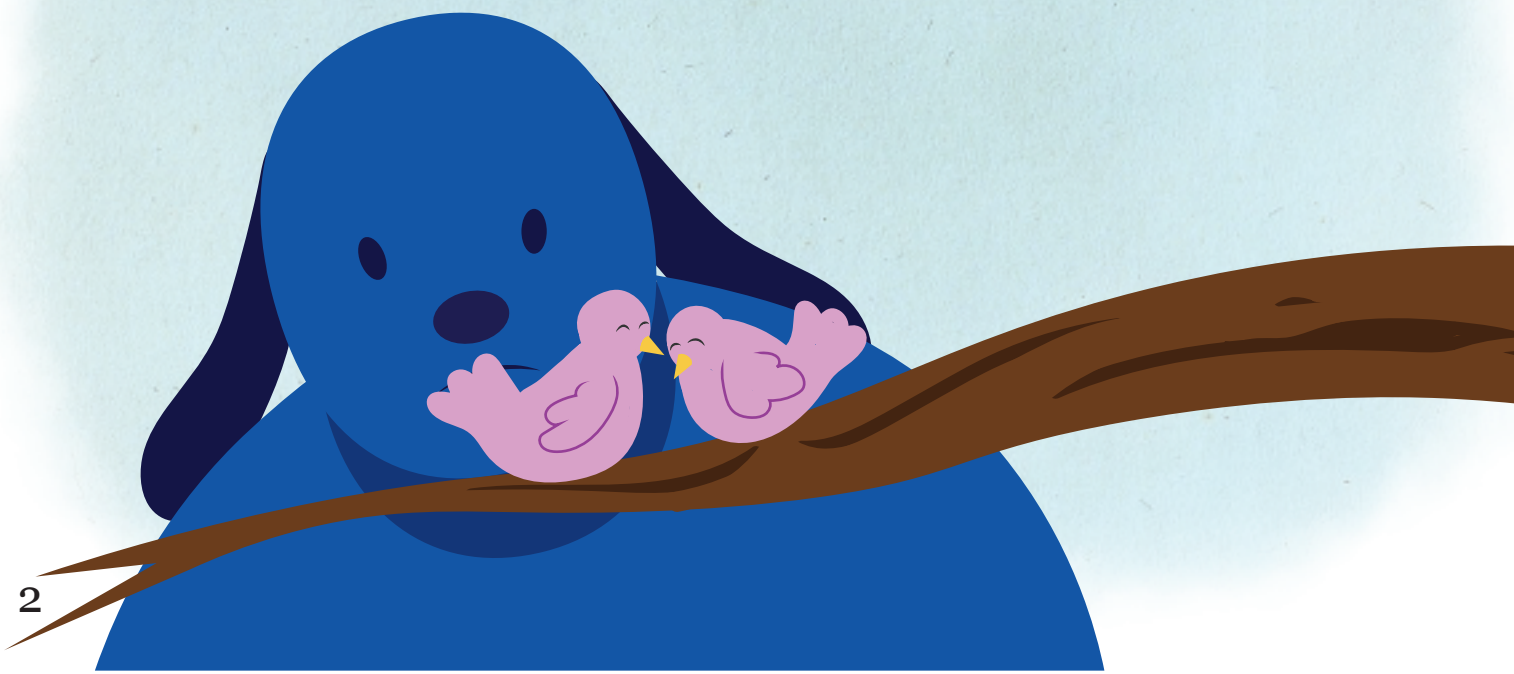
Dedicated to my brother and sister,
Emma and Vito

In a world of colors there exists one blue fellow in particular, his name is Indigo. Now, Indigo has been feeling particularly gloomy and he can't figure out why.

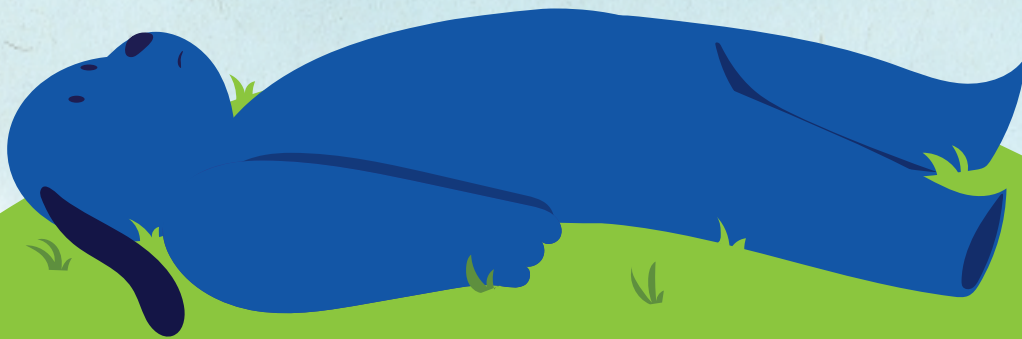


He's tried things that have made him happy before, like sun bathing and birdwatching...

... but nothing seems to be working.



He thinks about his friend's birthday party later this afternoon and how that might help him feel better.



So, our friend Indigo has decided to take a walk and see if he can find some of his friends. He comes across his good friend Red, but she seems to be a little upset about something. I wonder what it is?

“Someone took my favorite seat in the park!”
Red exclaims.

“I’m sorry, Red. Is there anything I can do to help?” Indigo asks.



Red cheers up a little bit, she tells Indigo that she will take a deep breath and politely ask for her seat back, and she might make a new friend out of it!



Indigo starts to walk with Red to see if it will make him feel better, but he just trips on his own feet and ends up taking a tumble.

In the distance, Indigo can hear the sound of excitement and joy. He doesn't need to wonder too long where it is coming from, because his friend Orange comes bounding toward him like an excited puppy.

“Indigo!” Orange shouts, “I am so EXCITED today!”

“Oh, why is that, Orange?” Indigo asks.



Orange says they're excited because today is their best friend, Purple's, birthday! They are so happy to be celebrating with him. However, Orange mentions that they understand that this is Purple's big day and they can't let their own excitement get in the way of making it special for Purple.

Indigo tries to be excited with Orange, but he just ends up deflating like a balloon.

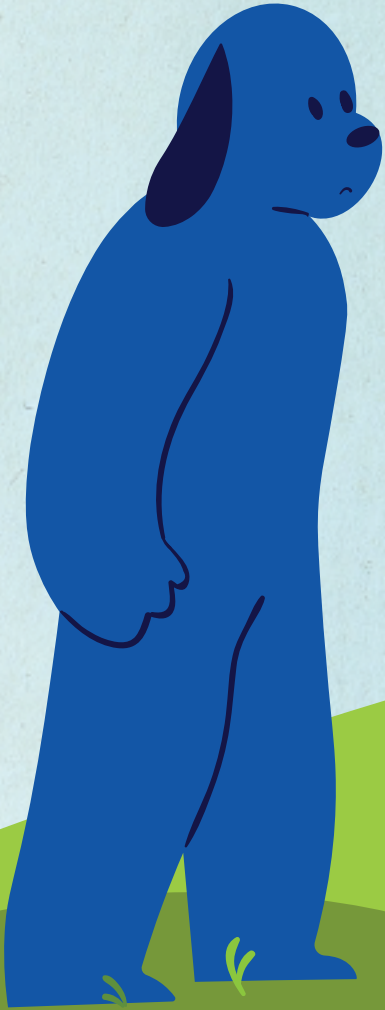


Indigo nods, he says goodbye to Orange and continues down the path.

Indigo doesn't walk for too long when they come across a particularly cheery soul laying in the grass ahead. It's his friend, Yellow!

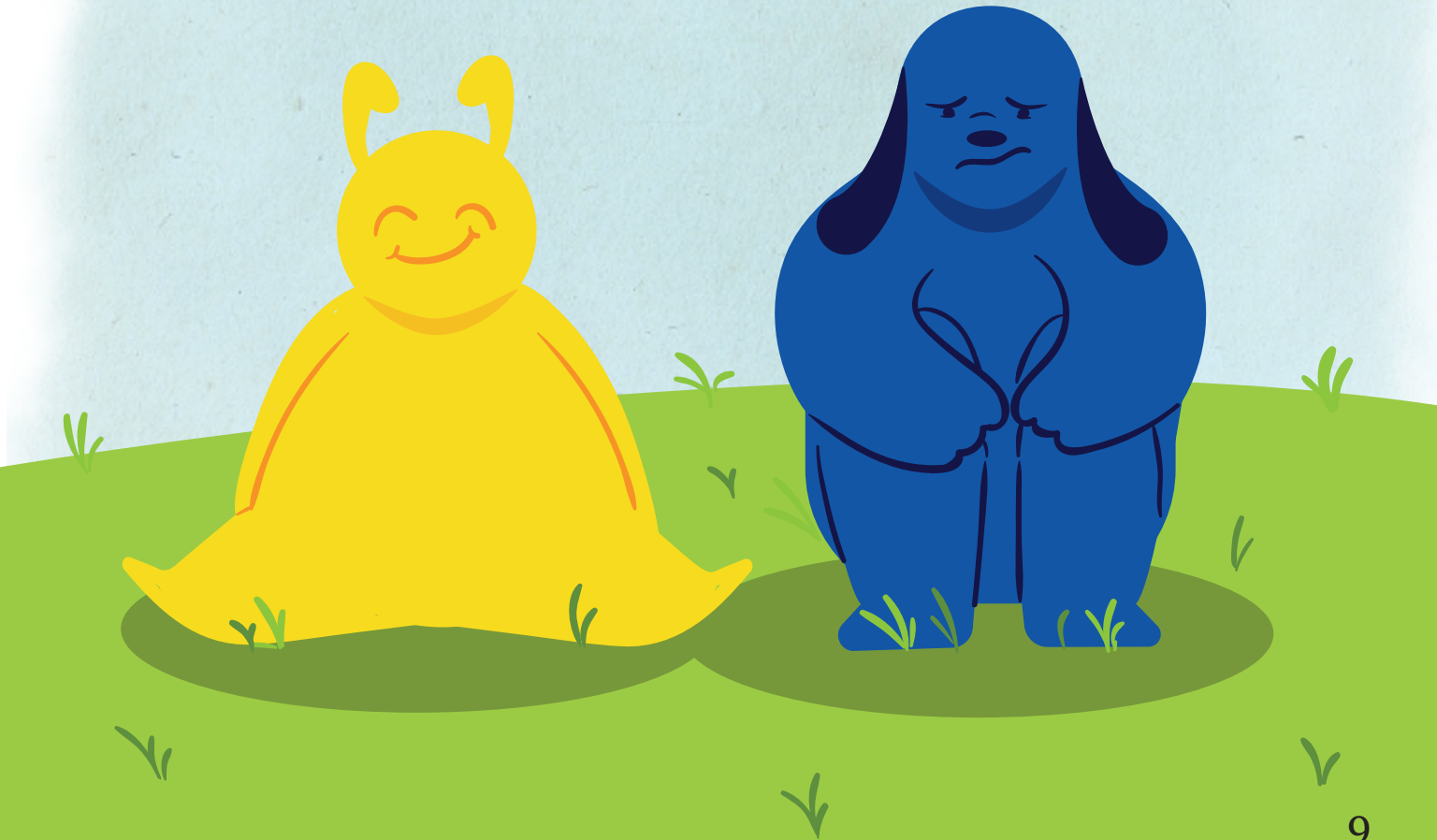
“Hello, Yellow,” Indigo says, “what are you doing?”

“I am watching the clouds since it is such a lovely day!” Yellow explains.



Yellow says that she is feeling very happy and calm, because this is her favorite weather and she loves the feeling of grass on her hands. It's her favorite texture! Indigo tries to sit with Yellow to see if it'll make him feel better, but he just gets itchy from the grass.

He says goodbye and walks toward the end of the park.



At the edge of the park Indigo meets his friend Green, who seems to be pacing back and forth.

“Hello Green, what seems to be the problem?” Indigo asks.

“Oh hello Indigo, I am envious and jealous because my best friend, Red seems to have made another friend!” Green says, exasperated.



“Green, you should be happy for Red. She is your best friend! It is okay for her to have other friends, as it is okay for you to have other friends. Maybe you might make a new friend too!” Indigo says, they hope their advice is helpful to green.



“Thank you, Indigo, that is very good advice. I will count to ten and remind myself it is okay for Red to have other friends,” Green says. After they count to ten, they wave goodbye to Indigo and walk over to Red to introduce himself to her new friend.

Indigo sighs and heads on.

Indigo almost trips over his friend Blue, who is meditating on the ground under a big willow tree.

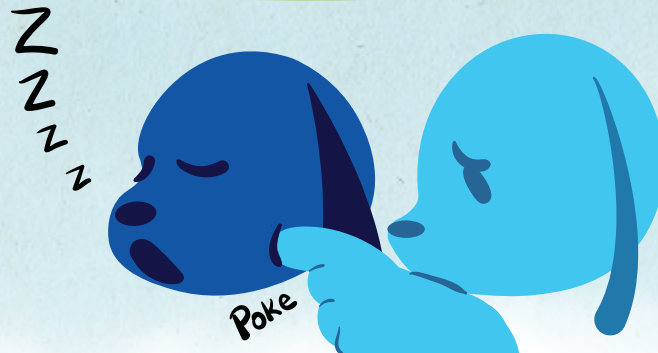
“Oh, hi Blue,” says Indigo.

Blue opens one eye and says, “ah Indigo! I’ve been feeling very stressed lately. Come and meditate with me!”



Indigo sits next to Blue and closes his eyes to try and relax like Blue had said. But, Indigo just ends up falling asleep instead.

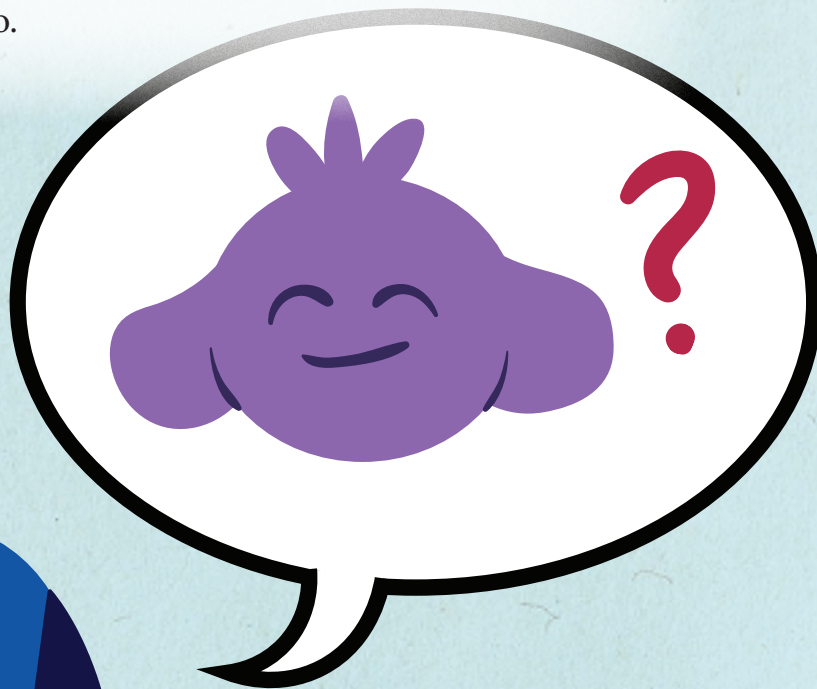
He wakes up to Blue poking him letting him know that it is time to go to Purple's birthday party!





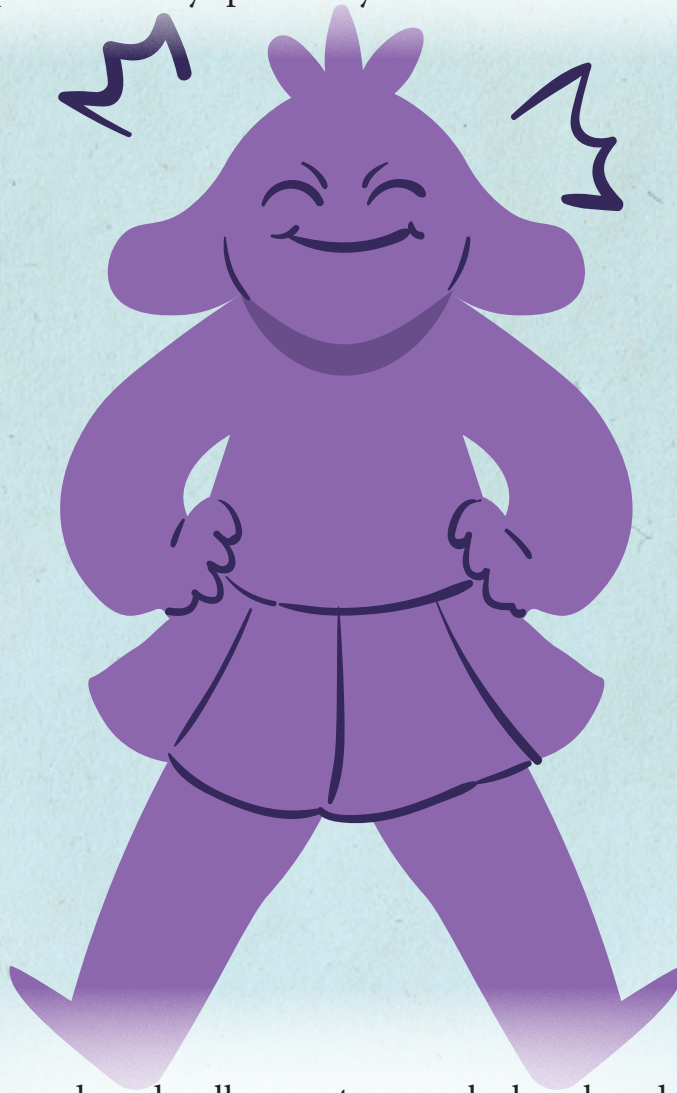
Indigo says hello to his friend Purple, and wishes him a happy birthday. He looks around and notices how extravagant this party is.

“This is a vey nice party, Purple. I like the balloons that look like... your face?” says Indigo.



“Thank you Indigo! I am very happy that you came, I wasn’t sure if you got my invite,” says Purple.

Purple says that this is their big day and they can't wait to celebrate a day all about himself. But he says he has to remain humble and appreciate the fact that all of his friends came to spend this very special day with him.



Indigo nods and walks over to a nearby bench and sighs.

“I don’t know why I am feeling so blue,” Indigo states, “I wish something would make me feel better but I’ve tried everything and nothing works.”

Indigo begins to cry, he just can’t seem to make himself feel better.

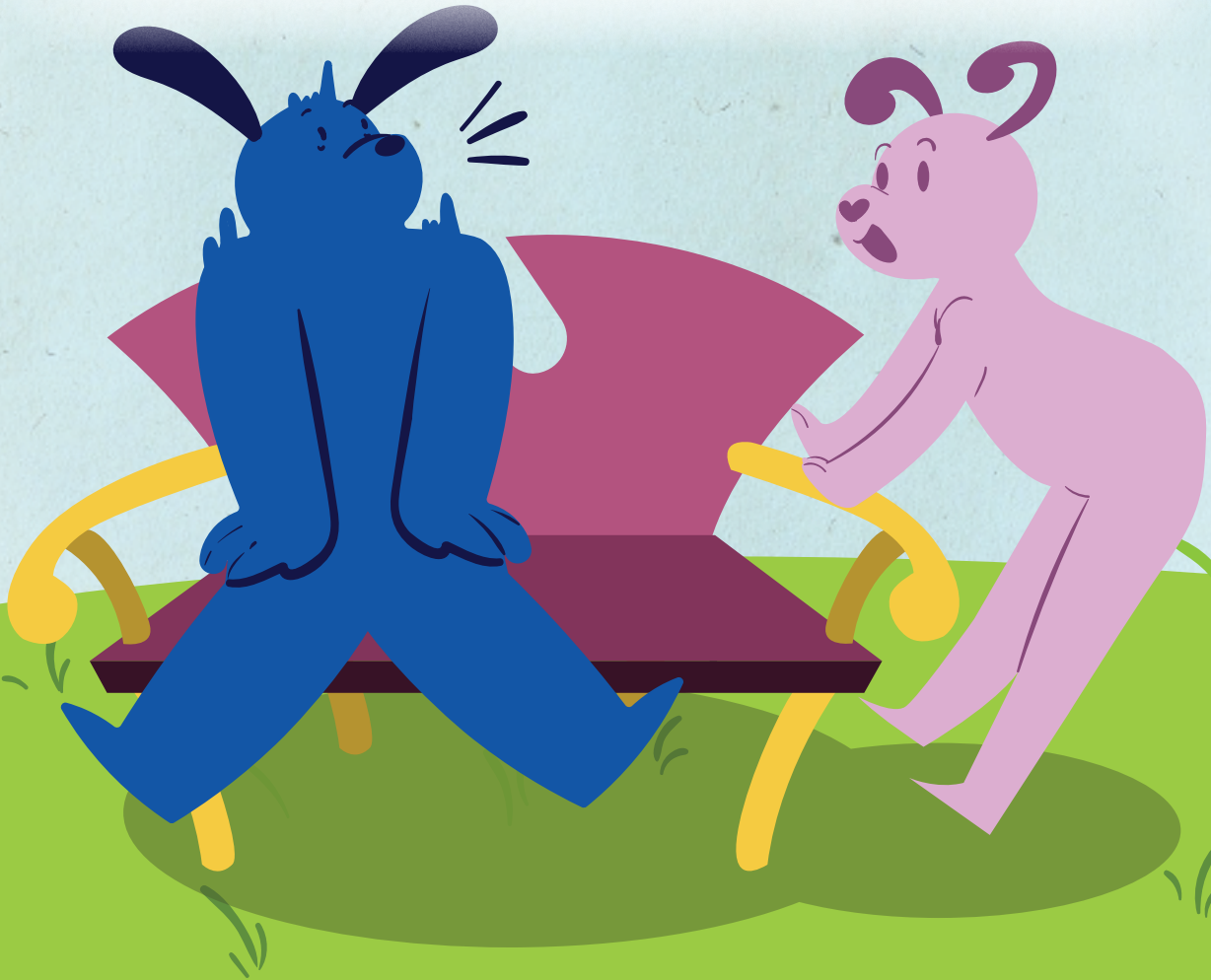
“Maybe I am broken,” he says into his tears.



He barely notices his friend, Pink, taking a seat next to him.

“You are not broken dear Indigo!” Pink exclaims, almost making Indigo jump right out of his skin.

“But, I am just so sad and down and nothing seems to be cheering me up, Pink. I’ve tried everything,” says Indigo.



“It’s okay to be sad for no reason, Indigo, it happens to everyone! What you are feeling is still important, whether or not there is a reason behind it,” Pink smiles, “and, you always have your friends to help show you how much they care about you, Indigo. We have your back!”



Pink was right, Indigo thought to himself. He has all of his friends by his side, and even if he can't understand all of them, he appreciates all of them just the same. He feels happier when he's around them.



Indigo wipes his tears and smiles as his friends all come up to him and give him a big group hug. Indigo smiles, he already feels so much better knowing he has such wonderful friends.





About the author

Cecilia Falco is a graphic designer who has a passion for writing and illustrating stories. She got her degree from the University of Illinois Urbana-Champaign and she hopes to continue to explore her story telling dream.

She has been into art for as long as she can remember; doodling in her notebooks during class to spacing out in the car thinking about potential story ideas. Bringing her stories to life is her favorite thing and she loves seeing the impact it has on others.

