

**[00:00:00.920] - Wynne Leon**

Welcome to the Sharing the Heart of the Matter Podcast, where we bring you talented creatives who inspire you to reach your next level of personal growth.

**[00:00:16.060] - Wynne Leon**

I'm Wynne Leon. And in this episode, I'm with my co-host, Dr. Vicki Atkinson, and my delightful daughter, Ms. O. Ms. O shares a personal narrative that she's written as an assignment in third grade. And then she tells us what a hook is and what she's learned about drawing in an audience by using one. She fills us in on lessons she's been taught about adding details to her writing. Another assignment she is working on in class is a piece of short fiction. Ms. O tells us how she envisioned her main character, a piece of cute food, and teases us with a short summary about her story. Boy, do I have a lot to learn from her about how to deliver an elevator pitch for my writing. So far, third grade has been full of interesting writing assignments, including one to interview a family member. Ms. O tells us about interviewing her cousin for that assignment and what she learned about how to get someone to open up and to listen when they do. Ms. O gently takes Vicky and I to task for some side giggles we get while talking with her, and somehow she shows that she sees us.

**[00:01:29.180] - Wynne Leon**

She sees us by noticing that we sometimes get carried away with delight. I think you all understand when I say sometimes I can't tell whether she's eight or 28 years old. Finally, we wrap up by talking about all the creative practices she does: writing, drawing, music, and how they help her to express emotion. She fills us in on a sweet thing she's been doing with her four-year-old brother, Mr. D, to help him do the same. This is a fun episode filled with the delight of youth. Ms. O is someone I learn from on a regular basis, and I think you will too. Please listen for inspiration and some sweet smiles. We know.

**[00:02:13.540] - Wynne Leon**

You'll love it.

**[00:02:29.900] - Wynne Leon**

Hi, Miss O. Hello. Vicki and I are so excited that you were willing to come on this podcast with us. You've been working on a personal narrative for your third grade class. Can you read it for us?

**[00:02:46.870] - Miss O**

Yeah. So this is the start, My New Puppy by Miss O. I grab the leashing collar and jump into the car. I'm so excited to get my new puppy. I cannot hold in all my excitement. I was bouncing up and down in my seat and had a big smile on my face. My mom was in the car too. Her best friend, Vicky, called us. She talked and talked and talked about how excited she was about getting our puppy. Every time we talk to her, she

asked about a puppy. She loves us and talks a lot, but thankfully, she has good things to talk about. A couple of days before we went and chose the puppy we wanted, we wanted a boy. We were going to name him Cooper and his nickname was going to be Coopie. They were English golden retrievers. They are golden retrievers, but white. They are so cute. I remember my mom telling me all the things we had to do to care for him. Honey, my mom called. Can I tell you something? Yeah, I said. What's up? I'm going to tell you all the things we need to do to care for the puppy, okay?

#### **[00:03:54.040] - Miss O**

Okay, I responded. We must wash him, feed him, my mom told me. We must crate, train him, potty train him, and a lot more things that I will tell you later. He picked the red one. He was the more energetic one. The other one was blue. He was the lazier one. The way we know their colors is because they had colored collars on. The breeder's house was in Snowhomish, an hour away from our house. I jumped out of the car and sped towards the little plate pen sitting on a warm, soft, very green grass, and inside was the little puppy we had picked out a couple of days before. They had him in that pen because he was in the front yard and the front yard had no fencing. We asked the breeder if we could take him out. She said yes, so we took him out. We had to lift him out because he was so small and was just a puppy. We put him on the grass. He happily tried it around and we made sure that he didn't leave the front yard. Then he went, Polly ate and smelled the grass. Then my mom said, I think that's enough sniffing.

#### **[00:04:56.460] - Miss O**

Let's put him into the car. I had to get into the car first because Coopie was going to sit on my lap so we felt safer. So we got into the car and he was extremely nervous and started whimpering scaredly. When the car started moving, he whimpered even more. Then I started to freak out a little bit because Copy was scared. My mom told me that to calm down because calm is contagious. She says that all the time. I calmed down soon after, and when I calmed down, I started to talk to Coopie about what everything was because he was new to the world. I bet you wonder what all those things are driving on the street and what they're called. They're called cars, I told him. I think my talking was magic because when I talked to Coopie, he did not bark or whine. Do you think I'm magic or what? We went to my little brother's school because it was time to pick him up. My little brother's name was Mr. D. He was four years old and he was in preschool. We had to lift Coopie out of the car because he could not get out of the car yet.

#### **[00:06:01.100] - Miss O**

I was the one to hold the leash while my mom went in and got Mr. D. Mr. D loved one of his teachers, named Amethas. Amethas, a mom called quietly. Who is Amethas? Amethas peers around the door. 'Omg, ' she whispers. She silently dashes out of the room and starts petting Copy. He's so soft, she said. Twenty minutes later, my mom said, I think we have to go now. Okay, and with this whine, Fine. So we got into the car and as you know, I had to get in first because he sat in my lap and I had to hold on to his collar so that he wouldn't go anywhere. On the ride home, he was whimpering until we were home. We did not stop by home before he picked up Mr. D, so Copy had never been to our house before. When

Copy first came into our house, he was a bit skeptical. When we placed him down in his wired black clay, he loved it a lot, really quickly. He laid in it for hours and hours. When my mom was about to go to sleep, she found him laying upside down, and that makes a dog's extremely comfortable.

**[00:07:12.470] - Miss O**

I will never forget that very incredible memory.

**[00:07:18.480] - Vicki Atkinson**

Wow! Ms. O, I have goosebumps and tears in my eyes. And I remember that phone call and a little bit of what I heard about that day from your mom. But I have to tell you, listening to your story was so much better. It was like I was right there with you guys. Wow.

**[00:07:49.150] - Wynne Leon**

So you spent some time considering different hooks for that. Can you tell us what you learned about hooks and why you chose the one that you did? Yes.

**[00:07:57.850] - Miss O**

First of all, I'm going to explain what a hook is because some.

**[00:08:00.350] - Miss O**

Of the.

**[00:08:00.990] - Miss O**

World might not know what a hook is. And when I learned, I had no idea what a hook was either. A hook is something that pulls your audience in, like say, I started it by I grabbed the leash and collar and jumped into the car. There's so many questions that follow up that it wants to make the audience read the story and learn more about that.

**[00:08:25.630] - Miss O**

Yeah. So that was your hook. I grabbed the leash and collar and jump into the car. And the hook is, well, why is the leash and collar not attached to anything?

**[00:08:35.650] - Miss O**

The leash and collar is not attached to anything because we haven't gotten the puppy yet.

**[00:08:39.310] - Vicki Atkinson**

Yes, right. But it sets up such excitement, right? Because something is happening, right?

**[00:08:48.700] - Miss O**

Yeah. And the way that you can say it in different tones. And if you say it like I'm excited, which is true.

**[00:08:58.830] - Vicki Atkinson**

And I feel like.

**[00:08:59.920] - Miss O**

The different tones you use your voice in when you're reading, it can add so much more expression. And let's say if I said, I grab the leashing collar and jump into the car. That doesn't sound very exciting, does it? Because who knows? I could be feeling excited. I could be feeling sad.

**[00:09:17.330] - Vicki Atkinson**

Right. And I think the trick for someone who's doing beautiful writing, which is what you just did, is to try and pick the right words, the right hook to convey all that emotion when you're not speaking it out loud, you're just counting on the reader to crawl into your heart, right?

**[00:09:35.280] - Miss O**

Yeah. And I also feel like we took a lot of time in school because I made this in school. It took a really long time to make a writing notebook. And it took so long for me. And I was probably the person who took the longest because I had.

**[00:10:00.000] - Miss O**

Get all those details. And I need to work on finishing my stuff faster because I'm one of the people in the class who takes a long time.

**[00:10:09.060] - Vicki Atkinson**

But you spend a lot of time on those details and descriptions. Would you think that adds to the writing?

**[00:10:15.430] - Miss O**

I think it adds. It makes it more interesting because it adds more like the audience becomes more curious and it adds more details. So like Vicky said, it adds more details so that it could feel like you were there, like you were literally there.

**[00:10:36.080] - Wynne Leon**

Well, and one of the things that you said when I said I had shivers a little bit and then tears in my eyes just imagining what it was like because you knew that you were going to put Copy on your lap. And in your mind, you were like, okay, and Mom's going to drive us home. And off we go. We're going to pick up Mr. D. But what you figured out very quickly, and you put that into your story so well is that you realized Cooper was scared. He was so scared. And what you described about how you took something that your mom has often said about, If you're calm, he'll be calm. But then how did you know that what you also needed to do was get him to hear your voice? Because you started talking to him and it calmed him down even more. You were describing the things that you were passing by. How did you know how to do that? And how did you know it was so important to write that? Because you could have skipped over it, right?

**[00:11:39.810] - Miss O**

Yes, I could have skipped over it. But I thought that one, if I added that, it gave more description because so many people could be wondering what happened? What were you doing on the way home? And also my mom.

**[00:11:56.160] - Wynne Leon**

She.

**[00:11:56.810] - Miss O**

Always adds that detail when she tells that story. So I'm like, you know what? I think if my mom, that's how she tells the story, it's how I'm going to tell the story too. And also I just thought it'd be a good detail for the audience.

**[00:12:10.560] - Wynne Leon**

Yeah.

**[00:12:11.480] - Vicki Atkinson**

Yes, because my favorite thing that you said to him on the way home as you were describing it. This is a car, and that's a road, and that's an airplane. And then you pause for a moment and you said, And you are something called my best friend.

**[00:12:28.790] - Miss O**

Oh, and that one.

**[00:12:30.580] - Wynne Leon**

Still gets me sniffing, right? I've heard your mom say that several times, and just picturing you in the car knowing that he was scared, right? Yeah. And you're my best friend. And then when you continue that thought, you got home and he went straight to his crate. So it's almost like he needed a little bit of quiet time on his own because that ride home was a lot. But I remember your mom saying you guys gave him that little bit of space and you weren't worried. You figured he just needed to check out the house when he was ready, and he wasn't ready yet. He wanted to be in his little house, right?

**[00:13:09.940] - Miss O**

A day later, he was out adventuring the room that he's allowed to be in. So I knew that he wasn't going to be in that crate forever. I was concerned a little bit, but I knew inside that he wasn't going to stay in there forever because he knew this was his family. And I didn't think he thought that it's torture. I think he would find out soon. It's not torture. We wouldn't have given him a crate. We wouldn't have given him a nice bed. We wouldn't have given him good food if it was torture.

**[00:13:44.830] - Wynne Leon**

Yeah, but you weren't.

**[00:13:46.470] - Miss O**

His - from your seven or eight brother and sisters, but.

**[00:13:50.200] - Wynne Leon**

- Exactly. That's just what I was going to say. But doesn't mean that it's terrible. Right. But you're not his furry family. You're a different family.

**[00:13:58.010] - Vicki Atkinson**

So you just interviewed your cousin for another class project. What do you think makes for a good interview?

**[00:14:05.810] - Miss O**

A good interview has very detailed questions that are very deep so that you don't need a lot of questions to get all the answers you need, because who knows? You could say, you wouldn't say one deep thing,

you have a bunch of questions. And who knows? Maybe then you wouldn't get all the answers you needed. I have this thing that I write every night, like a notebook that I write in every night. And I feel like there was one thing that it was about how I can help people and giving them attention was like, some of them all combined because that is so many of those put together into one thing.

**[00:14:53.580] - Vicki Atkinson**

You're saying that giving the things that you can do for people often all boil it down to giving them attention, is that right? Yes.

**[00:15:03.350] - Miss O**

So there's so many things that attention you can split up into so many different things. And also podcast questions you can ask, interviews, things you can ask if they're very, very deep, then it means they can answer so many more of your questions that you don't even need to ask all those questions because you already have the main question. Ir, I remember say, there's so many things you need to do in your life. And one of them, like all of those, narrow it down to one thing that you need. Normally, if you're mad, then there's always, and say, you want everything else, like that happens with Mr. D a lot. Sometimes also for me, too, that there's normally one main thing that you need that heals all those other things around it, like that one deep question can answer all these other things. I imagine it the key answer in the middle and all the other things around it that have to make up to that. But you only need that middle part. You don't need all those other ones. You just need that middle part to give all those other ones answers. Say, if you have a whole line of people, then you can ask, you can tell one person the answer and they'll spread the word.

**[00:16:28.970] - Wynne Leon**

And you're so- You're so smart about that because sometimes people need a good interviewer to ask them questions to get them to that middle, to that good, the center of everything so that they can talk about it and make sense of things. And the worst interviewer is the person that asks questions that can be answered with a yes or a no. Because when you ask a question, and I bet you did this with your cousin, you really asking someone to trust you that you're going to be a good listener. Right. And you're such a good listener because you want them to tell you a story. Yeah. And then when you do that, when they're telling their story, you're right. They're figuring things out on their own, aren't they?

**[00:17:21.700] - Miss O**

Yep.

**[00:17:22.650] - Wynne Leon**

Oh, my goodness. What was that like, interviewing your cousin? Was it fun for you, too?

**[00:17:27.300] - Miss O**

Yes, it was really fun because I felt like I was the leader of everything. I felt that I was the one giving out all the questions. And I feel like when you're the one giving out all the questions, you're the boss of this all, which sometimes normally it feels really nice when it's not the hardest job.

**[00:17:48.830] - Wynne Leon**

Yeah. But you have to know, we're talking today and you're trusting me that we're going to have a nice conversation and no one's going to try to embarrass anyone but we're trying to help everyone feel good. That's the point, right?

**[00:18:05.250] - Miss O**

You don't want to feel like, okay, I'm giving you questions. You're going to answer them. Yes. You don't want to feel like it's not tender. You want to feel like... Because then my cousin would not want to talk to me because I haven't seen her in person for I haven't even talked to her since I was one. So I want to feel like she's not like, okay, I'm not talking to my cousin. It's so cool.

**[00:18:30.560] - Wynne Leon**

But I have a question for you. So you wrote this beautiful personal narrative about the day you brought Copy home. Your teacher has you interviewing other people, and then you're writing about it. And then your mom tells me that you're also working on fiction, storytelling just from your big, beautiful imagination. Oh, my goodness, that's a lot. Can you tell us more about that?

**[00:18:55.490] - Miss O**

So we are writing fiction stories in class. It's a new writing topic, and I am writing about cute food trying to escape from a fridge and really wanting to be eaten. But along the way, they're going to have very, very interesting encounters.

**[00:19:21.220] - Wynne Leon**

Okay, wait a minute. Stop everything. Cut food. There's a good hook. You got me. I'm already in because I want to know what cute food is, but they're escaping because they want to be eaten. Is that what you said? That's a twist.

**[00:19:38.110] - Miss O**

Because they've been sitting in that fridge for ages, and they would be like, I'm tired of sitting in here doing nothing. I want to be eaten in the stomach where so many other things are in there.



**[00:19:49.640] - Wynne Leon**

Oh, my gosh. Well, hurry up and finish that. I'll read that. That sounds like a really good story because then they're going to have adventures maybe all over the house. Yes.

**[00:20:01.020] - Miss O**

Yes. And they're in a room that's filled to the brim with cute stuff, mostly cute food. And they're in a mini-fridge, not just a normal fridge, a mini-fridge.

**[00:20:13.750] - Wynne Leon**

Oh, and you had some.

**[00:20:15.930] - Vicki Atkinson**

Different choices of cute food characters that you were trying to choose from, right?

**[00:20:20.910] - Miss O**

Tell.

**[00:20:21.820] - Vicki Atkinson**

Me about those characters.

**[00:20:24.160] - Miss O**

So the first one, my first character that I just introduced in my story that we're writing, you're encouraged to write a really long one in my class. So the first you start off with the setting, which was the fridge. And I described it really well, six or seven, I mean, eight sentences.

**[00:20:45.730] - Wynne Leon**

Of.

**[00:20:47.450] - Miss O**

Just the setting. And then now I'm doing another seven or eight sentences of the character. And the character in this case is a puppy hamburger. What? A cute puppy hamburger.

**[00:21:02.270] - Vicki Atkinson**

What?

**[00:21:03.340] - Wynne Leon**

Okay. Paint that picture for me in my mind. What does a puppy hamburger look like?

**[00:21:10.250] - Miss O**

Yeah. So that is the thing my teacher says all the time. What does it look like? So how I described it on how it looks is I asked if there's a package of noodles who is to ask who the hamburger is sitting on top of. And it's asking it, well, how do you think you look like and what is your inside feel like?

**[00:21:34.340] - Wynne Leon**

It.

**[00:21:35.940] - Miss O**

Looks it has a light brown top and bottom bread bun, and it has a medium dark brown meat patty.

**[00:21:45.580] - Wynne Leon**

And.

**[00:21:46.750] - Miss O**

Then it's got orange, yellow, realistic cheese. If you can imagine, realistic cheese, it's that type of color for the cheese because this is life, but it's in the future. Okay. Okay. It's in the future when they invent cute food. I don't know how far in the future, but they're going to have cute food one day.

**[00:22:05.860] - Wynne Leon**

I have an important question as I'm painting this picture in my mind. Is the cute hamburger dog is the bun round? Round like a regular bun? Okay. So I got that. Okay. Got you.

**[00:22:20.090] - Miss O**

It's round and he has floppy ears. It's a boy. His name is Corey.

**[00:22:27.630] - Wynne Leon**

So.

**[00:22:28.860] - Vicki Atkinson**

His ears are on the bun top? Yeah.

**[00:22:31.930] - Miss O**

No? They don't have his body. His body is the hamburger, but he doesn't have feet on the bottom. He just has like this. He jumps around, boop, boop, boop. He just like toddles around the sides of his bun just like-.

**[00:22:44.050] - Vicki Atkinson**

Besides of his bun. Yeah.

**[00:22:47.200] - Miss O**

So it's like he's walking around on his bun.

**[00:22:49.830] - Wynne Leon**

Oh, my gosh. Our listeners are not getting the free show, right? That I get to see you simulating what a dog hamburger hopping around named Corey would look like. Does he have a tail?

**[00:23:03.620] - Miss O**

Yes, he does have a tail.

**[00:23:04.960] - Wynne Leon**

He does have a tail. Okay. Okay.

**[00:23:07.060] - Vicki Atkinson**

Any pickles? Out of.

**[00:23:08.350] - Wynne Leon**

His bun. Of course, it does.

**[00:23:11.390] - Miss O**

Okay, you're taking this too far. Seriously, you're taking this too far. I'm looking at you, too. You're taking this too far.

**[00:23:19.250] - Wynne Leon**

Well, that is only because, Ms. O, your mom and I never do a podcaster rarely without getting the gigs.

**[00:23:26.940] - Miss O**

Yeah, but you overdo it every time.

**[00:23:32.800] - Vicki Atkinson**

This is what I'm.

**[00:23:34.440] - Wynne Leon**

Talking about. Over done here. I know. And you're being the grown up and we're being the goosebumps.

**[00:23:40.560] - Vicki Atkinson**

Okay, we'll ask another question then. So you do a lot of different art. Yes. You do writing, you do music, you do drawing. How do you think they help you express your thoughts and feelings?

**[00:23:54.830] - Miss O**

I think they help me express my thoughts and feelings because there's so many different categories of things that I do, right? And then there's so many different categories of feelings. So I like to express my feelings by writing them down, expressing them with different types of music to change my mood. I like drawing my feelings. Sometimes when I'm mad, Mommy asks me to draw out my feelings, which normally helps me. Sometimes I stab the paper and break my marker, and I have ruined my marker from doing that. But you know what? I don't care. That's why I normally use colored pencils from now on. Yeah.

**[00:24:39.300] - Vicki Atkinson**

The other day you were angry about something, but I'm not sure that we knew that. And so you sat down to draw something, and you ended up making a graffiti that said mad, but you beautifully decorated it. And by the time you were done, you weren't mad anymore.

**[00:24:58.110] - Miss O**

I was not mad. I put all that anger and then that piece of paper.

**[00:25:02.400] - Wynne Leon**

Oh, my gosh.

**[00:25:03.390] - Miss O**

That's beautiful.

**[00:25:05.330] - Wynne Leon**

Yeah, but that's amazing, right?

**[00:25:07.930] - Wynne Leon**

It's easy. Yeah. So would you say that of all those things that you just mentioned that is the art right now your favorite getting your feelings out on a piece of paper? Is that your favorite? Art. And then every.

**[00:25:23.980] - Miss O**

Night, say, I've gotten mad at Mommy or she's gotten mad at me. I normally write down on my feelings. And I have a lot of notes in there that I read to mommy. It's like I call it my feeling notebook that I say if anything's not going good or I sometimes just write list down like that mommy asked me to write down, like why are you lucky to have a family? And I think earlier I mentioned how all those things go together. That was in that same notebook that I just use on the mad and all the in myself, all that anger that I have inside put it out into things like notebooks. And it's sometimes easier to go gentle. Like on there I wrote down something, I didn't pound on paper going boom, boom, and neither with the mad. Sometimes it gets it out, but getting it out slower. Like, say, if I want to do something and I do it really fast, normally it doesn't end up my best work because it doesn't end up, same with mad. There's a whole bottle of juice and of the mad. And I'm trying to get that all out.

**[00:26:31.020] - Miss O**

But if I pound on the paper, it'll get things out chunk by chunk. But it's nice to get all of it out. And you won't notice that there's still a little bit in there.

**[00:26:41.800] - Wynne Leon**

Yeah. But there still is.

**[00:26:43.440] - Miss O**

That's why when you go slower, you get all of it out.

**[00:26:49.090] - Wynne Leon**

I love that.

**[00:26:50.770] - Miss O**

Because.

**[00:26:52.730] - Wynne Leon**

You've got a big bottle of juice at the end of the day. And it's like, I think I need to get some of it outside of me. And sometimes it's with words. Sometimes you break a pencil here and there. You work it out. But what I love about that is that, correct me if I'm wrong, you're eight, not 18, right?

**[00:27:15.500] - Miss O**

Yes, you are right.

**[00:27:17.770] - Wynne Leon**

I know, but I think you could teach a lot of young adults, older adults, people like maybe your mom, even older adults like me.

**[00:27:29.400] - Miss O**

She does not need that help. Just saying that she does not need that help.

**[00:27:34.140] - Wynne Leon**

No, but you know something about writer people think about audience. And when you're doing that stuff at night, getting the juice out, taking out the yucky stuff from the day you know you're just writing for yourself, but maybe you're writing for your Mama, right? Because you may be sharing it. But that's very different than writing about the day that you brought Coopy home because the audience for that is for school. It's a project. There's a little structure to it because your teacher is telling you what to do. So see all these different ways that you're a writer? Do you see that? Yeah.

**[00:28:12.040] - Miss O**

One.

**[00:28:13.140] - Vicki Atkinson**

Of your recent list was all the ways, all the things that make you feel loved, right?

**[00:28:18.790] - Miss O**

Yeah. I did do that recently.

**[00:28:21.700] - Wynne Leon**

Then.

**[00:28:22.730] - Vicki Atkinson**

One of the cuter things that I saw was you and Mr. D up on the bed. Can you tell us that story?

**[00:28:29.290] - Miss O**

Yeah. So me and Mr. D were up on the bed, and Mr. D, he calls me Lala.

**[00:28:37.710] - Wynne Leon**

Yeah.

**[00:28:38.480] - Miss O**

And he's like, Lala, I want to write something, too.

**[00:28:44.690] - Vicki Atkinson**

Because he had his own notebook and his own pencil.

**[00:28:47.270] - Miss O**

And he's like, Lala, can you help me? I'm like, sorry, I'm writing right now. He's like, but I don't know how to write. I'm like, okay, then I'll help you. And I'm like, I don't think this is going to be very interesting to start to write down some random things. And the first thing he said was, don't hit people. And I'm like, oh, my gosh. How does he know that it's that deep? How does he know that's important? And now we have 30, 40 different ones, and some are just random, like Santa, just writing down Santa.

**[00:29:21.150] - Wynne Leon**

Yeah. Wow.

**[00:29:23.010] - Miss O**

And one of them, I could probably find it, and it says Santa. Wow. Okay. That is interesting. Yeah. But it's from his heart. Then now we've all joined in, writing some stuff down on my notebook, Mr. D's notebook. And so now we've had this fun of normally me and Mr. D, we're down on the bed writing some stuff down.

Last night we had a babysitter, and we did that, too. We read one book, and then he called it his pad. Then we write some stuff down on his pad, three or four things, and then he'd go to bed.

**[00:29:59.900] - Vicki Atkinson**

And you help him do it? Yeah.

**[00:30:02.340] - Wynne Leon**

But what I love about that is that you are guiding him, but you're also not correcting him, because all he wanted to write down with your help with Santa, you said, okay, right? It doesn't need to be a sentence. It doesn't need to be lots of stuff. You didn't say. Why Santa? Tell me, Mr. D. What else does that mean? You're just like, Okay, got it. Santa. But he's watching you write that down. Is that how that works?

**[00:30:35.130] - Miss O**

It's like if somebody is rushing my feelings, that's his feeling notebook. And I don't want to feel like if somebody was here with me and you're like, Hey, I'll write down anything and I'm like, okay, choose a thing. And I said, Santa. And they're like, Why Santa? No, I'm not writing that. I'm like, Yeah.

**[00:30:57.260] - Wynne Leon**

Those are my feelings.

**[00:30:58.660] - Miss O**

Why are you not letting me write down my own team feelings? Who knows? It might not make sense to you, but who knows? It might make sense to me. And that it's some of my deep feelings. And it feels sad when you can't get all those feelings out and they're all stuck inside of you. And it's not a good feeling to have. So I want to make sure he can get all his feelings out before bedtime. So then he's not like, Lala, come on, let's do this. He's done that. And now that we've done the pat, we've had it for two, three, four days. Now he's like, okay, and just goes to bed. I tell him a couple of stories and he's fast asleep. So it gets all of his feelings out before bed.

**[00:31:40.950] - Wynne Leon**

And I found that really good because sometimes you're helping him learn how to name a feeling too or honor whatever he's thinking, just like you said.

**[00:31:52.620] - Miss O**

Yeah. And we always let it to be up to him. I normally don't say, oh, okay, I'm writing down be kind. I ask him, hey, Mr. D, can I write down be kind? And if he says no, I'm like, okay, I'll just ask that for one later.



You might say yes. If he says no again, I'm like, okay, who knows? He might come up with that. And if he says an idea again, if I remember that I wrote it down, then I'll be like, okay. And then I try to put a star by it. So then we know. And then sometimes if Duncan said one more than once, say, Hey, Duncan, tonight's thing is don't hit. Say that's the one that got the most stars, the ones that he said the most. And I'd be like, Hey, Duncan. Tonight's one is don't hit. Let's stick with that tonight. I have a different feeling for each night. Say if the one that got named the most was be kind, then I'm like, okay, Duncan, tonight we're going to be kind. And that same for tomorrow until the night. So rest of the day, okay, Duncan, tomorrow we're going to be kind.

**[00:32:57.010] - Miss O**

And then say if it's don't hit or don't kick or don't punch, then I'm like, okay, that one's the one that you decided that was had the most on it.

**[00:33:07.030] - Wynne Leon**

Well, you're being such a good, flexible big sister because you're letting him watch you and ask questions and then you're helping him. So you, Pinky, swear and promise me you will always, always, always take a breath and be there for him because he's going to see you doing more really cool things and he wants to grow in the way that he can with you. So he's not going to stop doing that because you're being such a good big sister to him. But you're going to have to stay flexible and go, Oh, my gosh, I've got three other things I want to do. But Mr. D is really looking for a little bit of time with me, and it's so sweet. It's so sweet. But yeah, you being flexible to do that with him, it's another way of encouraging him, right?

**[00:33:57.970] - Miss O**

Yeah.

**[00:33:58.720] - Wynne Leon**

Yeah.

**[00:34:00.030] - Vicki Atkinson**

We're so grateful that you came on the podcast. Our podcast, how was the experience?

**[00:34:07.810] - Miss O**

I feel like it is amazing because I get to be with these two awesome, amazing people to make an amazing podcast for this whole world that is the best globe and everybody on this amazing globe. If the globe is amazing, everybody on it is amazing.

**[00:34:25.890] - Wynne Leon**

Wow. There's a takeaway. So everybody on this who's standing.

**[00:34:29.320] - Miss O**

On this Earth is amazing, right?

**[00:34:32.620] - Vicki Atkinson**

This is the best end to a podcast we've ever had, Mickey.

**[00:34:37.020] - Wynne Leon**

I know. Your mom and I will not have to do too much thinking about what are the big takeaway lines, the really big lessons, and you just gave it to us. Perfect. Well, Ms. O, it was a pleasure to learn about how Coupie came home. It was so much more fun to listen to you tell the story than it was to just hear about it in little bits and pieces. I felt like I was right there with you guys, and I know you're going to keep on writing and exploring all those ways that you're a creative, smart, Ms. O, right?

**[00:35:15.620] - Miss O**

Thank you. You are. And you are the same. You both.

**[00:35:21.050] - Wynne Leon**

What? No.

**[00:35:21.930] - Miss O**

I'm not just talking to you. I'm talking to both of you.

**[00:35:25.590] - Wynne Leon**

Well, I'd say your mom is pretty amazing.

**[00:35:29.520] - Miss O**

I'd say this person on the screen right here named Vicky, I think she's amazing because you always compliment her. And I think we also think you're amazing.

**[00:35:37.150] - Vicki Atkinson**

And also think you're amazing. She's right, Vicky. We think you're amazing.

**[00:35:41.910] - Wynne Leon**

Well, I love you guys. I just do. And eventually, I'll be there and I'll squeeze the life out of you sometime or really close. I love Cooper. I love, Mr. D. I love you, Ms. O, and I love your mama.

**[00:35:54.780] - Vicki Atkinson**

This is the best ending ever.

**[00:35:58.550] - Wynne Leon**

Yay. Thank you. Thank you.

**[00:36:02.040] - Miss O**

Bye. Bye, amazing people.

**[00:36:09.780] - Vicki Atkinson**

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