

My Emotions Are Like Clouds

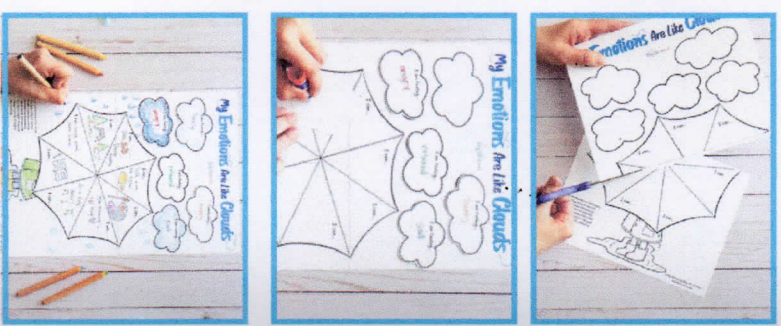
Our emotions are like clouds. They can be white and fluffy when we're feeling joyful or calm. And they can be grey and stormy when we're feeling angry or sad. They are always moving, changing, and floating.

If the clouds are rainy or stormy, we can use an "umbrella". This means we can take care of ourselves doing things like taking a warm bath, talking about our feelings with someone safe, reading a book, going for a walk or closing our eyes and counting backward.



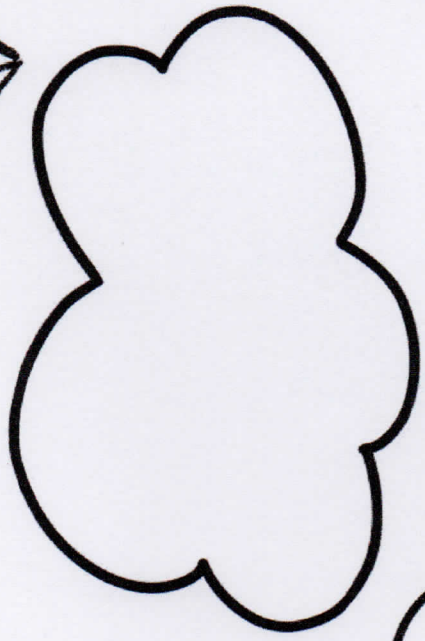
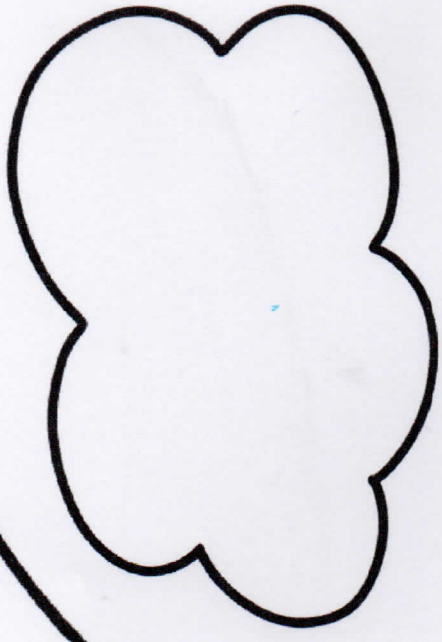
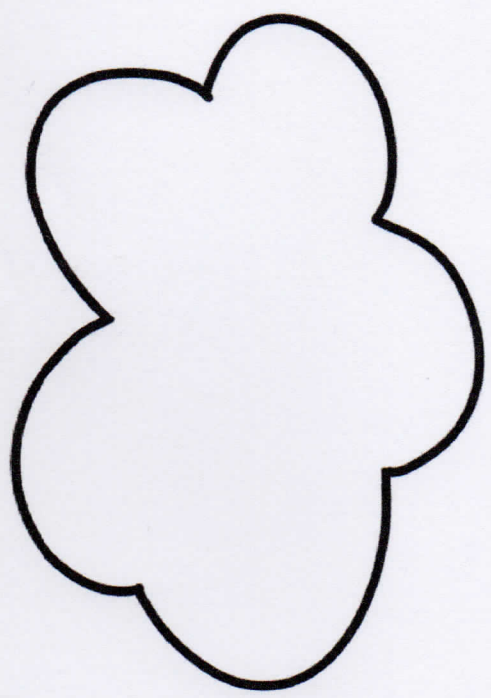
How to Make

- 1 **Print** pages 2 and 3. Trim along the dotted line and tape the two pages together.
- 2 **Print** page 4 and cut out the clouds. Glue to your umbrella page.
- 3 **Write** down emotions you're experiencing throughout the day on the clouds. Write down things you can do to take care of yourself during the "stormy emotions".



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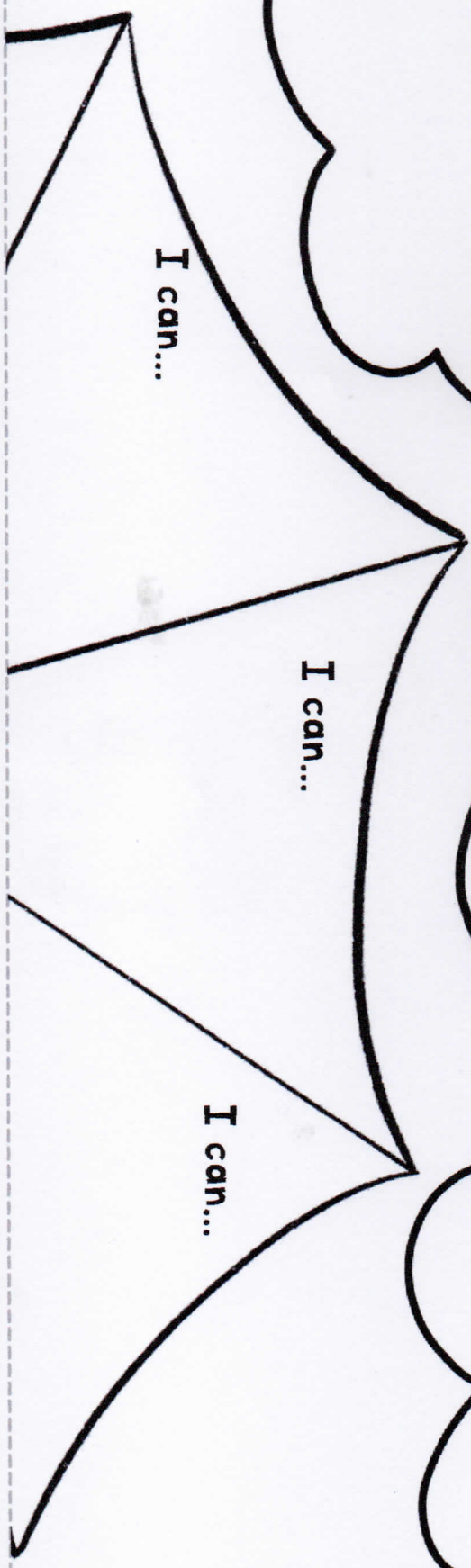
Big Life Journal



I can...

I can...

I can...



Our emotions are like clouds.
The grey raining or thunder
clouds come and pass by.
And then the white puffy
clouds come. And then the
rain starts again. They are
always moving, changing,
and floating.

