

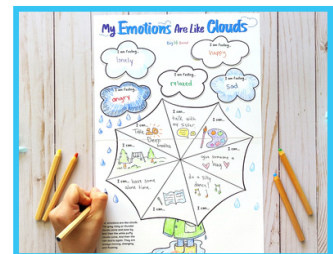
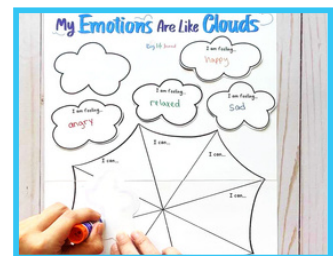
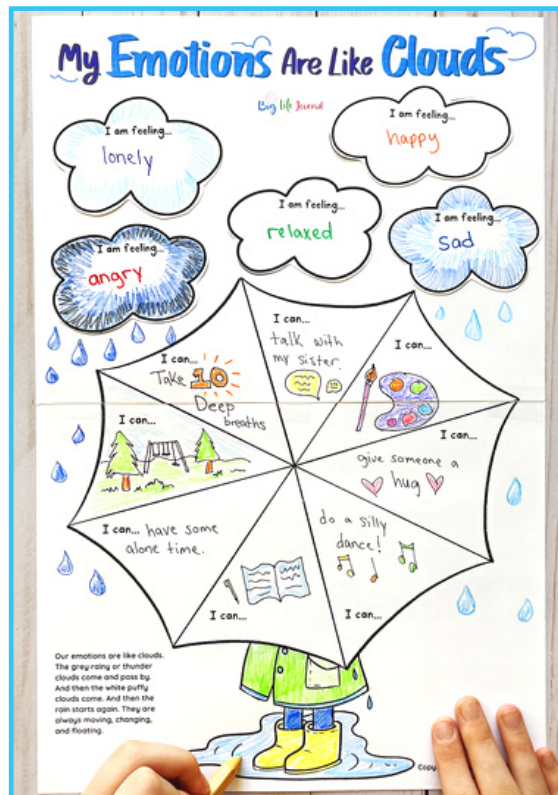
# My Emotions Are Like Clouds

Our emotions are like clouds. They can be white and fluffy when we're feeling joyful or calm. And they can also 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.

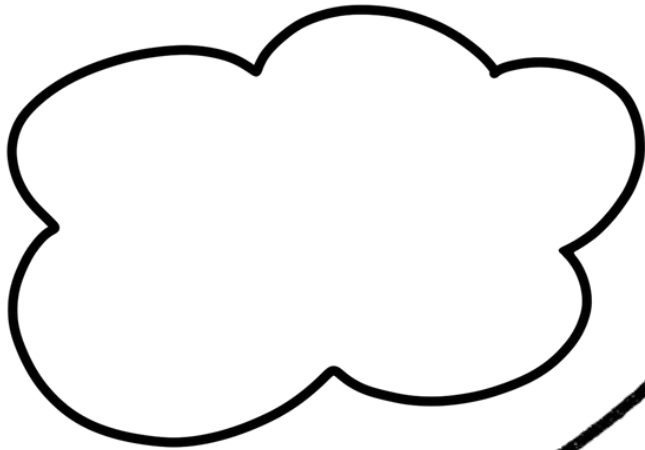
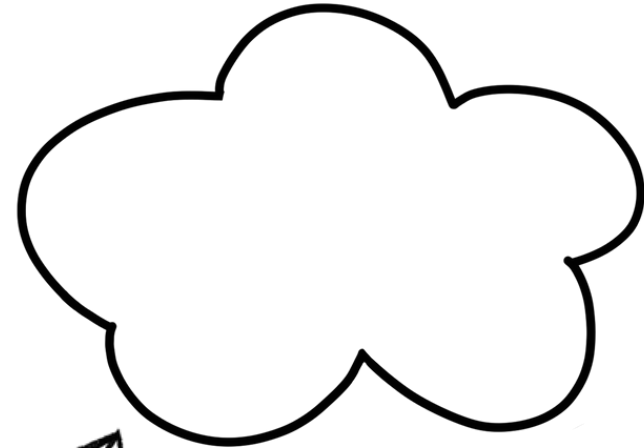
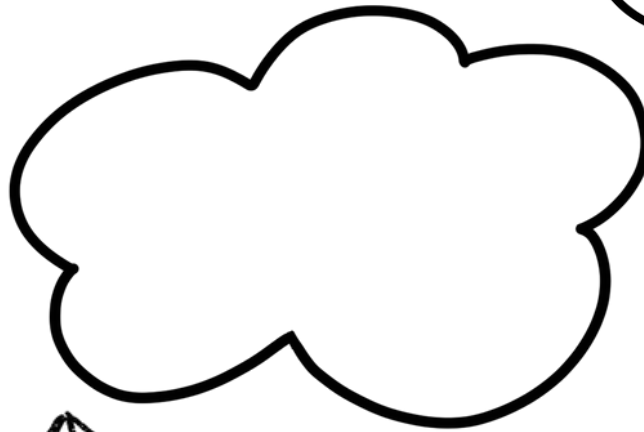
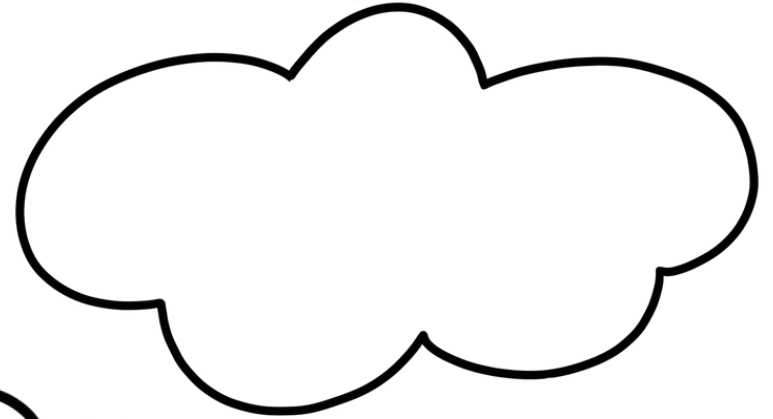
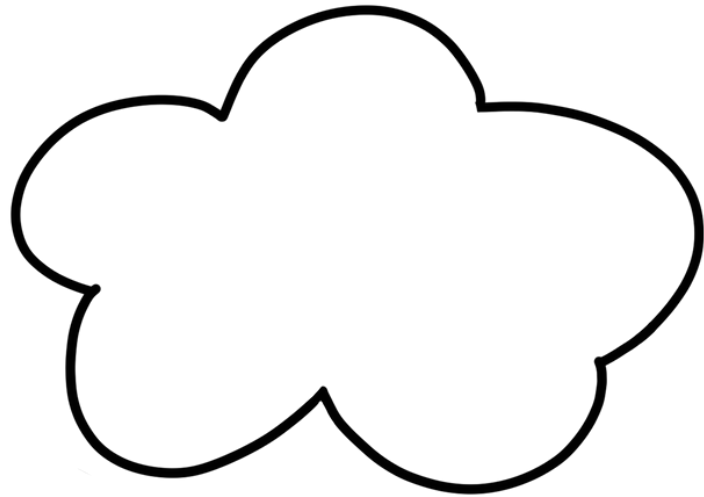
## How to Make

- 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".



# My Emotions Are Like Clouds

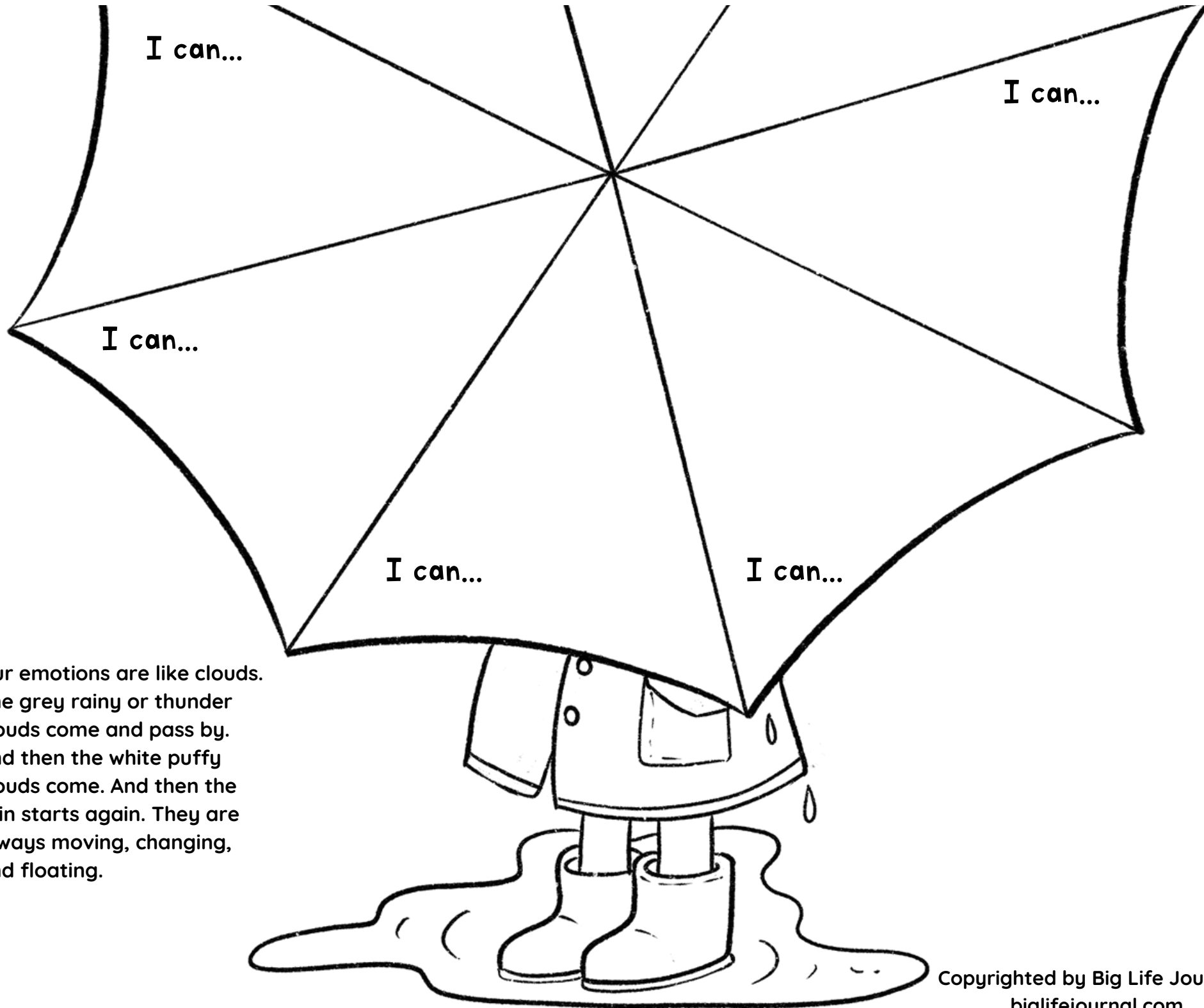
Big Life Journal



I can...

I can...

I can...



I can...

I can...

I can...

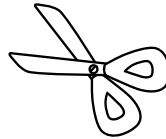
I can...

I can...

Our emotions are like clouds.  
The grey rainy 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.

I am feeling...

I am feeling...



I am feeling...

I am feeling...

I am feeling...



## EPISODE 44 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- discover new ways to deal with **anger**, **frustration** and **disappointment**
- learn how to **cope** with major life changes, for example, divorce
- get **inspired** by Ava, a real Big Life Kid who discovered how to control her anger

### DISCUSSION QUESTIONS

- Ava was very upset and angry when her parents separated. What's one experience you've had that caused you to feel very angry?
- When you get angry, what do you do to manage your anger?
- Think of one thing that makes you angry - how can you focus on the positive side of it?

### TRY THESE ACTIVITIES

- Print off the "Strategies for Keeping Me Calm" Printable in our [Resilience Kit](#) and discuss with your child which action they will take the next time they are angry.
- 
- Read "[5 Tips for Raising a Resilient Child with Strong Coping Skills](#)" to discover different ways you can help your child develop strong coping skills.
- 
- When your child reacts angrily to disappointment, follow Parenting Coach Joy Acaso's advice and speak with your child about how they can use this situation as an opportunity to set goals for the future. (Watch the full video [HERE](#))

*The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to episode 44 on Apple Podcasts and leave a review. All kits can be found on [biglifejournal.com](http://biglifejournal.com).*



**[biglifejournal.com/podcast](http://biglifejournal.com/podcast)**



# Over 500,000 children around the world use Big Life Journal's products with great success! Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★

## Get Resilience Kit



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

## Get Confidence Kit



## Shop All Store

Use our resources and see your children become more **CONFIDENT**,  
**RESILIENT**, and **SELF-LOVING**!

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