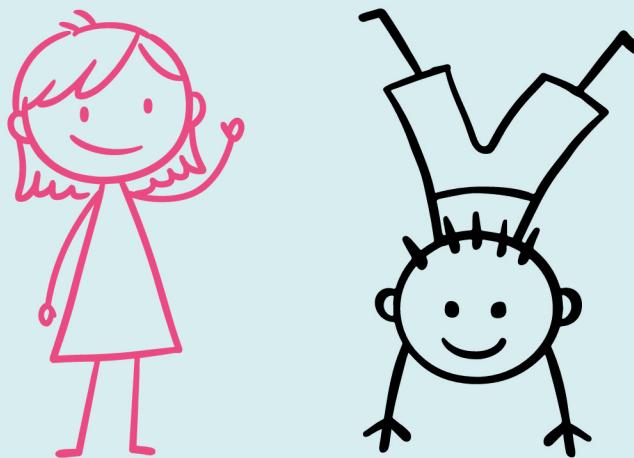


THE CALM CLOUD JOURNAL

Worries come and go like
clouds in the sky.

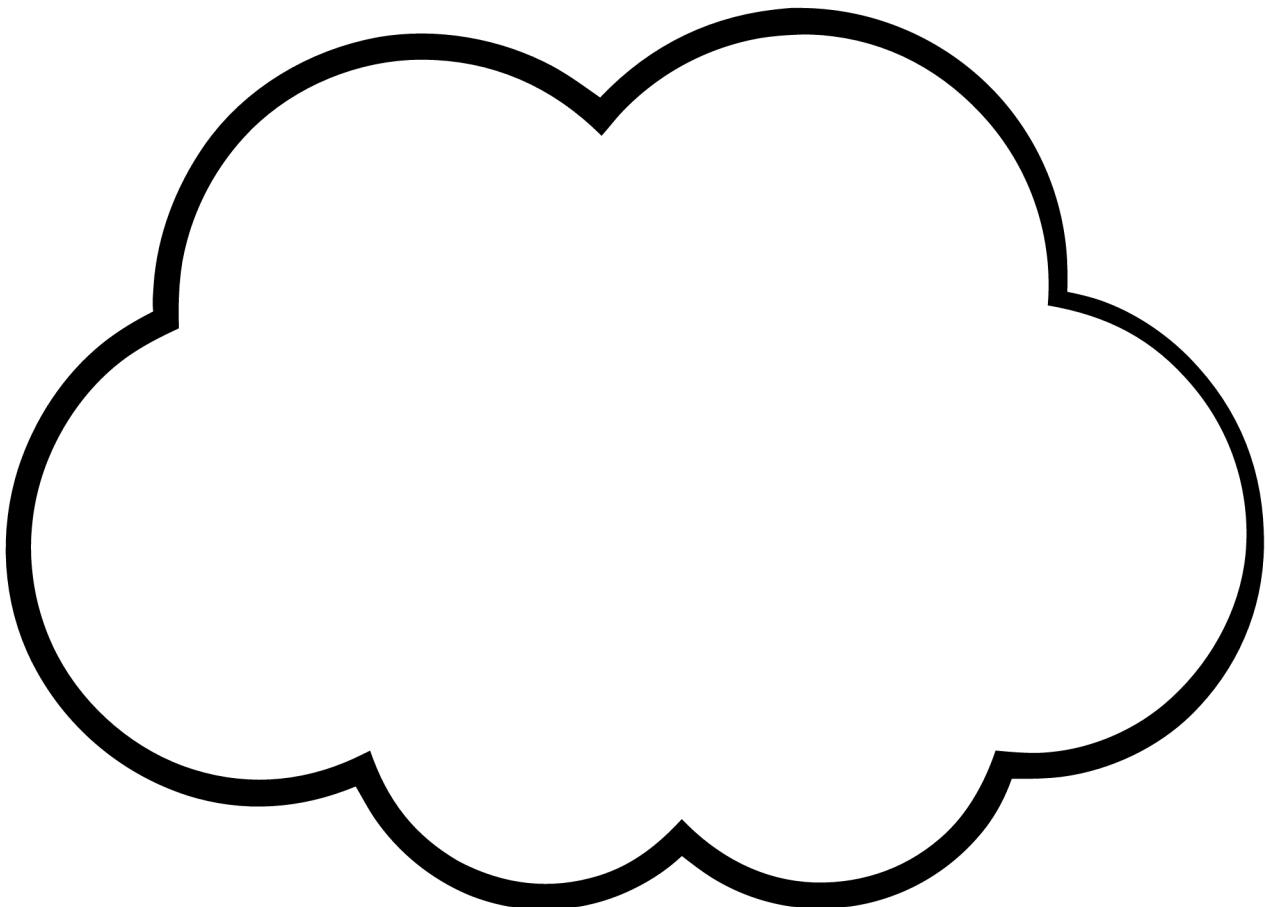
**Sitting in my
calm space makes
me happy**





My Worry Cloud?

🖍 Draw or write what's been on your mind today.
(Example: I felt worried when... / I'm thinking about...)

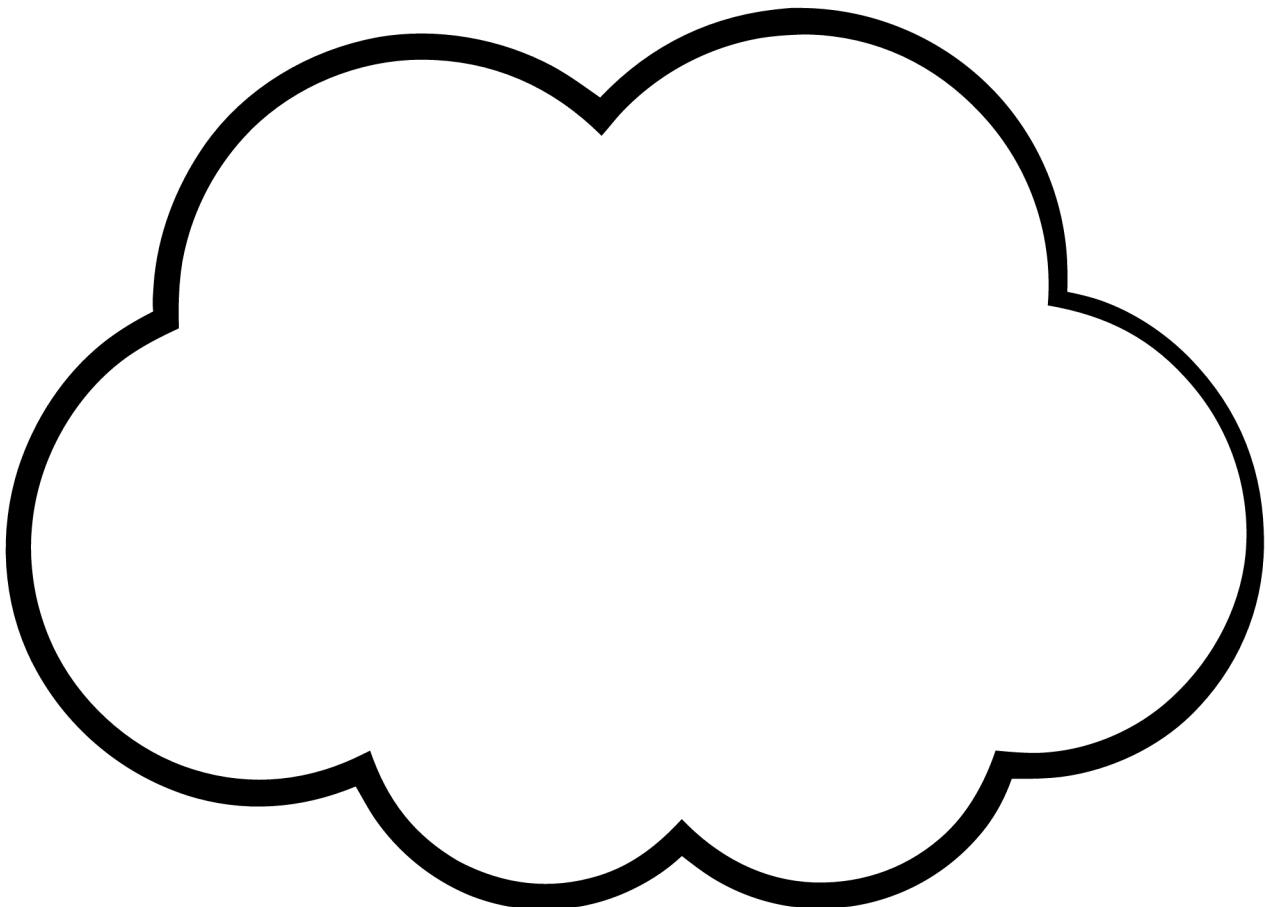




My Calm Cloud

🖍 Now imagine a calm, light cloud. What helps it feel better?

(Example: listening to music, hugging Mum, breathing slowly)

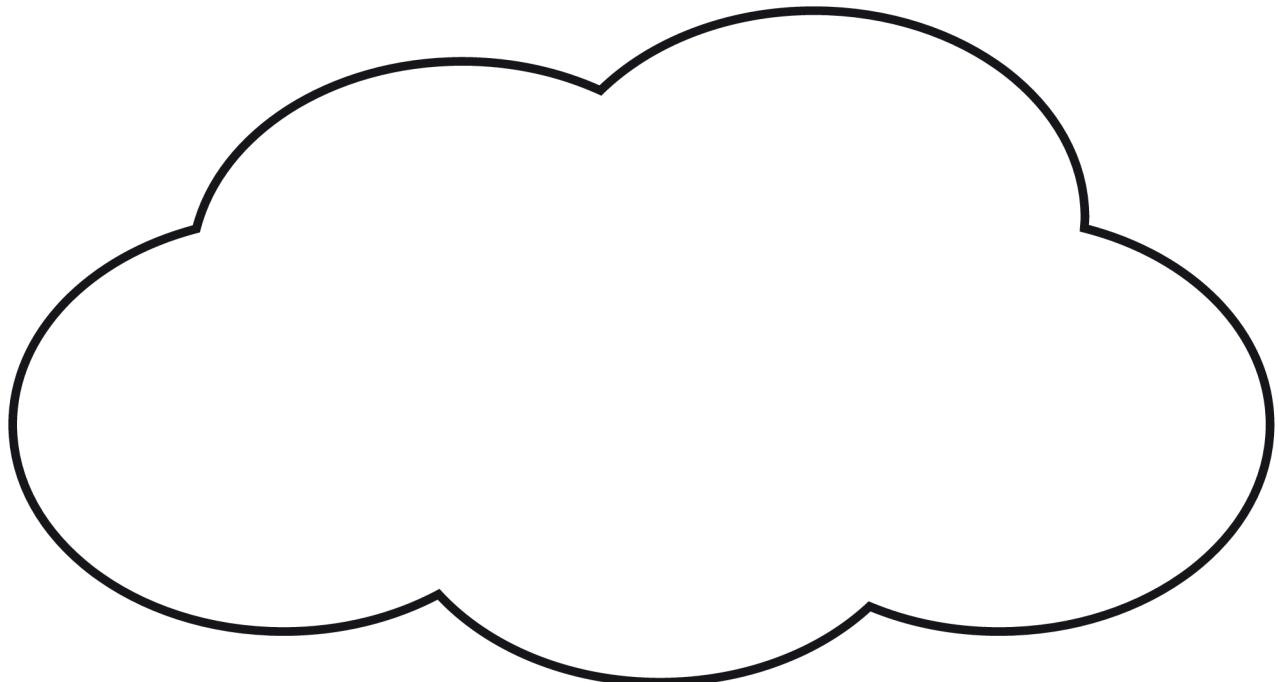




My Happy Cloud

🖍 What makes you smile today?

(Example: playing with my pet, sunshine, my favourite story)





Blow Your Worries Away

★ Take a deep breath in... now blow out slowly – imagine your worry cloud floating away.
“I can let my worries go.”

