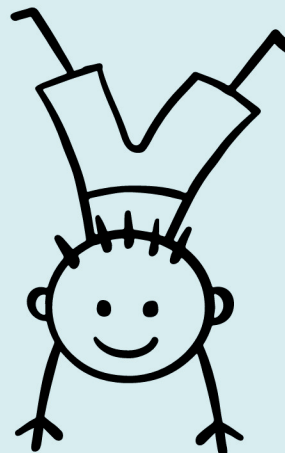


# THE CALM CLOUD JOURNAL

Worries come and go like  
clouds in the sky.

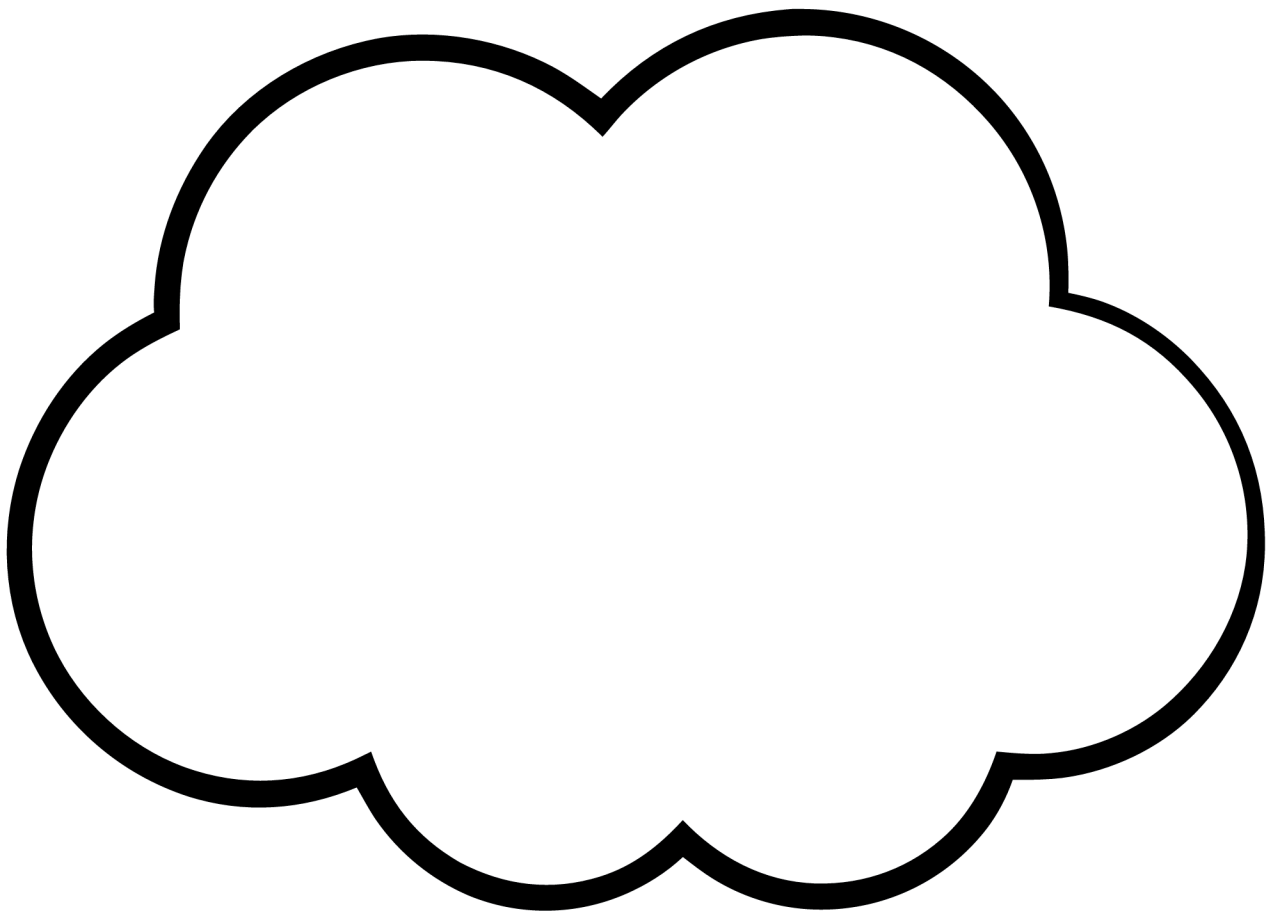
**Sitting in my  
calm space makes  
me happy**





# My Worry Cloud?

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



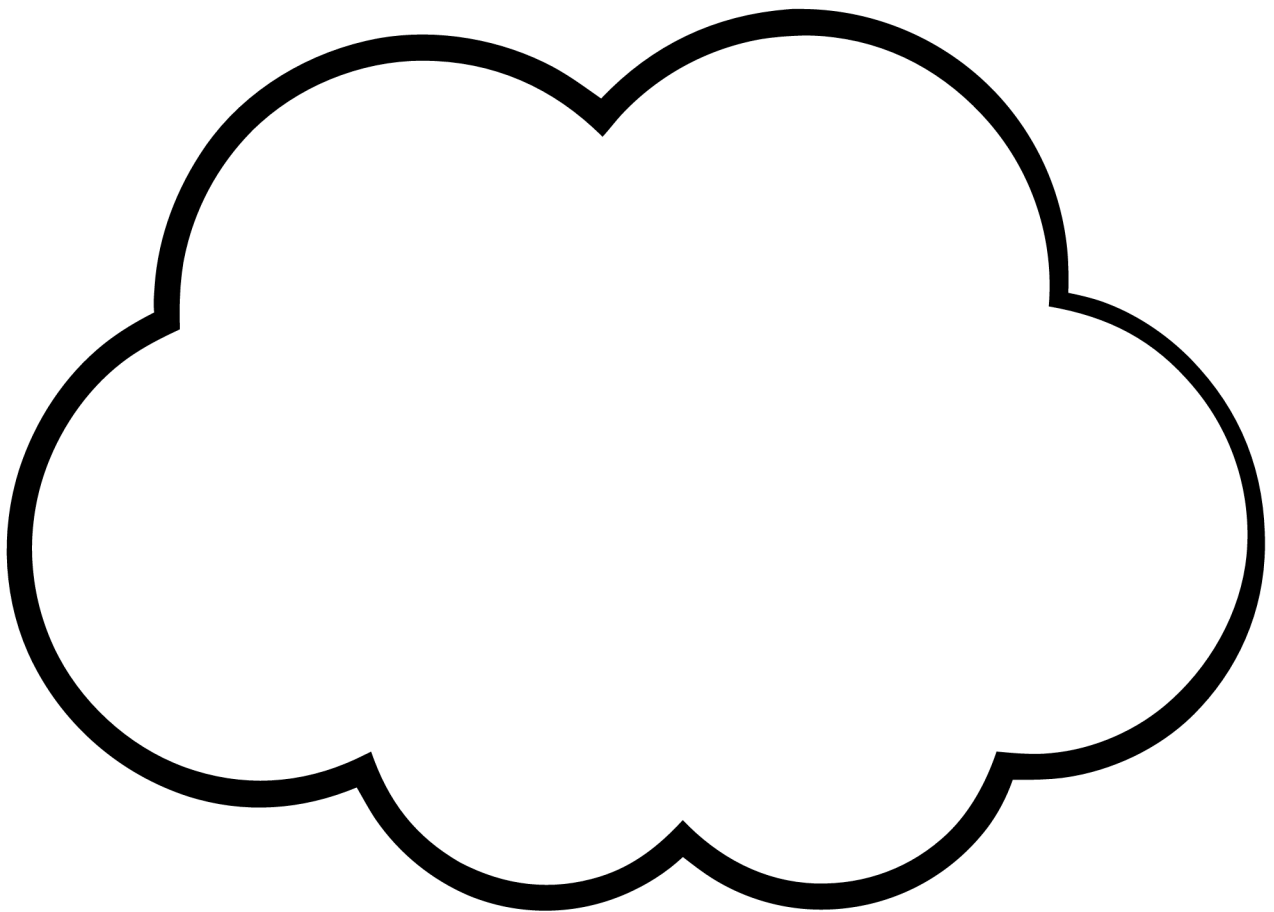


# My Calm Cloud



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

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



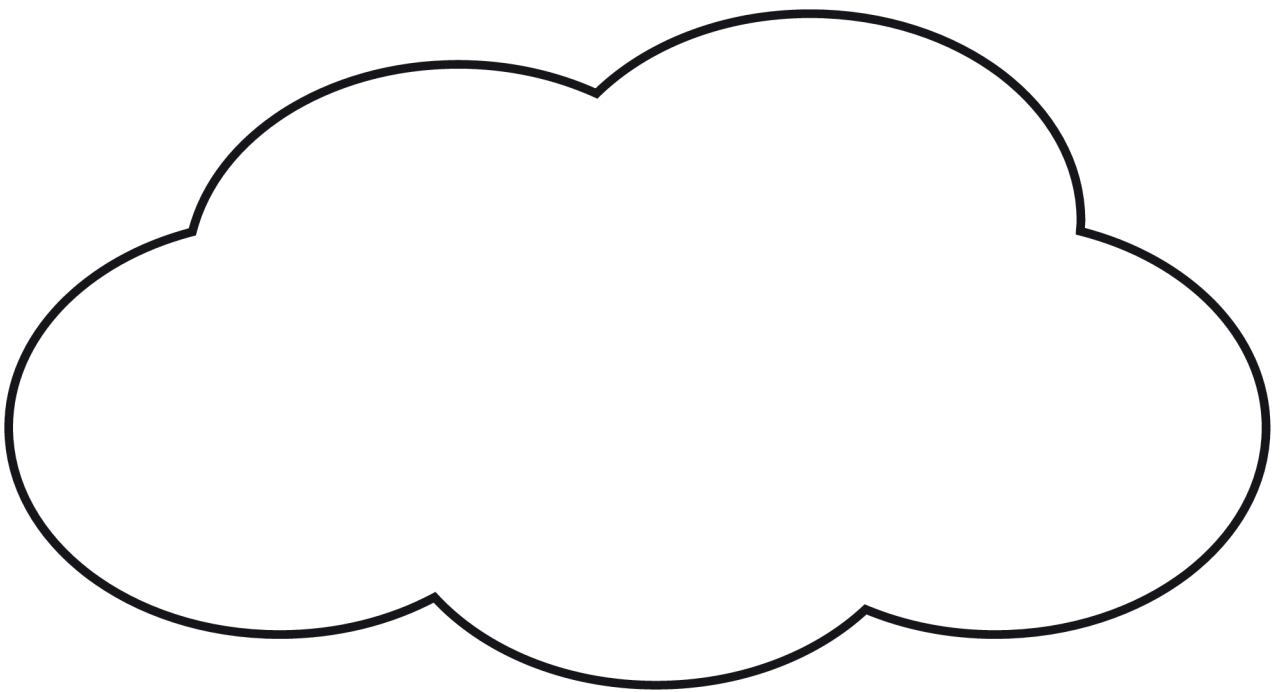


# My Happy Cloud



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.”

