





Push the Clouds




1. How do you use Push the Clouds?

Practice, then draw a picture of yourself using it!

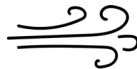
1. Imagine heavy feelings are dark clouds in the sky. 

2. Push the dark clouds away and say the rhyme:
 Push the clouds away,
 until the sky is clear.
 Send away the heavy thoughts,
 And bring the sunshine near! 

3. Keep pushing until the sun shines through. 

2. How do you feel after using Push the Clouds?

Circle the cloud that best matches.



3. When could you use Push the Clouds to help you feel your best self?

Draw or write your ideas.