

# Video Discussion Tip Sheet

## Push the Clouds



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.



### Watch together! Then talk about:

- ✓ Can you remember what made Nico want to quit painting?
- ✓ What did Mena suggest they do to help Nico's feelings be lighter?
- ✓ How did Nico feel after pushing the dark clouds away?
- ✓ What could we say together to push the clouds?

### Practice together! Then talk about:

- ✓ What did your body do to practice Push the Clouds?
- ✓ How were you feeling before you used Push the Clouds?
- ✓ What parts did you like about Push the Clouds?
- ✓ When would be a good time to use this strategy?

### Additional Tips

- ✓ Practice the rhyme with kids! It will be easier for kids to apply this strategy if they are more familiar with the rhyme.
- ✓ Kids love seeing adults practicing the strategies with them! Don't be afraid to lean into the strategy and do the movements along with them.



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