

How big is my cloud?

When a feeling grows, it is like Foo's cloud: it gets bigger and darker. Point to your cloud, or clip a clothespin next to it.

5



Foo's big dark cloud

My feeling is HUGE.

Breathe, and find a grown-up.

4



A dark cloud

It is hard to think.

Pick a calm-down idea.

3



A bigger cloud

My feeling is getting big.

Take a slow breath.

2



A small gray cloud

Something bugs me a little.

Say what it is.

1



A little white cloud

I feel OK.

Keep playing!