

Push the Clouds



Lesson Objective:

To teach an emotion-focused coping skill that can help kids catch their feelings and shift their thoughts.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Push the Clouds and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Cards](#)
- [Reflection Sheet](#)

English materials are linked above. You can access materials and videos in Spanish on the [FYBS website](#).

Time:

15-25 min

Steps

□ Introduce Push the Clouds (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach kids something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:
- *Today we are going to be learning a new strategy to help us feel our best self. We can learn how to deal with heavy feelings – like feeling sad, mad, worried, or scared. Sometimes those heavy feelings make us not feel our best, so we can try a way to make them feel lighter.*

This is also a good time to check kids' understanding of heavy and light feelings. We offer some sample questions to generate discussion here, or you can revisit Intro: Feel Your Best Self.

- What does it mean to have heavy feelings?
- What does it look like when you're feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you're feeling lighter feelings?
- What about when you're feeling in the middle?

□ Show the Push the Clouds Video (5 min)

- This will require a computer, speakers, and a projector.

□ Check for Understanding (3-5 min)

- Ask about events that occurred during the video. For example:
 - How did Nico feel after seeing Mena's painting?
 - What did Mena have Nico try doing to feel better?
 - What happened after Nico and Mena Pushed the Clouds?
 - How did Nico feel?

□ Provide the Push the Clouds Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Push the Clouds (3-5 min)

- Inform kids that you are now going to practice the strategy together.
- Read all steps aloud to remind kids of the strategy steps.
- Read the first step on the strategy card aloud and have kids engage in the action listed in that step.
- Repeat for all remaining steps on the strategy card.

Practice Push the Clouds with a Puppet!

If you have chosen to incorporate puppet-making into your use of FYBS, here are some ideas you can use to have kids practice the strategy with their puppet:

- Teach your puppet the rhyme: *Push the clouds away, until the sky is clear. Send away the heavy thoughts, and bring the sunshine near!*
- Then, use your other hand to help your puppet push the clouds away!
- Have kids prepare and perform a puppet show where their puppets use Push the Clouds.

Reflect on how Push the Clouds worked and how you might use it in your own lives (5 min)

- We offer some sample questions to encourage reflection:
 - Has anyone ever felt like Nico did after seeing Mena's painting?
 - What do you think about Push the Clouds?
 - What do you like?
 - What might you change?
 - How do you think you could use it?
 - When do you think it could be helpful?
 - When/where can you use Push the Clouds?
 - Is there a time today that you could try it?
- To engage in additional reflection, use the **Push the Clouds Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.