

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 tried 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.



feelyourbestself.org

UConn