

HÍ, I'm Cloud!



My Story...

I live in the big sky and love to travel across the treetops to visit all my friends.

Favourite number: 9

Favourite colour: Grey because there are so many different shades of it—just like my personality.

I love butterscotch pudding and green tea.

I don't play an instrument, but I'm a great audience!

I can help you with...

- Unpredictable moods
- Regulating tone of voice, body language, words, and actions

Cloud is a bit moody and unpredictable, just like the weather. When Cloud is happy, he spreads sunshine, but when you turn his head, his sad face signals that he might rain on your parade!

Cloud feels **happy** when all of her Kimochis® friends are together.

Cloud feels **sad** when she's not included.

Cloud feels **mad** when someone takes her toy.

Meet Cloud! (Information for Parents)

Cloud has been introduced to your child's classroom to teach us about the feelings happy, sad and mad. Cloud is the character who can be moody, so sometimes it's hard to get along with friends. When Cloud is happy, everyone feels fantastic but when Cloud is sad or mad, it can be difficult. Cloud has a hard time controlling anger so people may be hurt even though it's not intentional. Cloud can help children develop patience, tolerance and understanding for friends who are still learning to express upset feelings in a positive, healthy way.

Some ideas you can talk about and try with your children

Common Language

Calm-down breath: Strategy of taking a deep breath to calm feelings before speaking or acting

- Remind your child to take a calm-down breath when needed. "Stephen, let's take a calm-down breath." (Take one yourself so you are doing this together.)
- Model and tell your child when you need to take a calm-down breath. "Aunty Sue is going to take a calm-down breath so I can make sure I can talk calmly because I feel mad."
- Acknowledge when you see your child use a calm-down breath. "Did you take a calm-down breath? I notice you are feeling mad, and you are talking to me so calmly! Thank you."

Family Fun: Playful Ways to Practice

Blow Out the Candles This is the same action as using the calm-down breath. For fun, light as many candles as you can find, or bake a cake and add candles. Take turns with your family using your calm-down breath to blow out the candles!

Marching Madness With your family, describe things that can make you feel mad. Show your child how you can use your body in positive ways to shift the madness to a smaller place. March in place and say, "I feel so mad because ..." (name something that can make you mad). Let your child march out madness by imitating your marching model.

Basket of Comfort Talk to your child about sad feelings. Explain that everybody feels sad sometimes, so we need to learn ways to soothe/comfort those sad feelings. Share what you say and do to feel comforted when you feel sad. Ask your child to describe what he/she does. Use a basket to collect things from around your home that might comfort feelings of sadness. Some suggestions: happy pictures, comfort toys, a favourite storybook, a stuffed animal, music. Now you have this "go to" basket of comfort next time your child needs soothing and comfort for sad feelings.

