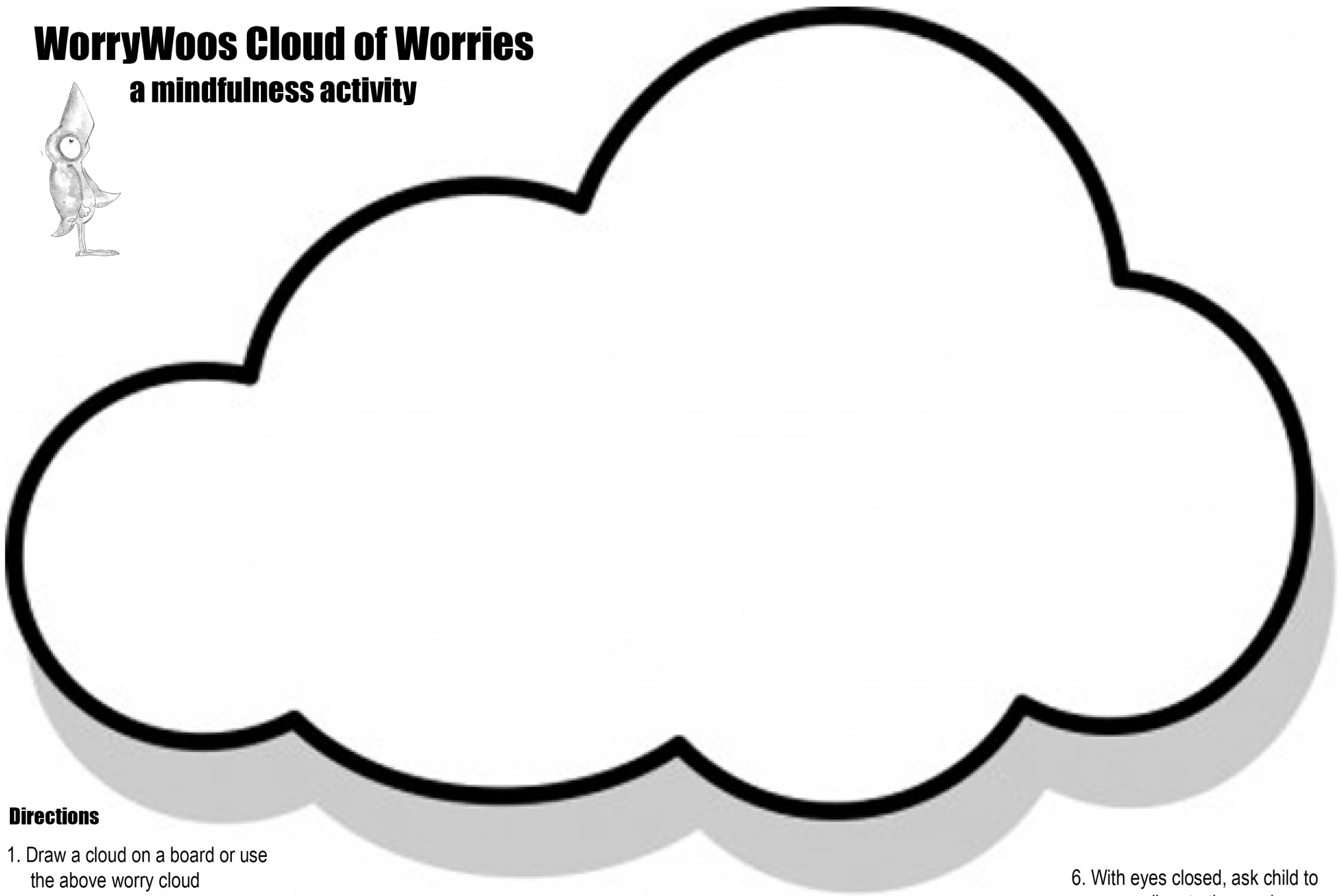


WorryWoos Cloud of Worries

a mindfulness activity



Directions

1. Draw a cloud on a board or use the above worry cloud
2. Ask your child what worries they may have on their mind?
3. Write as many worries as told into the worry cloud.
4. Have your child close their eyes and imagine they are laying in a field looking up at the clouds.
5. Validate the worries ("it's ok to feel worried") Then explain instead of holding on to the worries let's let them float away like the clouds in the sky.
6. With eyes closed, ask child to wave goodbye to the worries. Once completed, have child open eyes and take a big deep breath.