

Partner Coloring With Thought Clouds

A playful way to help your child notice, name, and release tricky thoughts.

Notes for Parents & Caring Adults

This short activity helps children:

- Notice thoughts and feelings with kindness
- Practice defusion (“I can see a thought without believing it”)
- Let thoughts pass by without getting stuck

Try this together during a calm moment first, so it feels familiar when emotions run high.

Before You Begin:

- Grab a pencil, crayons, or markers.
- Invite your child to sit with you.
- Take a slow, deep breath together, or give each other a long hug.



Draw Your Puffy Clouds Here

Use these clouds... or draw your own!

Step 1:

Draw your clouds (or decorate the ones already here).

Step 2:

Write or draw a thought or feeling inside each cloud.

Step 3:

Ready? Blow your clouds away together. Whoooosh!



Let's Blow Our Clouds Away!



1. Notice the Thought

Ask: "What thought is floating by?"

2. Say the Magic Phrase

Together, say: "Thank you, mind." This helps kids notice the thought without letting it take over.

3. Blow the Cloud Away

Take a slow breath in...then gently blow the cloud into the sky together. "Whoosh!"

4. Make Space for Something Kinder

"What helpful thought or feeling might float by next?"

What Did Your Cloud Say?

A gentle moment to reflect after blowing the clouds away.

Ask your child:

- “How do you feel now?”
- “Which cloud felt the heaviest?”
- “What helped it float away?”
- “Is there another cloud you want to send off?”

Bonus Prompt

“What kind of cloud do you want to invite tomorrow? A brave cloud? A calm cloud? A silly cloud?”



🌱 Love this mindful moment?

If this cloud activity helped your child pause, breathe, or open up... there's a whole world waiting for them.

Our **Big Feelings, Brave Choices Pack** gives kids:

- More story-based emotional moments
- Simple choices that build confidence
- Calming tools they can actually use
- Gentle parent guidance for tricky feelings

You can find it here:

👉 [MindfulLivingResources.com/store/big-feelings-brave-choices](https://www.MindfulLivingResources.com/store/big-feelings-brave-choices)

A small, steady step can make a big feeling feel a little lighter.

