

Introduction to Feelings

We read a story in school called “Along Came a Cloud”. In this story, we have included different techniques to help support children with their four big feelings, including Happy, Sad, Angry and Fearful. The characters all learn that it’s okay to feel different emotions and support each other through them.

This story is available as an E-Book on <https://alfschools.com/parents/>

Orion the horse helps his friends Amari, Riley, and Maja manage their big feelings. Amari struggles with feeling angry over a gate, and Orion shows him how to shake off his anger. Riley feels sad because she can’t find her special bone, so Orion comforts her with a hug. Maja is afraid of getting stuck in a gap, and Orion helps her calm down and face her fear. Finally, Orion himself feels fear and looks to his friend for support, showing that everyone can feel big feelings, even the main character who has helped the others so far. Maja helps Orion face his fear of a mouse by listening to him, suggesting they imagine it in a funny way, and they end up facing the fear together.

In this story, each feeling is represented by a different coloured cloud that appears above the characters’ heads. For this activity, we will focus on the Yellow Cloud which represents the feeling of Happiness.

Draw something that makes you feel good!

Talk to your child about what makes them feel good and encourage them to draw in the space on the next page. If you like, further the discussion and tell your child what makes you feel good and why. Talk to your child about why it’s important for us to know what we like, and why doing these things nurtures our relationship with ourselves so we can learn to be our own good friend.

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What Makes Me Feel Good