



# CLOUDS AND THE SUN

**When we feel sad or angry if things don't go as we want to, we need to remember that:**

**“It's okay to feel this way.  
We all get sad sometimes and it passes.**

**You can think of your strong angry and frustrated feelings as thunderstorms and sad feelings as clouds.**

**Thunderstorms can be loud and scary but they pass eventually.**

**Once thunderstorms and clouds have gone, the sun comes out again, and you feel better.”**

