



## Finding the positive



### We all have dark cloud thoughts sometimes.

Check in with yours. What are you concerned about? Write it in the cloud. It's normal to have worries, especially when trying something new. We just have to remember that dark clouds aren't the only thing in the sky! There are rainbows up there too! Rainbows are the small good things or the positive that is possible. We can choose to look for them! When your dark clouds roll in, you can blow them out of the sky and make a choice to focus on the rainbow instead.

When you're ready, cut off the cloud and hang your rainbows somewhere you can see them when you need them.

Think of some positive things about your situation. Add one to each color of the rainbow. When you need to feel calm take a breath for each color and read your list.

Seven horizontal boxes for writing, each containing a small rainbow icon with a smiling face. The boxes are outlined in red, orange, yellow, green, blue, and purple from top to bottom.