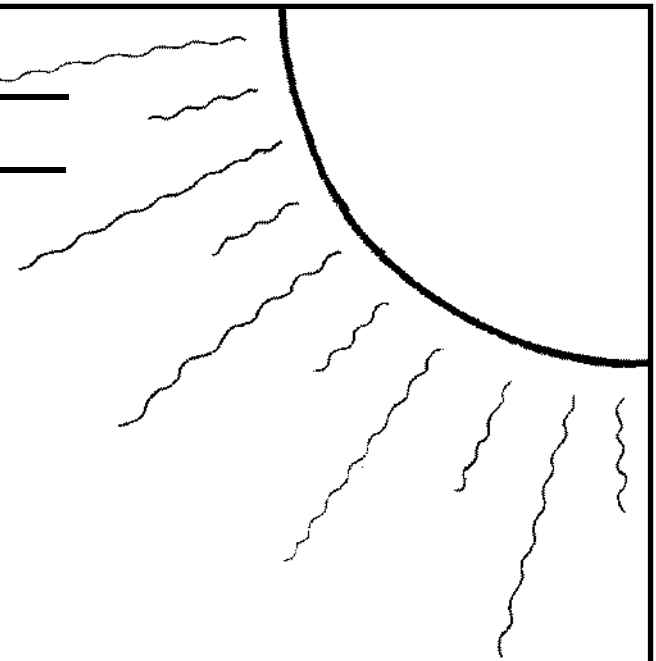


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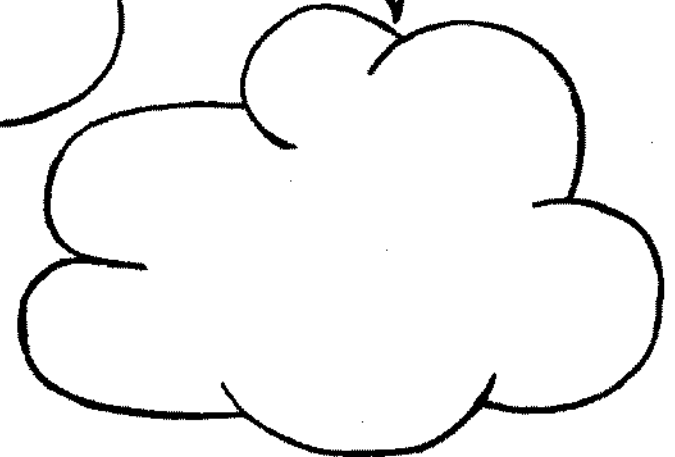
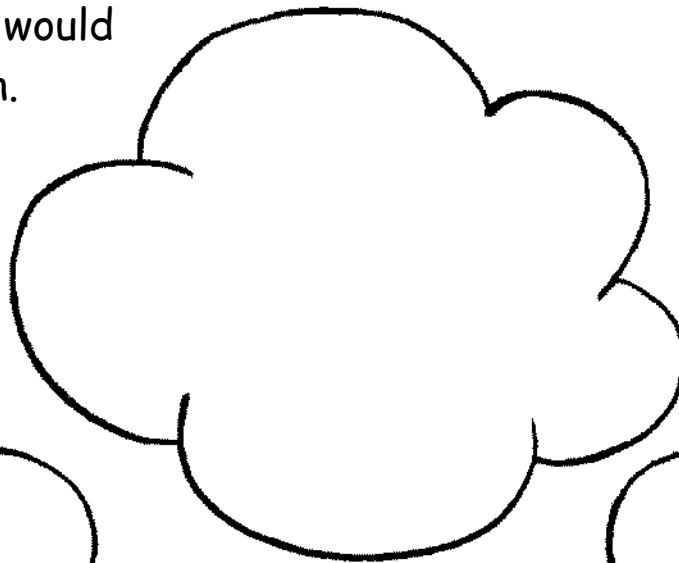
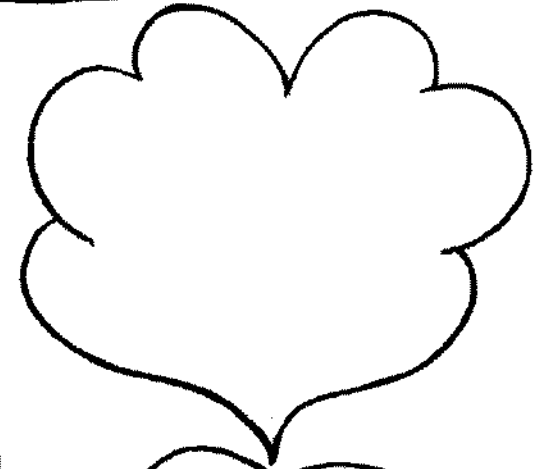
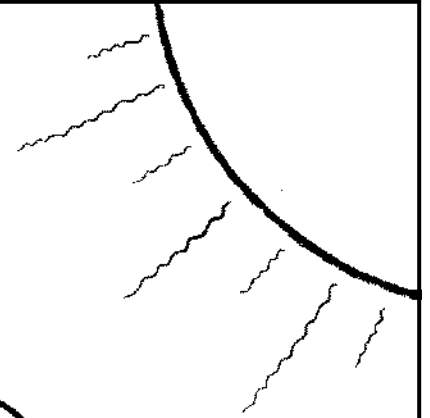
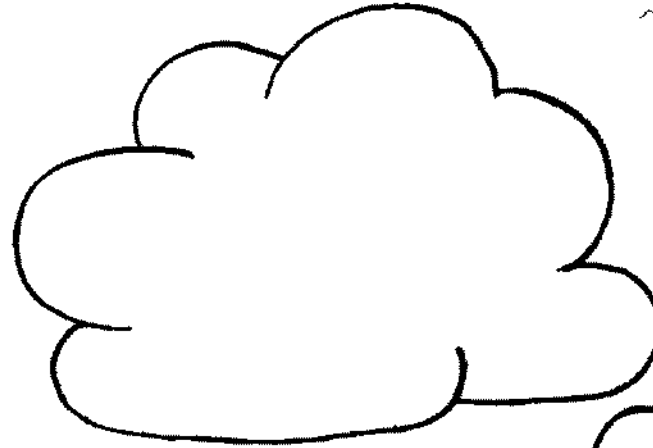


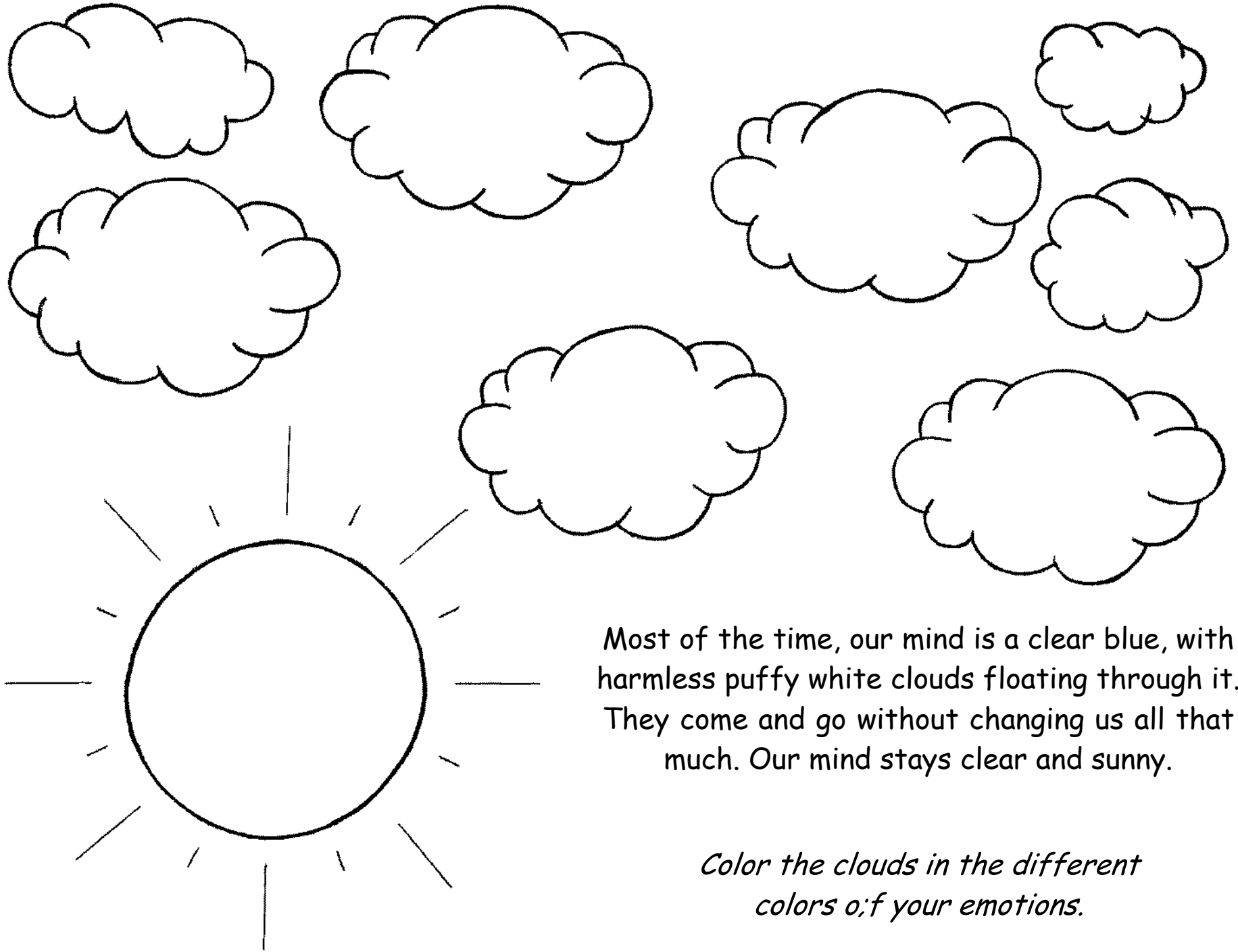
# Understanding Emotions



When you think about emotions, imagine a big, clear blue sky with scattered clouds. Our mind is like the big blue sky, and emotions are like the clouds that float through it.

Emotions can change the way things look, releasing chemical clouds in the brain that make us happy, sad, angry, afraid, and so on. Inside the clouds on this page, write something that would make you feel each emotion.



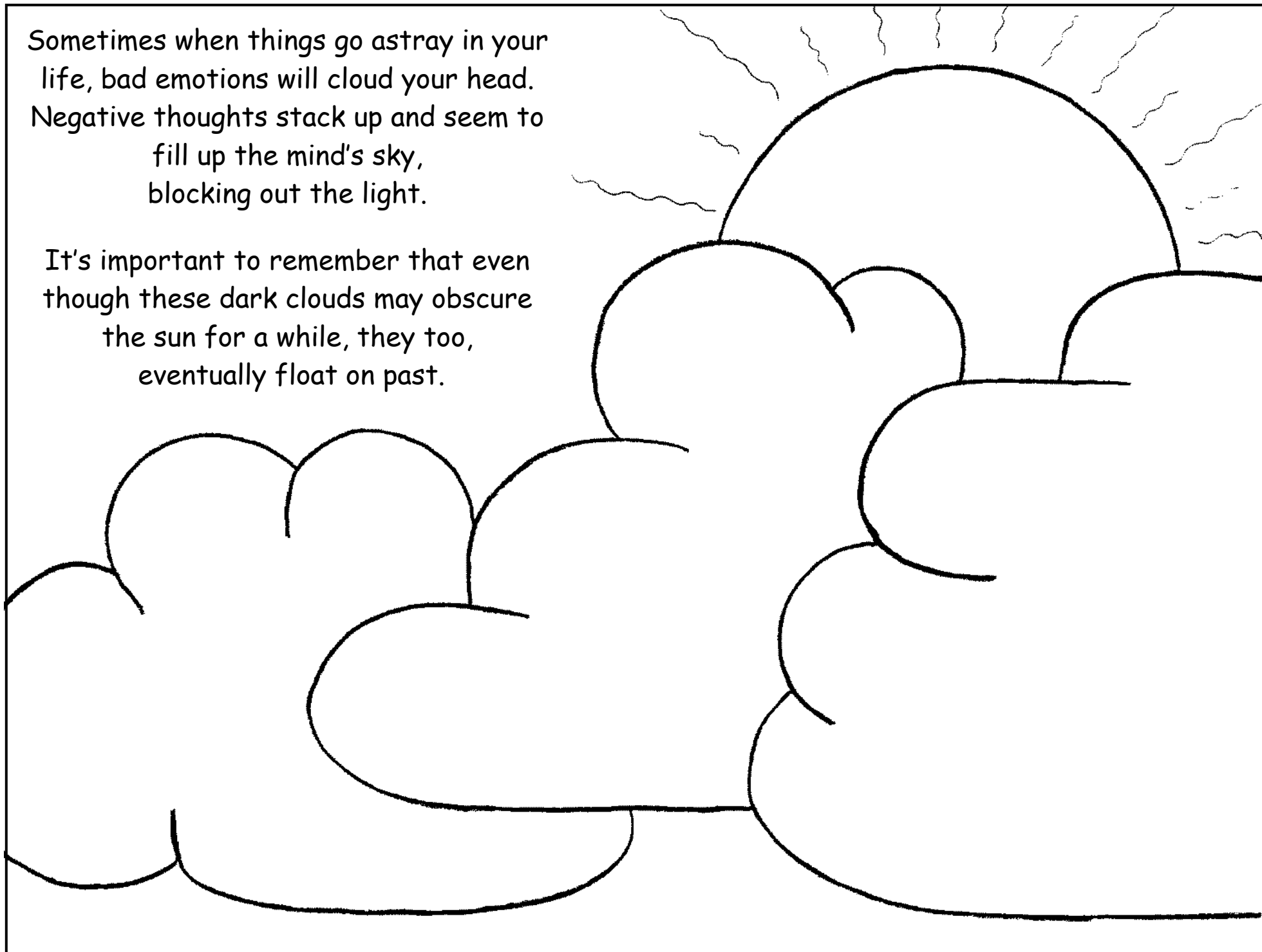


Most of the time, our mind is a clear blue, with harmless puffy white clouds floating through it. They come and go without changing us all that much. Our mind stays clear and sunny.

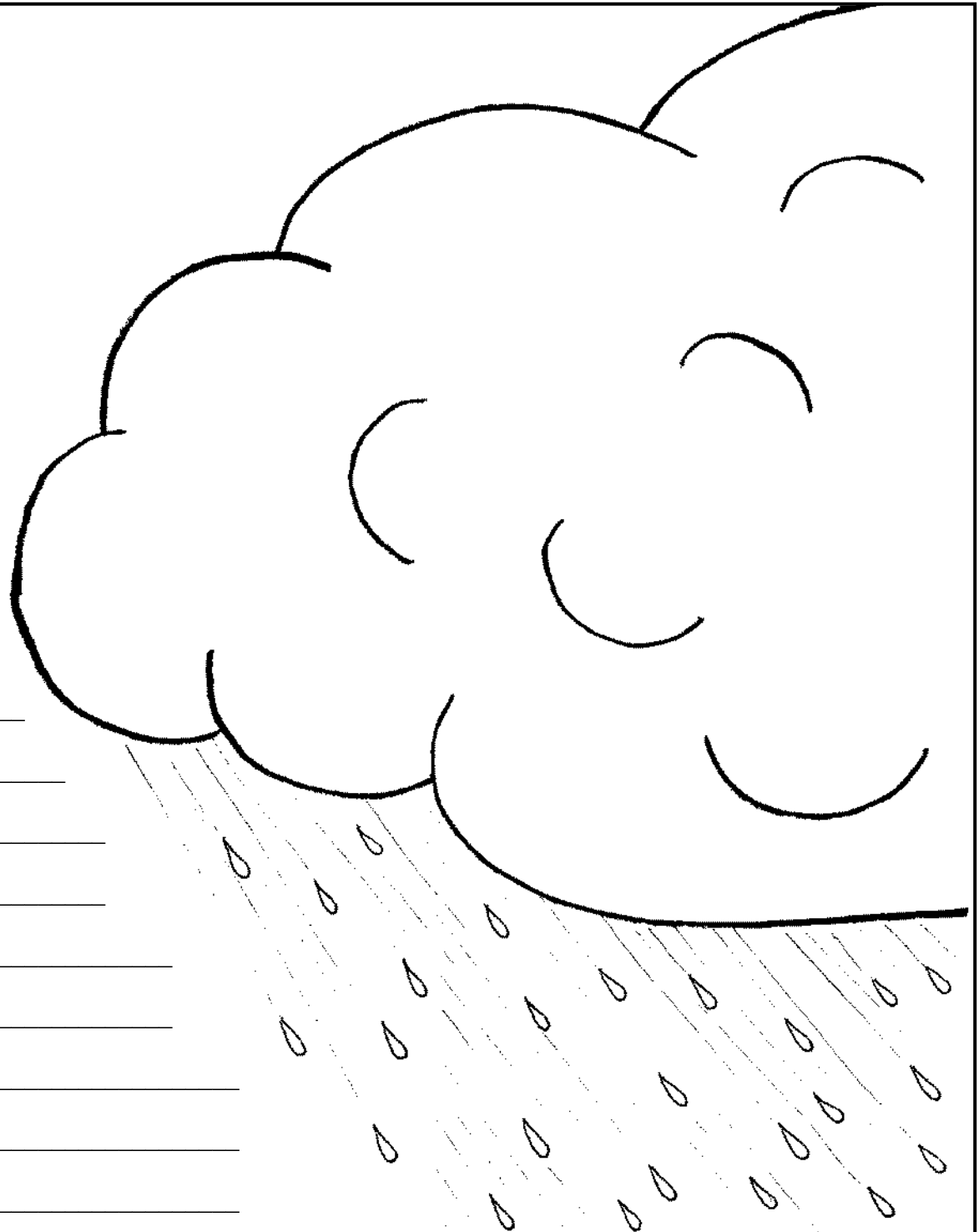
*Color the clouds in the different colors of your emotions.*

Sometimes when things go astray in your life, bad emotions will cloud your head. Negative thoughts stack up and seem to fill up the mind's sky, blocking out the light.

It's important to remember that even though these dark clouds may obscure the sun for a while, they too, eventually float on past.



When it rains, the clouds release their heavy burden. After that they dissipate, which is a word that means to go away or vanish. Our emotions work the same way. When they're all blocked up, it can create a raging storm. But when we release our feelings and let them out in the proper ways, it helps our bad emotions dissipate too. What are some of the ways you let out your emotions.



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