



Lily's Cloudy Feelings

Book 6 in the Lily Series



Cloud Breath

Lily's Cloudy Feelings gives students age-appropriate language and tools to notice emotions, express them safely, and return to calm.

In this story, Lily the ladybug feels upset when her picnic is scattered. Her feelings feel heavy and uncomfortable. By visualizing emotions as clouds she learn that feelings can come and go, and that she has tools to help her feel steady and safe.

Students Learn:

- **Self-Awareness:** Naming emotions and body cues
- **Self-Management:** Using breath to calm and reset
- **Emotional Vocabulary:** Building language for sadness and worry
- **Early Emotional Well-Being:** Supporting safe expression and resilience

