

A NUSSBAUM MIND STORYBOOK

Shaindy and the Little Grey Cloud

A story about making room for feelings

Green 1



For ages 3-6



This is Shaindy. She is four and a half. She makes beautiful birthday cards with too many stickers, which is exactly the right number of stickers. She has been waiting ALL week for her friend Esti's party.



But when it is time to go, something else shows up at the door. A shy feeling. It floats in and settles over Shaindy's head like a little grey cloud.



"Go away, cloud!" says Shaindy. She pushes it. She hides behind Mommy's skirt. She squeezes her eyes shut tight. But the harder she pushes, the BIGGER the cloud grows.



"I can't go to the party," says Shaindy. "Not with a cloud." Her tummy feels fluttery, like butterflies in a jar.



Mommy takes Shaindy's hand. "Feelings are like weather," she says. "Clouds come, and clouds go, in their own time. We cannot blow the sky clean. And the good news is, we do not have to."



"We can let the cloud come along," says Mommy,
"and still do the things that matter. Feelings are
visitors. We can make room for them. They might stay
a while, or leave soon. Either way, we can still go."



Shaindy thinks. What matters to her? Esti is her friend. Shaindy made her a card with seven stickers and a whole lot of love. Being a good friend matters to Shaindy.



"Okay, little cloud," says Shaindy. "You can come. I am going to the party anyway, cloud and all." And out the door she goes. The cloud floats along beside her. It is allowed.



At the party, Shaindy gives Esti the card. Esti hugs her so hard they both fall over giggling. Then there is freeze dance, and pink ice cream, and the best game of hide-and-seek ever played.



And when Shaindy finally remembers to look up, the cloud has drifted so small she can hardly find it. She did not chase it away. She just let it float, and she did the thing that mattered.



Walking home, Shaindy holds Mommy's hand.
"Sometimes clouds come," says Mommy. "Sometimes
sunshine. All weather is okay. And you, Shaindy, can
do the things that matter in ANY weather."

Shaindy's Cloud Steps

Notice the feeling-cloud.

1

"Oh. A shy feeling is here." Every feeling is allowed to visit.

Make room instead of fighting.

2

Pushing a cloud only makes it bigger. Let it float. It might stay a while, or leave soon.

Remember what matters.

3

A friend. A party. Something kind you want to do.

Do it, cloud and all.

4

You can feel shy AND go to the party. Feelings ride along. They do not drive.

Feelings are visitors. All weather is okay. And you can do the things that matter in any weather.