



How to Train Your **WORRY CLOUD**



Tina S. Bell

Dedicated to my daughter, Emily. This book was born from watching your brave heart tackle big worries with even bigger courage.

You taught me that sometimes the scariest storms bring the most beautiful rainbows. May you always remember that like Cappily, you have the power to turn your worry clouds into sparkling moments of hope. You are stronger than any worry, braver than any fear, and more loved than you'll ever know.



HOW TO TRAIN YOUR WORRY CLOUD

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"Sometimes my worries feel as big as the whole world, but then I remember the world is also filled with countless moments of joy, just waiting to be discovered."

-Cappily

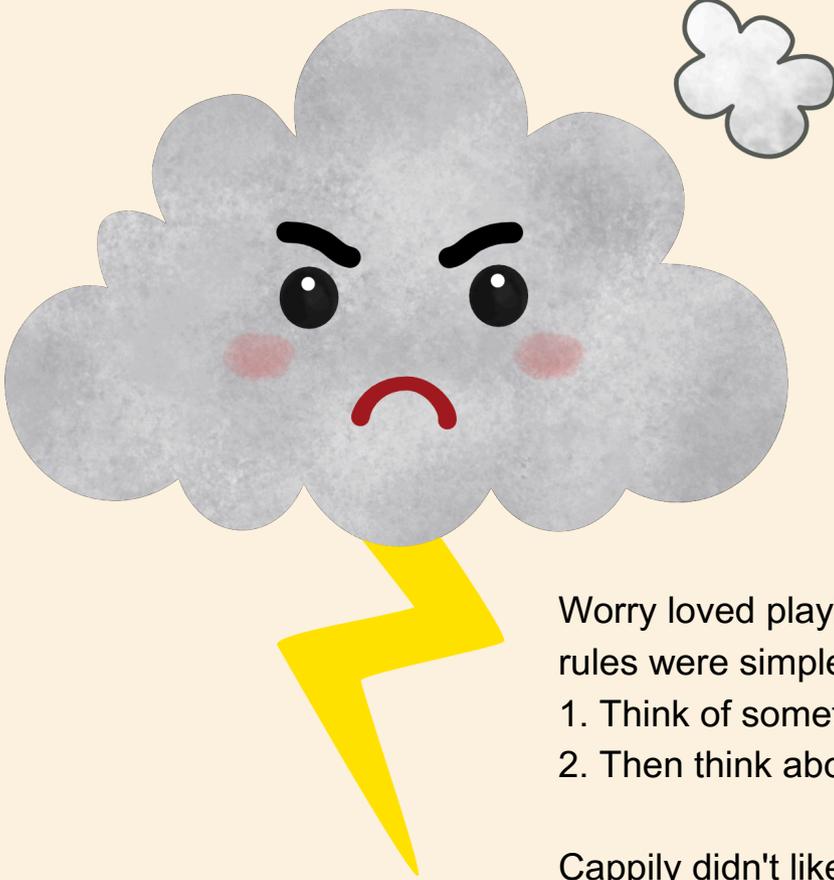




Cappily had an imaginary friend nobody else could see. Its name was Worry, and it followed her everywhere like a fluffy gray storm cloud. Worry would whisper things in her ear like, "What if you fail your math test?" or "What if nobody wants to play with you at recess?"

Sometimes Worry would grow so big it felt like it was squeezing Cappily in a giant hug that was way too tight. On those days, even getting out of bed felt like climbing a mountain.





Worry loved playing a game called "What If." The rules were simple:

1. Think of something scary that could happen.
2. Then think about it over and over and over again.

Cappily didn't like this game very much, but Worry was very persistent.

One night, as Cappily lay in bed, Worry started its favorite game:

"What if there's a big storm?"

"What if the power goes out?"

"What if a monster is hiding under the bed?"

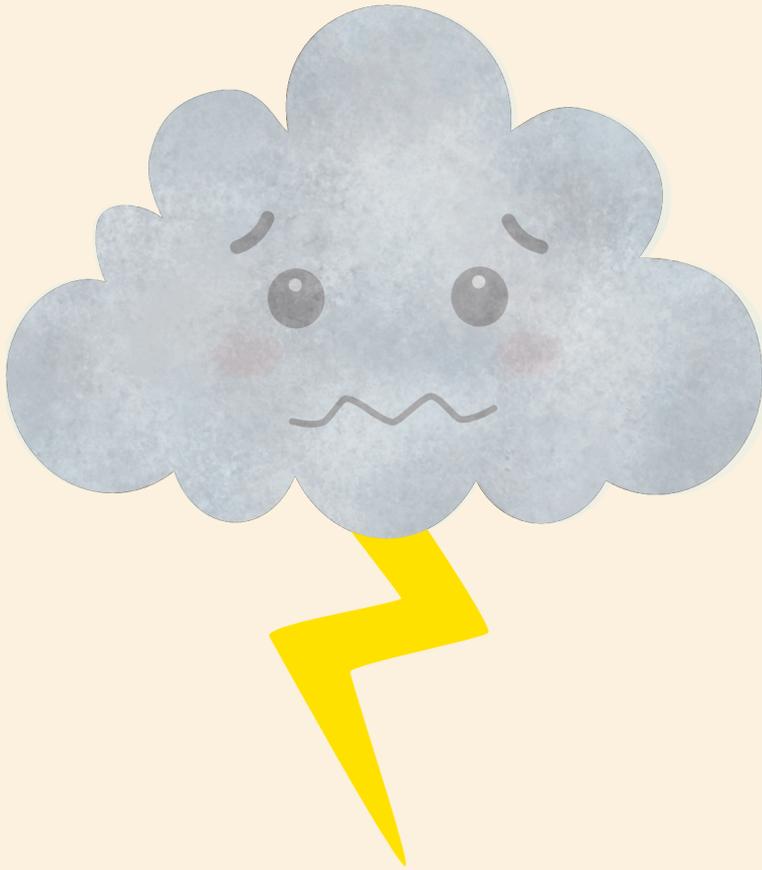


One day, Cappily decided to tell her mommy about Worry.

"Every cloud, no matter how gray, is just visiting," Mommy had said. "And underneath every cloud is the bright blue sky, waiting patiently to bring back the joy."

Together, they came up with a plan to teach Worry a new game.

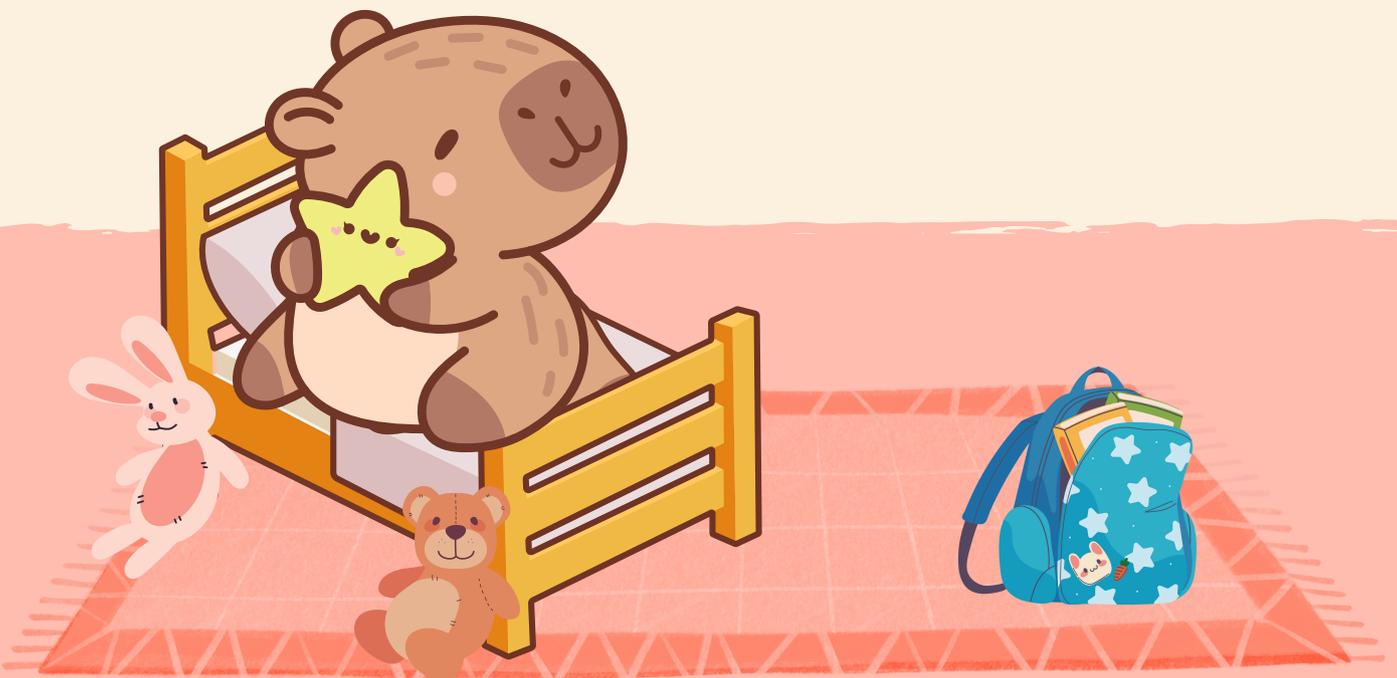




The next night when Worry visited, Cappily sat up in bed. She looked at Worry floating above her head and said, "Instead of 'What if,' tonight we are playing a new game called 'What is?'"

Worry looked confused.

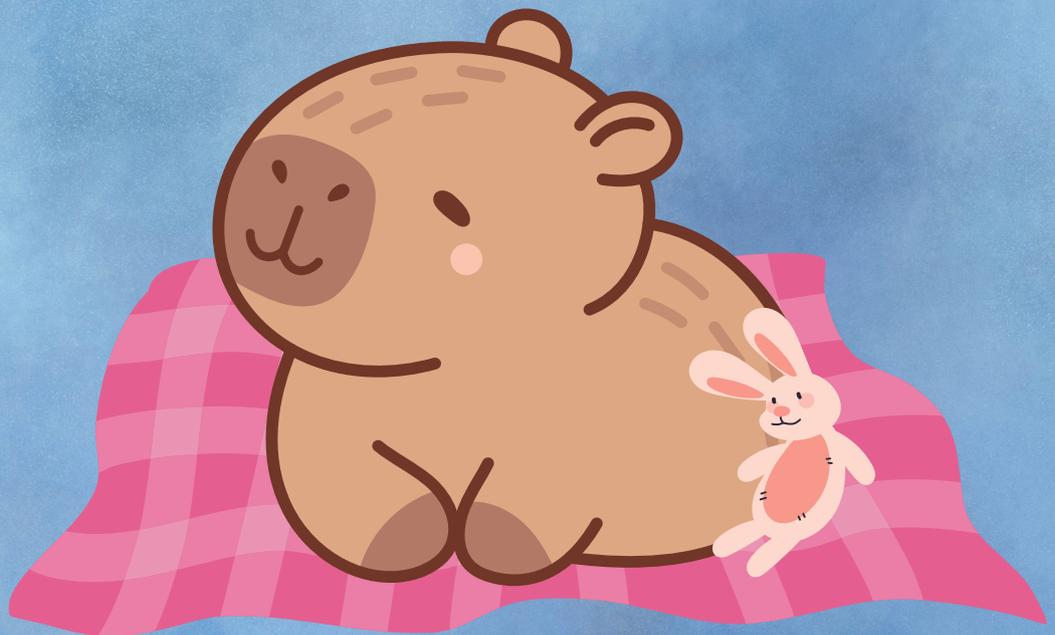
"What is... happening right now?" Cappily said. "I am safe in my warm bed. I am holding my favorite toy. I am surrounded by my favorite stuffed animals."





As Cappily named these things, something magical started to happen. With each "What is," Worry's gray started to change colors.

Worry also did something Cappily had never seen before. Worry started to smile.





The more Cappily played "What is," the more Worry changed. Its edges became softer, and sometimes it even glowed like a gentle nightlight.

One morning, while eating breakfast, Cappily realized Worry didn't look like Worry anymore. It had transformed into something that sparkled and danced – something called Hope.

Hope was much better at games.

Instead of "What if something bad happens?" Hope would ask, "What if something wonderful happens?" or "What if you try and discover something amazing?"



Hope taught Cappily that feelings are like a garden. Worry thoughts were like stones that needed to be gently moved aside to make room for happiness flowers to grow. Every time Cappily noticed a good moment, named something she was grateful for, or faced a small fear, she was planting seeds of happiness.

Some days, Worry still came to visit. But now Cappily knew that it wasn't there to stay forever. She had tools to help her, like playing "What is" and remembering under every worry cloud was a sky full of hope, just waiting to shine through.



Remember, everyone has worries sometimes – even grown-ups! Having worries doesn't mean there's anything wrong with you. It means you have an imagination that sometimes works too hard at thinking up scary things.



The next time Worry comes to visit, try to:

1. Notice what is happening right now that's okay.
2. Share your worries with someone you trust.
4. Remember worry clouds always pass, and hope is always waiting underneath.

Every time you face a worry - even a tiny one - you're building your very own worry-zapping superpower. Worries might feel huge and scary, but they can't stop you from being exactly who you are... a pretty amazing kid who can turn gray clouds into amazing adventures full of hope and opportunity.



UNDERSTANDING WORRY'S BIG NEGATIVE EMOTIONS



SUSPICIOUS

This is when you have a feeling that something isn't quite right. It's that feeling when you're not sure if you can trust what's happening or what someone is telling you.



WORRIED

This is when your mind keeps thinking about something that might go wrong. It's like having a lot of "what if" questions bouncing around in your head that make your tummy feel funny or your heart beat faster.



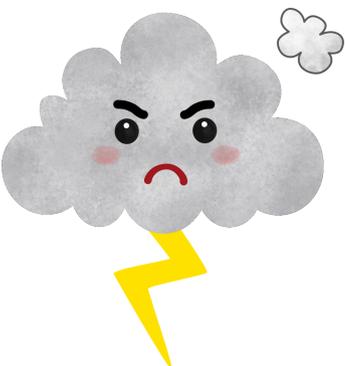
SAD

This is when you feel down about something specific - like when you lose a favorite toy, or when your best friend moves away. Your heart feels heavy, you might cry, and things don't feel as fun.



DEPRESSED

This is when you do not want to do fun things anymore, feel very tired, and have trouble finding joy in activities you usually love. It's different from just having a bad day - it sticks around longer and feels heavier.



ANGRY

This is when you feel hot inside, like there's a volcano in your chest that wants to explode. Maybe your face gets red, your hands might make fists, and you might want to yell or stomp around.

UNDERSTANDING HOPE'S BIG POSITIVE EMOTIONS



CONTENT

This is when you are not super excited, but you feel peaceful and just right - like everything is exactly how it should be. It's that nice, relaxed feeling, like a cat napping in a sunny spot.



HAPPY

This is when you feel like bouncing on your toes, with a big smile that you just can't hide! It's that bubbly feeling that makes you want to dance around or laugh. Your whole body feels light and full of energy!



LOVED

This is when you feel warm and safe inside, like being wrapped in the biggest, softest hug. It's knowing that people care about you deeply. It's feeling protected and special, like being surrounded by an invisible shield of care.



HAPPY TEARS

These are the tears that come when something is so wonderful that being just happy isn't enough - like when you're laughing so hard your eyes water. It's like your body doesn't know how else to show all the joy inside, so it comes out as tears! They're like little sparkly drops of happiness that show just how full your heart is.

Your Turn: Draw Your Worry!

In this space, draw what your worry looks like. Is it big or small? What color is it? What shape is it? Remember, everyone's worry looks different, and that's okay!



Now give your worry a silly name: _____

Remember: When you can see and name your worry, it becomes less scary!

Your Turn: The "What Is" Detective Game!

Use your detective skills to find the good things happening right now. Fill in the stars below:

★ I can see: _____

★ I can hear: _____

★ I can feel: _____

★ I can smell: _____ 

Bonus Detective Work: Draw a star ★ each time you notice something good today!

Remember: Being a "What Is" detective helps chase away the "What ifs"!



Your Turn: The What-If Shield!

Let's block those tricky "what-if" thoughts! In each cloud below, write down a worry that starts with "what if." Then, beside each umbrella, write something that makes you feel safe and strong from that what-if thought.



Remember: Every worry cloud has a silver lining!

Your Turn: Hope's Happy Thoughts!

Draw one amazing thing that could happen:

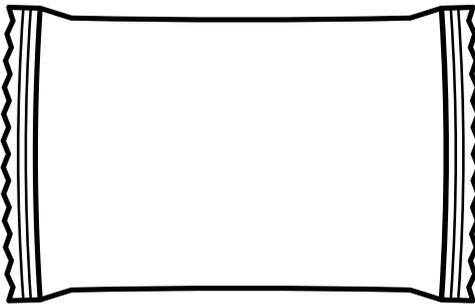
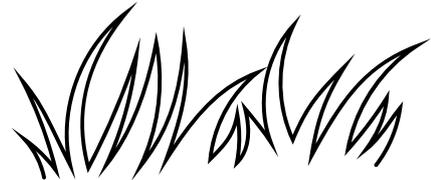
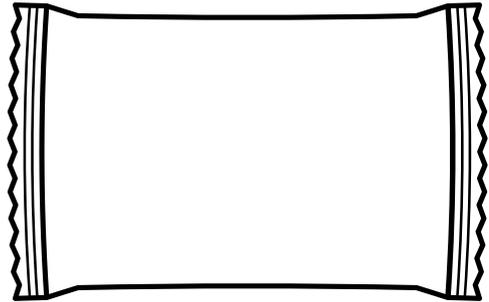
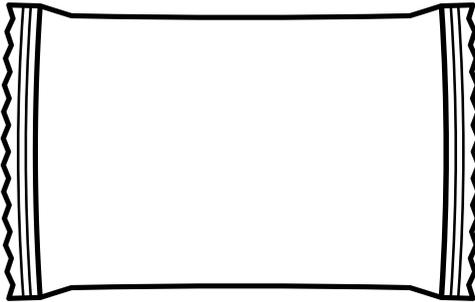
★ What if _____



Remember: Your imagination can create wonderful things!

Your Turn: Plant Your Happiness Garden!

Draw your own happiness garden below. For each flower you draw, write something that makes you happy or brave on the seed packet. These are your "happiness seeds"!



Remember: Every time you think of something happy, you're helping your garden grow!



My Worry Journal

Journal how you turn your worries into hope. On the next several pages you can draw pictures or write in your journal to help you overcome your worries and find hope.













ABOUT THE AUTHOR

Tina Bell is an award-winning marketing professional and storyteller living in Genoa, Arkansas. She's been married to her husband, Brandon, since 2012. They have one daughter, Emily. A graduate of Sam Houston State University with a Bachelor of Arts in Journalism and Blinn College with an Associate of Arts, Tina brings over twenty years of communications experience to her children's literature. Her background as a former managing editor combined with her extensive work in public relations has shaped her distinctive storytelling voice. When not writing, Tina enjoys volunteering in her community, developing educational programs, and exploring the great outdoors with her family. Her passion for connecting with audiences of all ages infuses her writing with authenticity and warmth that resonates with young readers and parents alike.

**Don't
Worry...**



**Live
Cappily!**