

'Let It Out' Discussion Questions



What happened in the animation?

How was Cloud feeling? How do you know?

Some words appear around the sun. What do they say?
What do you think that means?

What are some safe ways to 'let it out'? What are some unsafe ways?

Think about a time when you felt upset and needed to let it out.
Why did you feel that way? How did you feel after you let it out?

Cloud felt safe to let it out around Sun. When you need to let it out, who do you feel safe with?

What does Sun do to help Cloud? Can you think of a time when you have been like Sun, and helped someone who was upset?

What could have caused Cloud to feel upset?

After letting it out, what could Cloud do now to feel better?

Rita Jane

Find the 'Let It Out' animation and activities at www.ritajane.com