

Crying is Like the Rain

A Story of Mindfulness and Feelings

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Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Embracing feelings
- Self-awareness
- De-stigmatization
- Processing Emotions
- Coping Mechanisms
- Vulnerability
- Frustration
- Grief
- Anger
- Mindfulness

Takeaway

Resilient people give themselves space to experience their emotions and understand that every feeling is only temporary, like the changing of the weather.

This book explores emotions, sadness, accepting our feelings, and letting the feelings pass naturally. Some people may play into the stigma against crying and expressing emotion because it makes *them* uncomfortable or worried, or they try to brush over what someone is feeling by trying to make a crying person laugh instead of cry.

Everyone is entitled to feel their own feelings, no matter how loud and powerful or small and light. Processing our emotions can help us feel refreshed. It is important not to bottle up our emotions and this book discusses the importance of expressing our emotions in way that is safe for everyone around.

“Tears help your mind, your heart, and your body feel new, clear, and calm after the storm. We need our tears, just as the Earth needs rain. Feelings aren’t meant to be kept inside. They’re meant to be felt, to flow through us like rainwater. We are not our feelings. Feelings come and go.”



Activities to try at home:

Use one or more of the attached activities to strengthen your child’s understanding of this book’s lessons.

1. **My Weather Report**
2. **Making a List**

Flip for [Conversations to Have at Home](#)



**RESILIENCE
GROWS HERE**



Conversations to Have at Home:

Navigating emotions and feelings can be challenging, especially at a young age. It is important to help guide your child through these difficult moments. Learning to accept emotions as they come and to cope with the difficult ones is a vital lesson that helps to foster good emotional wellbeing.

Consider these ideas when discussing this book with your child:

- Remind your child that:
 - All feelings are valid. They should never feel ashamed for feeling a certain way.
 - It's okay to let feelings come and go.
 - It's better to let yourself feel things rather than ignore them.
 - Feelings will not last forever. They change, just like the weather.
 - We are not our feelings. We simply experience feelings, but they don't define us.
 - **They are not alone.**
- Show your child that you also experience various feelings.
 - It is important to be a role model for how to deal with difficult emotions in a healthy way.
 - A child learns how to cope with emotions by watching how adults in their lives cope with the same emotions.
 - Be aware of the language and the words you use to communicate during difficult times.
- Teach your child some breathing exercises.
 - These can help with anxiety, anger, and frustration, as well as mindfulness.



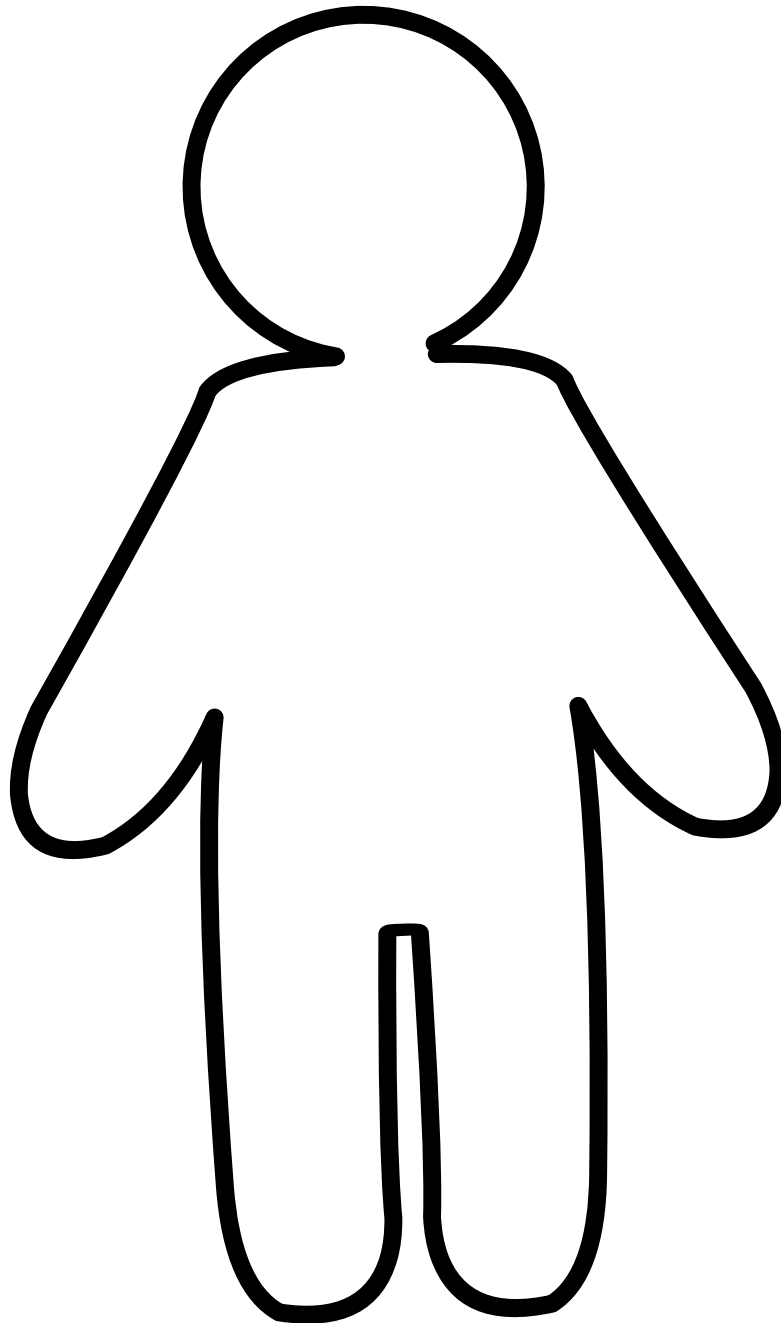
For additional *Resilience Grows Here: At-Home* book recommendations,
visit fvhd.org/community-health/rgh/books

For additional mental health support, visit fvhd.crediblemind.com

My Weather Report

It is important to take time to notice how you feel, or to be aware of the “weather” that your body is experiencing. Being aware of what you are feeling or experiencing can make it easier to support yourself. Ask yourself the following questions and draw below:

What is your internal and external weather right now?
Are different parts of your body experiencing different weather?



Takeaway:

Resilient people give themselves space
to feel their emotions.

Making a List

When you feel overwhelmed, anxious, or sad, it is important to take care of yourself. Think about all of the things in you life that are adding to your stress, frustration, or sadness.

- Make a list of these things and include how each thing makes you feel.
 - For example, “Homework makes me feel stressed.”
- Cross off everything on your list that is out of your control.
 - For example, we can’t control the weather or the way people react to things we say.
- For all of the things you do have control over, brainstorm the things you can do to slowly achieve that goal.
 - “I can take small breaks as I complete my homework”

In time, you will discover that breaking down big stresses into smaller tasks helps us feel less worried and overwhelmed.

1. _____
2. _____
3. _____
4. _____
5. _____

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