

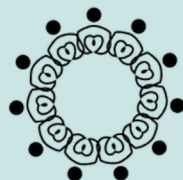
Silly Thoughts



Silly Thoughts

What You'll Need!

- **Your amazing imagination**



Silly Thoughts

Your imagination is powerful—and sometimes, a little silliness can make everything feel lighter! This activity helps you imagine a funny thought cloud and bring your silliest ideas to life through sharing, pretending, and laughter.

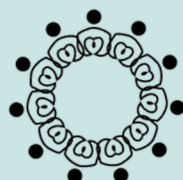
Let's make a silly thought cloud

Step 1: Get cozy

Find a comfy spot to sit or lay down. You can grab a blanket, wear your cozy socks, or bring a favorite stuffy. Get as snuggly as you like—like you're resting on a cloud.

Step 2: Imagine your cloud

Close your eyes and picture a big, puffy cloud floating above your head. This cloud is special—it holds your silly thoughts! These are funny, weird, or wacky ideas that make you smile.



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Step 3: Pick your cloud theme

Choose what kind of silly thoughts live in your cloud. Try one of these—or make up your own!

- Silly Animal Cloud - like a dog wearing pajamas or a giraffe jumping on a trampoline
- Food Cloud - like spaghetti hair or an ice cream cone that sings
- Superhero Cloud - like a superhero who's scared of ducks or a villain who sneezes glitter

Step 4: Let your silly ideas float in

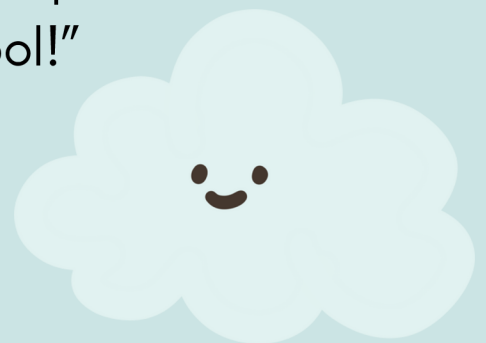
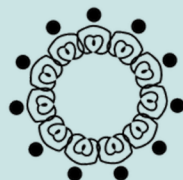
Take a quiet moment. What silly things are floating in your cloud? Picture them clearly, like a little movie in your mind.

Step 5: Share your silly thought

One at a time, reach up and pretend to grab a silly thought from your cloud. Tell the group what it is!

"A cat who dances ballet while eating popcorn!"

"A banana that rides a scooter to school!"



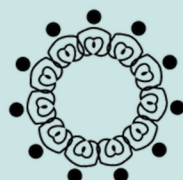
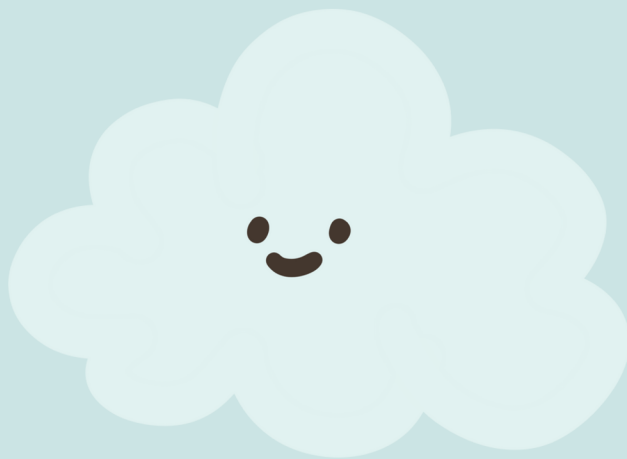
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Step 6: Act it out (just for fun!)

If you feel brave, try acting out the silly thought together. Freeze in a pose or make a goofy face—giggles are welcome here!

Step 7: Let the cloud drift

When you're done, imagine your cloud gently floating away. You can always bring it back when you want more silly fun.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 **MOOD Kits by Emily Millar**

 emily-millar.com

Can't wait to see what you create!

