

9798895090480

## The Storm Cloud by Frances Stickley and Emily Hamilton



### Reading Guide and Activities for *The Storm Cloud* written by Frances Stickley and illustrated by Emily Hamilton Suitable for ages 5+

**Themes:** *The Storm Cloud* is a meditative discussion around mental health and the role of positive relationships which uses metaphor to explore tricky concepts around the abstraction of feelings.

It's a wonderfully sunny day, but Bear has woken up to find a storm cloud hanging above his head and he just can't get rid of it. Can his friends help him find his way through the storm and back to happiness? This gentle and hopeful story is about experiencing sadness and the quiet support of friends.

*The Storm Cloud*

Text copyright © 2026 by Frances Stickley

Illustration copyright © 2026 by Emily Hamilton



Find out more about our books at  
[www.postwavepublishing.us](http://www.postwavepublishing.us) | [@postwave\\_books](https://twitter.com/postwave_books)

DISTRIBUTED BY  CHRONICLE BOOKS

post wave  
children's books



1. Look at the front cover together and then discuss:

- What do you see on the cover?
- What do you think the book is going to be about?
- How does the cover illustration make you feel?



9798895090480

2. Read the book together and then discuss:

- How do the illustrations reflect Bear's mood?
- Why do you think the illustrator chose to make Bear blue?
- Ask what other shapes and colors they associate with emotions, such as being happy, cross, anxious, lonely, scared, or jealous.
- Ask if anyone has ever felt like Bear or experienced another big emotion, like being frightened or anxious.
- Try hot seating both Bear and then Squirrel – this is a great way to normalize responses and reactions, like not wanting to spend time with friends.
- Discuss ways in which you could all be more empathetic like Fox, Rabbit, and Squirrel.
- Ask the children what things help make them feel better when they're sad – a blanket, a cup of hot chocolate, a hug.

3. Use the following activities to explore the topic further:

- Activity 1: Collage Rainbow
- Activity 2: Today I am feeling . . .
- Activity 3: Can you see the cloud above my head?



Find out more about our books at  
[www.postwavepublishing.us](http://www.postwavepublishing.us) | @postwave\_books

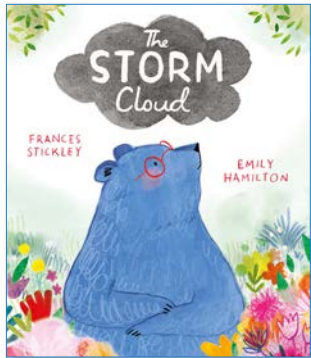
DISTRIBUTED BY  CHRONICLE BOOKS

post wave  
 children's books



# The Storm Cloud

by Frances Stickley  
and Emily Hamilton

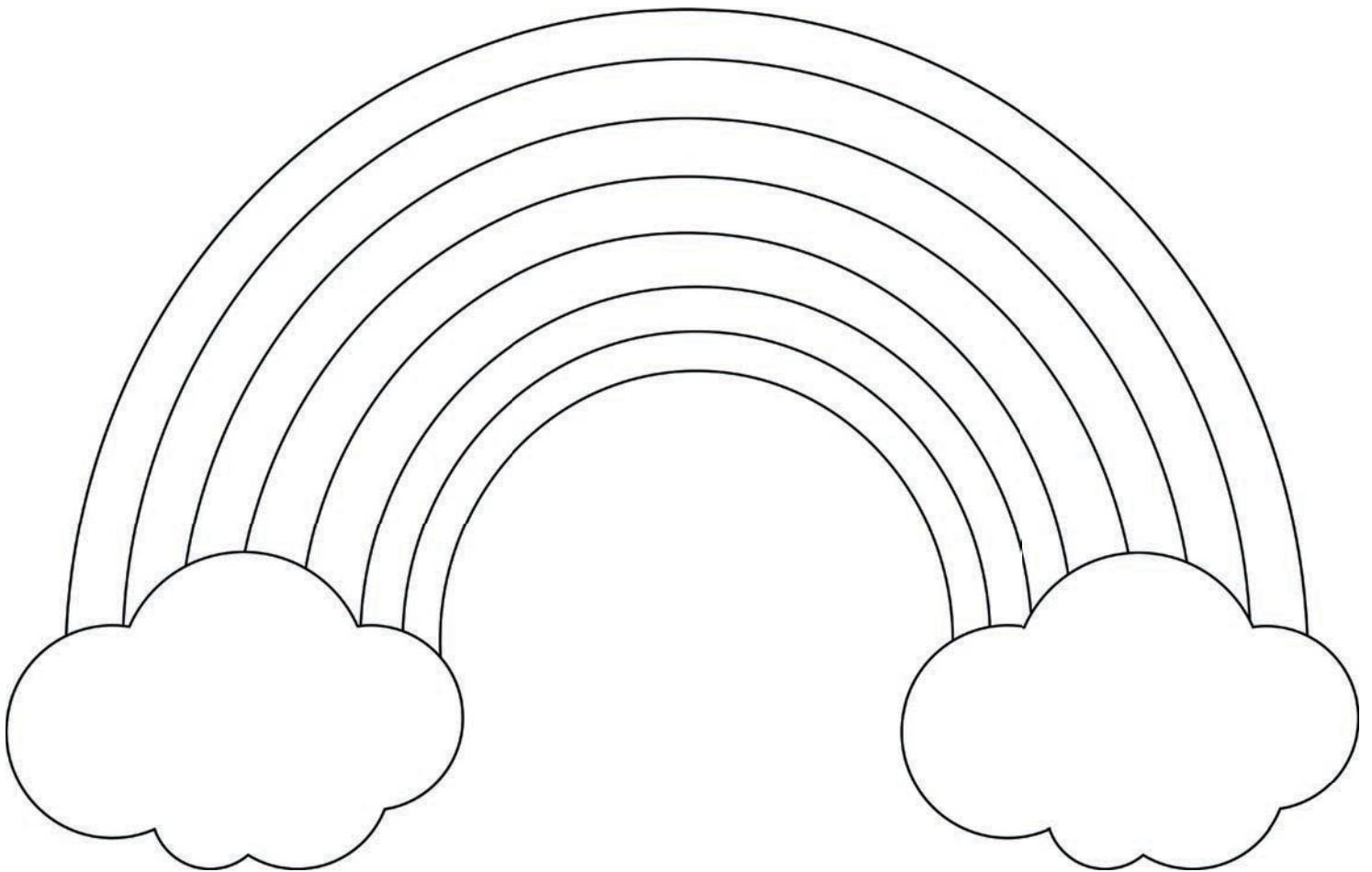


9798895090480

## Collage Rainbow

3

Refer back to when you read the book and listed the shapes and colors the children associate with different emotions. Ask the children to draw and color, or find images in magazines, that match those shapes or colors. These can be cut out and stuck on the rainbow template below or make a larger classroom display.



Find out more about our books at  
[www.postwavepublishing.us](http://www.postwavepublishing.us) | [@postwave\\_books](https://twitter.com/postwave_books)

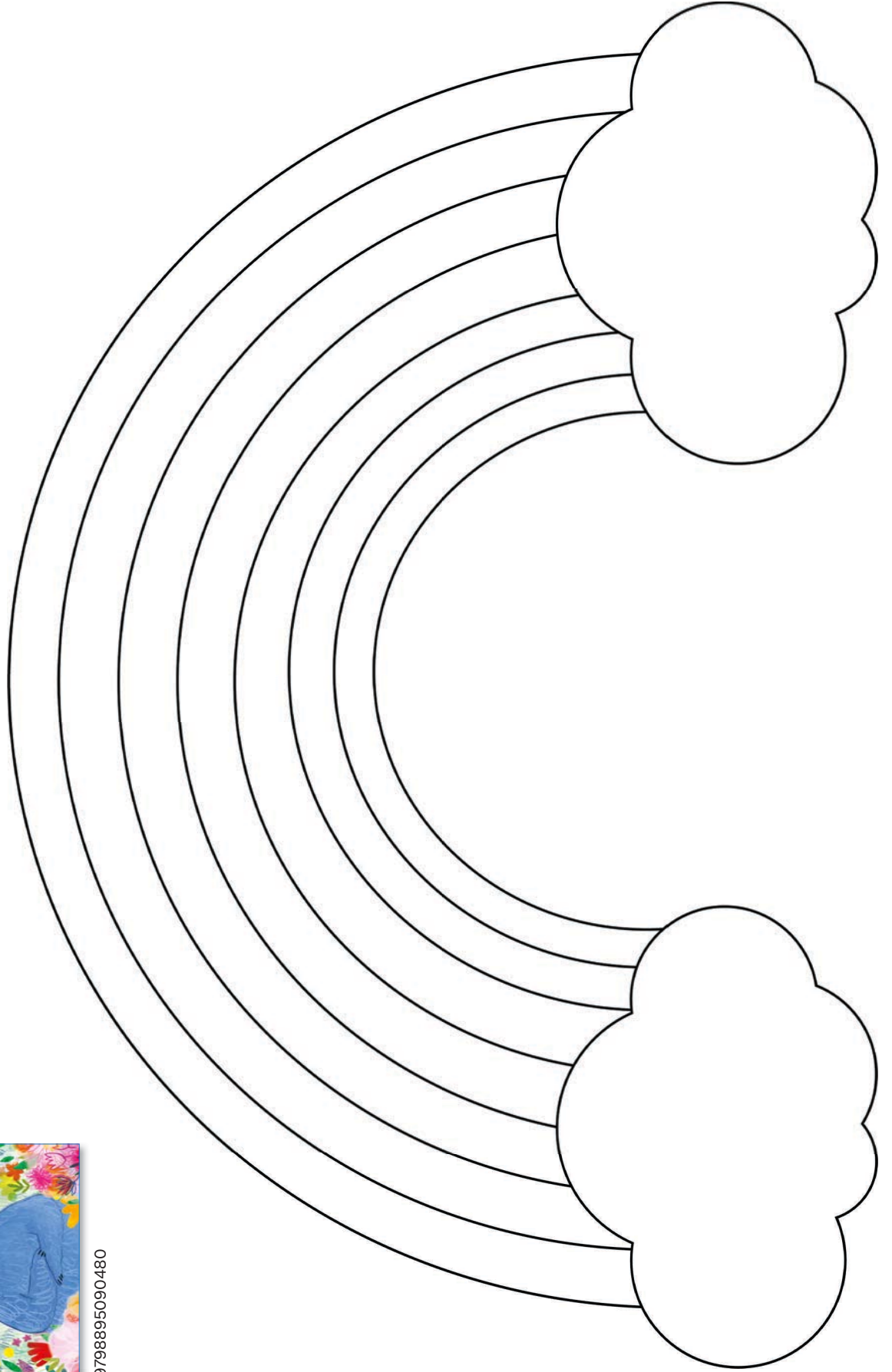
DISTRIBUTED BY  CHRONICLE BOOKS

post wave  
children's books





9798895090480



# The Storm Cloud

by Frances Stickley  
and Emily Hamilton

## Today I am feeling . . .

Ask the children to write down one thing that has made them feel blue like Bear today and one thing that has made them feel happy.



---

---

---

---

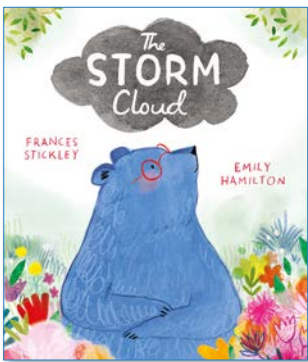


---

---

---

---



9798895090480

Find out more about our books at  
[www.postwavepublishing.us](http://www.postwavepublishing.us) | [@postwave\\_books](https://twitter.com/postwave_books)

DISTRIBUTED BY  CHRONICLE BOOKS

post wave   
children's books

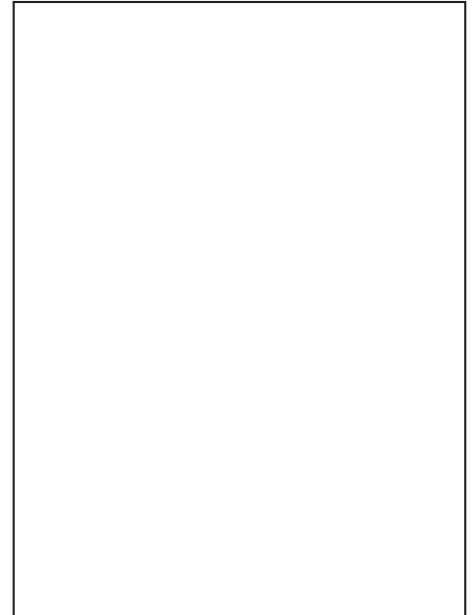
# The Storm Cloud

by Frances Stickley  
and Emily Hamilton

Can you see the cloud above  
my head?

6

List and draw the things that might  
make your storm cloud get smaller  
or even disappear.



---

---

---

---

---

---

---

---

---



9798895090480

Find out more about our books at  
[www.postwavepublishing.us](http://www.postwavepublishing.us) | [@postwave\\_books](https://twitter.com/postwave_books)

DISTRIBUTED BY  CHRONICLE BOOKS

post wave  
children's books

