

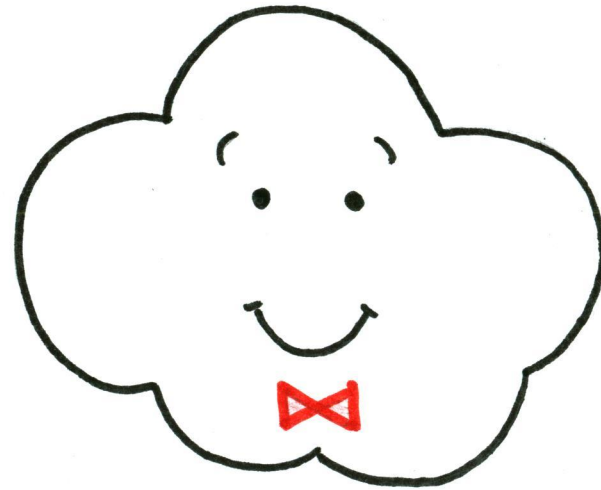
Nimbo

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This is Nimbo. Nimbo is a cloud! Clouds like to collect rocks from all over. Nimbo takes his rock collection with him everywhere he goes. He even takes his rocks to school!



Today, Nimbo and his friends from school are going to the art museum! He can't wait to look at all of the pretty paintings and rock people.

Once they have floated to the museum, Nimbo and his classmates get in line at the ticket booth. He waits patiently until he makes it to the front of the line.

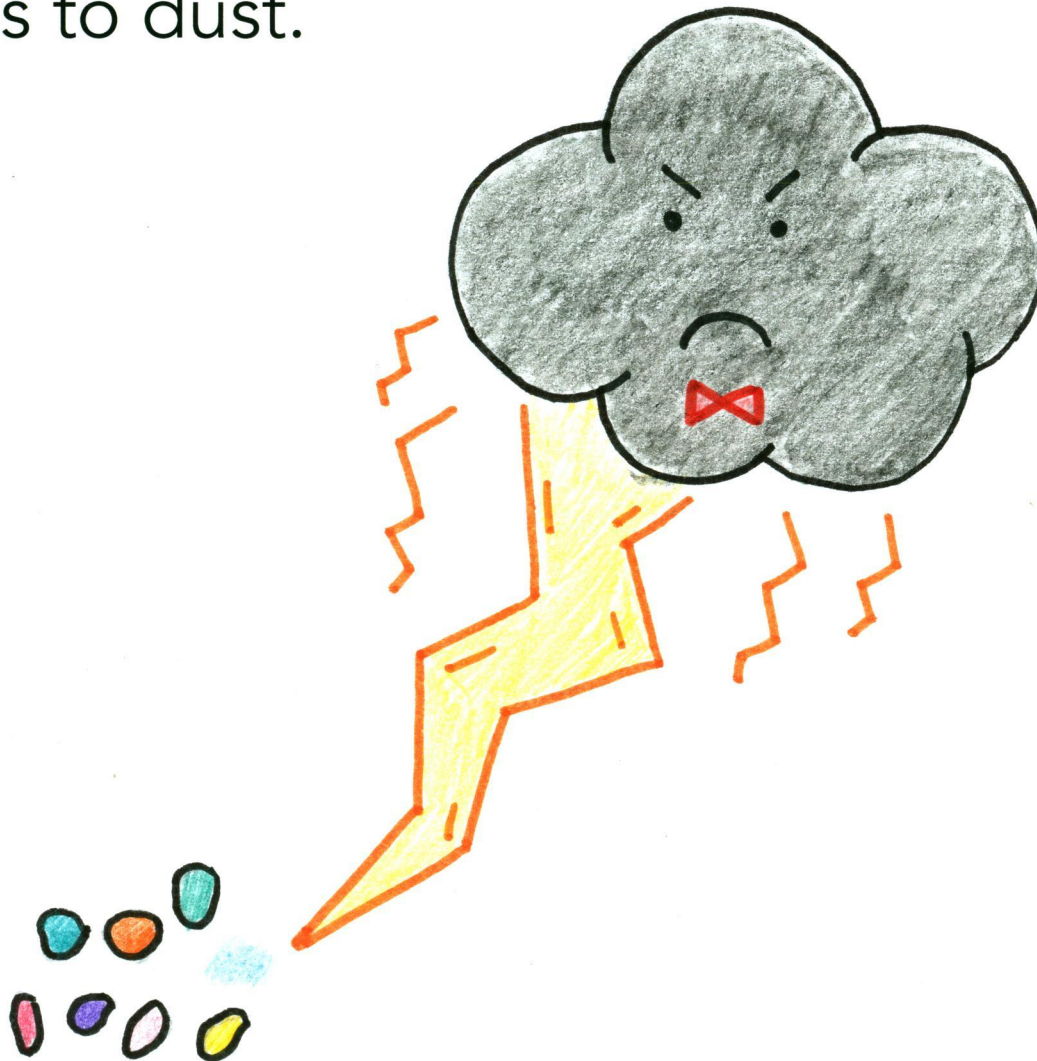


Nimbo says to his friend, "It feels like I've been waiting for five hours!" Suddenly, one of Nimbo's classmates skips in front of Nimbo in line. Nimbo starts to turn a bit gray.

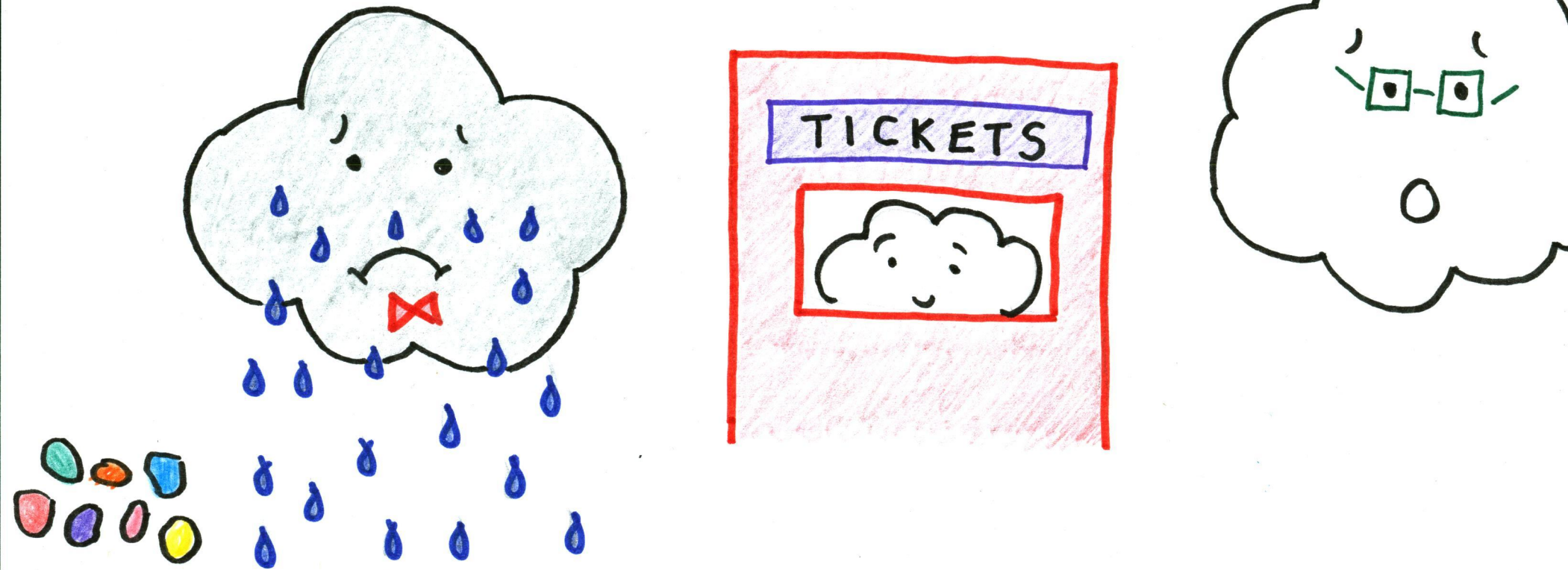


When clouds get really upset, they turn into storm clouds. They become dark gray when they are angry. If they feel extra angry, they even send down lightening bolts to the ground. If clouds feel sad, they will rain down to the ground.

Nimbo feels very alone and mad that he was cut in line. He sends a big, scary lightening bolt down on his rock collection. One of his favorite rocks quickly turns to dust.



Now, Nimbo feels very sad that one of his rocks is gone forever. Nimbo starts to rain.



Teacher finds Nimbo raining and helps him get into the art museum. He is starting to feel less sad and more excited to explore.

Nimbo looks at all of the paintings. He loves the beautiful colors. His favorite painting is of the beach. Nimbo also likes to look at all the rock people. He tries to make the same face as all of the rock people and to pose like them.



He looks around to see if all of his classmates are also playing this fun game he made up. But when Nimbo looks around, he sees that no one is playing his game, because no one is in the room with him. Nimbo is all alone.

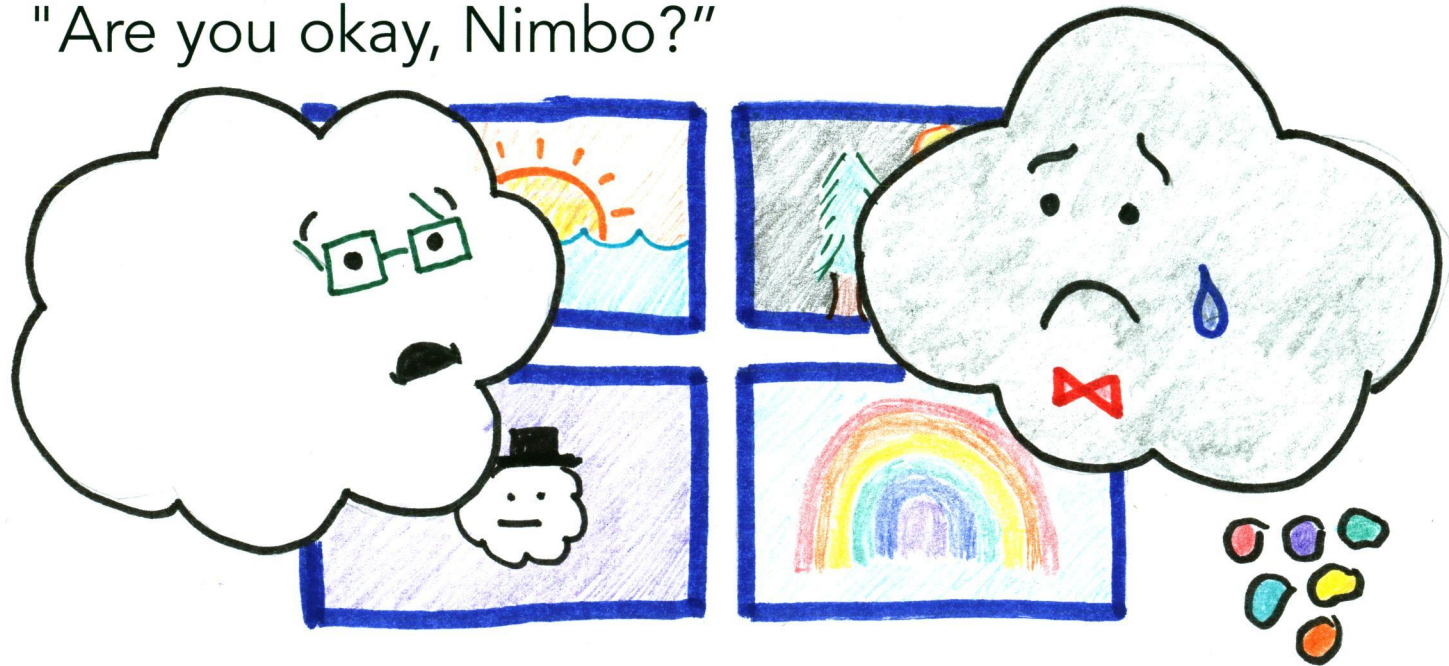
At first, Nimbo is scared. But then, Nimbo starts to get very, very mad. He can feel himself turning gray. Nimbo yells, "WHY DID THEY LEAVE ME?!"



PARADISE
1995

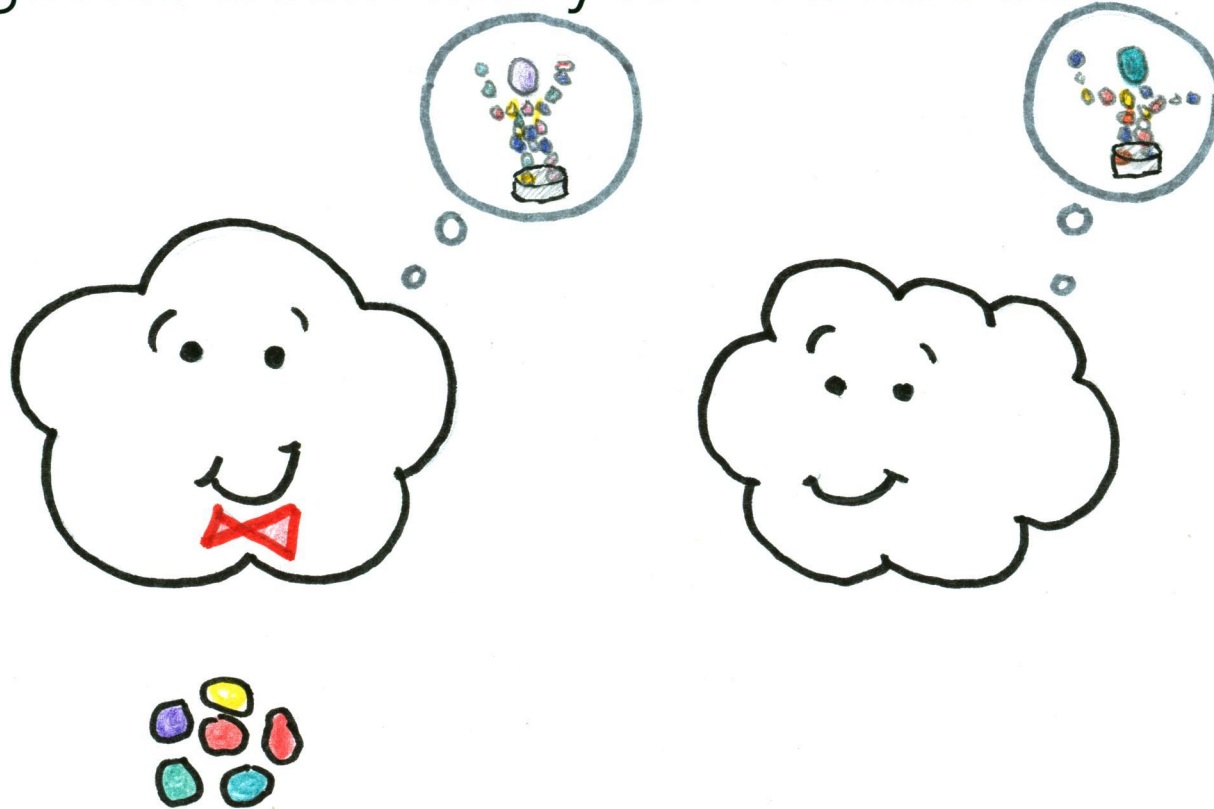
Suddenly, Nimbo feels so angry, that he sends down another lightening bolt. He has turned another rock into dust. Nimbo doesn't feel mad anymore. Now he feels very sad that one of his rocks is gone forever. Nimbo starts to rain. Even harder than last time. Nimbo is pouring.

Teacher has been looking for Nimbo all over. When she hears someone pouring in the museum, she floats over to the area as quickly as possible. Teacher feels very sad for Nimbo. "Are you okay, Nimbo?"



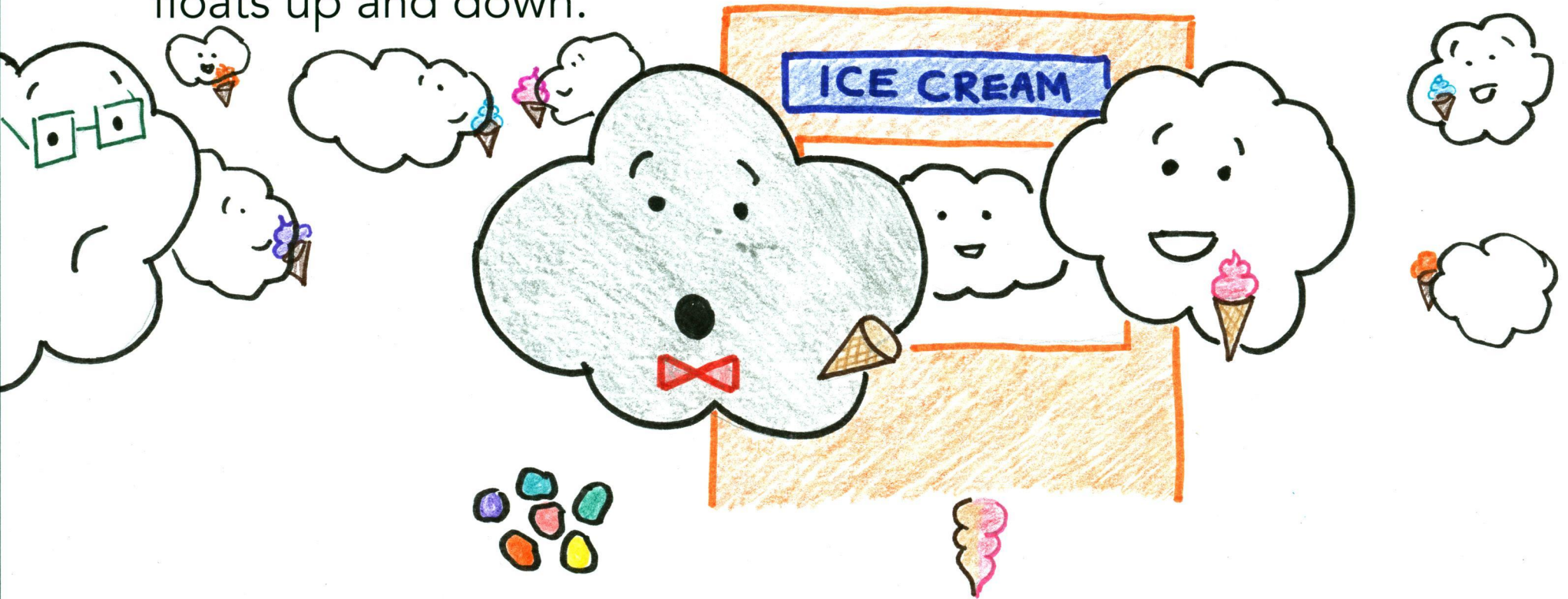
"NO, I'M NOT OKAY TEACHER!" yells Nimbo. "WHY DID YOU LEAVE ME?" he says, while pouring. Teacher tells Nimbo that she is sorry she frightened him. She brings Nimbo to the movie everyone else is watching.

Nimbo loves the movie. He hears his classmates talking about getting ice cream. Nimbo loves ice cream. "Can I come get ice cream with you?" Nimbo asks.



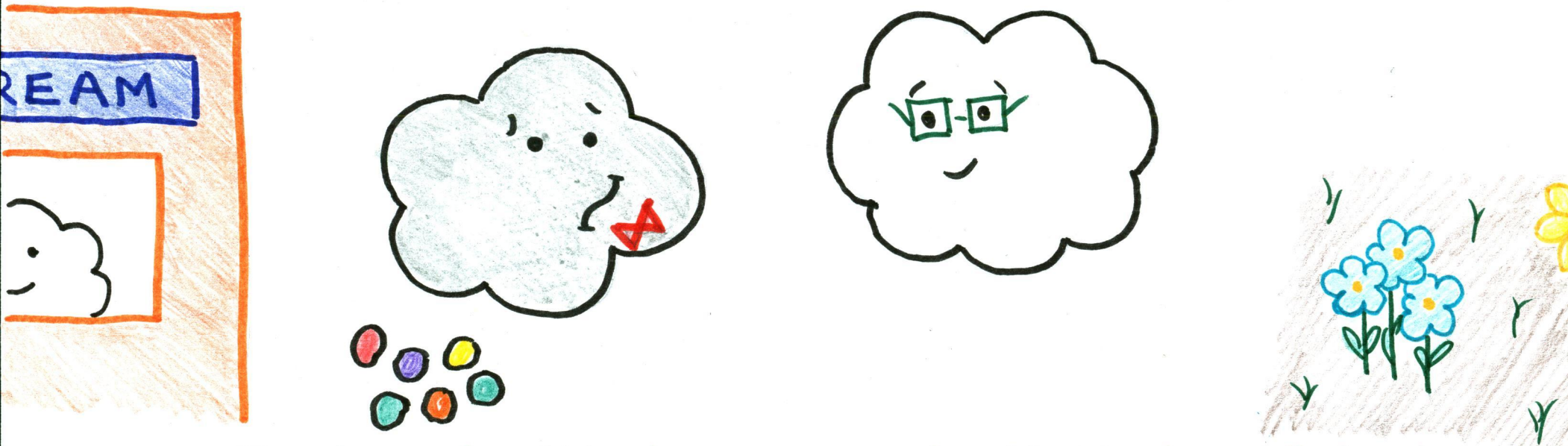
"Of course!" says Stratus, Nimbo's best friend. Stratus and Nimbo talk about their favorite rock people while they float over to the ice cream shop in the museum.

Nimbo is so excited about his ice cream. "Yummy," says Nimbo, "I love ice cream!" Nimbo gets so excited that he floats up and down.



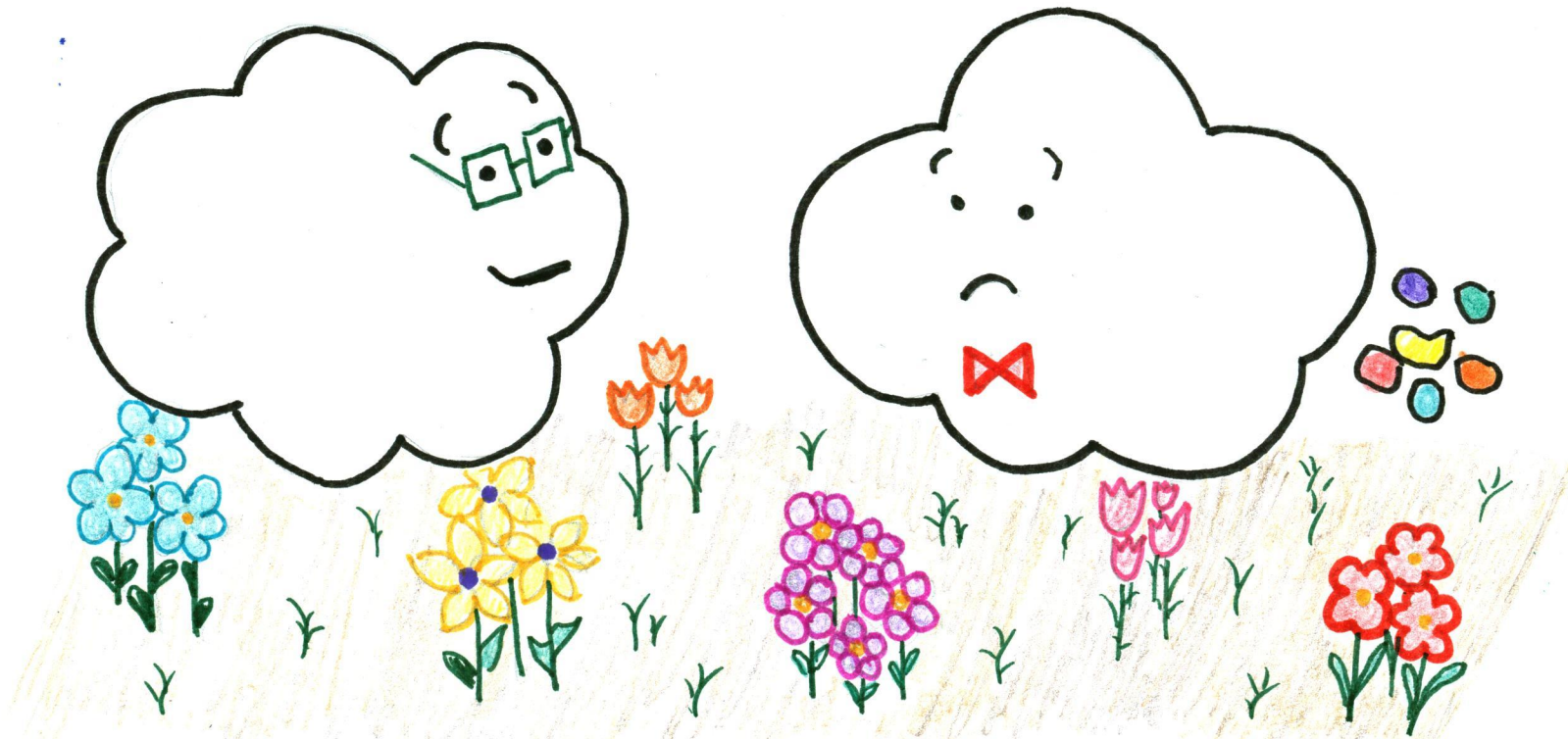
"Oh no!" yells Nimbo, as his yummy ice cream falls all the way to the ground. Teacher looks over at Nimbo. Teacher sees that Nimbo is starting to turn dark gray. Teacher realizes Nimbo needs her and quickly floats over to him.

Teacher floats up to him and asks him, "Nimbo, will you float over to the garden with me?" She knows it will be easier for Nimbo to turn back into a fluffy white cloud if they talk alone.

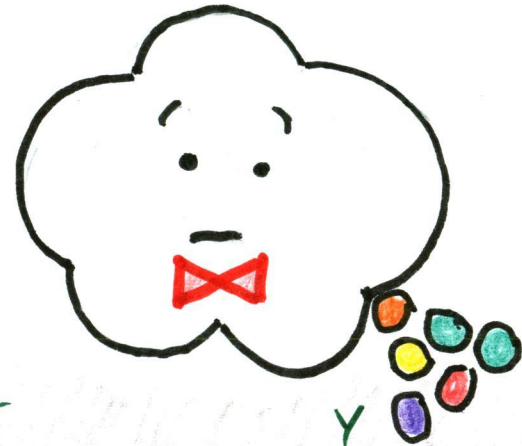


Teacher asks, "Nimbo, are you okay?" Nimbo yells back, "YES, I JUST NEED TO STORM ON ONE OF MY ROCKS!" Teacher nods and asks Nimbo, "Do you feel better when you storm on your rocks?" Nimbo looks down. He quietly responds, "yes." Teacher is surprised to hear this.

She says, "Oh. When I storm, I think I will feel better. But then I just feel sad because I broke one of my rocks.

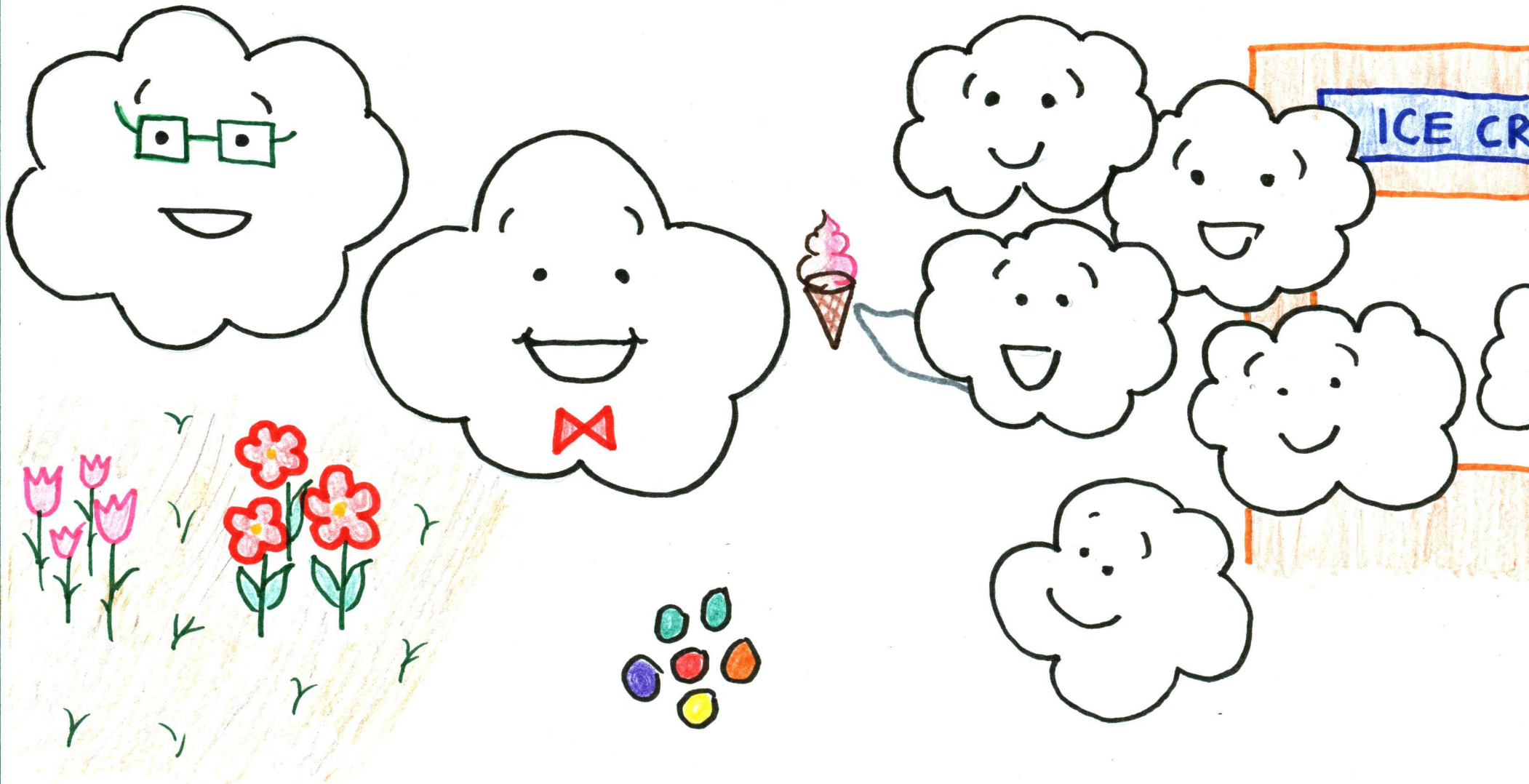


Sometimes, that makes me rain all day. When I rain all day, it makes it hard to have fun. Has that ever happened to you?" Nimbo quietly says, "yes."



When Nimbo starts to think about it, he realizes, "I think that happened to me today. I think that happened twice. I got sad and had no one to talk to. Then I got mad and broke two of my rocks. That makes me feel sad and rain, just like you." "I'm glad we came to the garden to talk," continues Nimbo, "now I don't feel sad or mad and I didn't break any more of my rocks."

Nimbo and teacher walk back to the ice cream stand to see that his classmates got him another ice cream. Nimbo is very happy as he finishes his whole ice cream cone.



Letter to Caretakers

Dear Reader,

I wrote this book to share an example of verbal de-escalation for individuals who work with young children that struggle with emotional regulation. Anyone can use this technique. You don't need to be formally trained in order to support a child the way Teacher supports Nimbo. To effectively de-escalate a child, you initially need to recognize the signs a child is becoming upset. Nimbo physically shows when he is upset by turning gray. I don't think it will be quite this easy to recognize in a child! However, you can start by taking note of how the child you support behaves prior to an outburst. Knowing the warning signs will only make you a more proactive supporter. When you start to see these signs, it is time to intervene, just as teacher does after Nimbo drops his ice cream. It is often effective to move the child into an quiet, calm environment if this is possible. The next step is to talk and connect with the child, just as Teacher does. I hope you enjoy reading this book to the child!

Chloe Squitiero