THE CLOUD IN THE SKY

AUTHOR: DANNA HERNANDEZ

Once upon a time, there was a young boy named Max who lived in a small town surrounded by forests and hills. Max was a dreamer, always curious about the world around him. But sometimes, Max felt something strange—an invisible cloud that followed him wherever he went.

It wasn't a cloud that could be touched or seen, but Max could feel it. It made his heart race, his thoughts scatter, and his stomach twist into knots. He didn't know what it was, but it made him feel afraid, even when there was no reason to be.

One bright, sunny afternoon, Max decided to take a walk outside. He hoped the fresh air would help him feel better. As he walked through the tall grass, he looked up at the sky and noticed something familiar—the same invisible cloud was floating above him, just like it always did.

But this time, Max decided to do something different. Instead of running from the cloud, he stopped, closed his eyes, and took a deep breath.

"I see you, cloud," he whispered softly. "You're here, but you don't have to be in charge."

Max imagined the cloud slowly drifting through the sky. It wasn't heavy or dark. It was just there—floating peacefully, moving with the wind. He realized the cloud wasn't something to fear; it was just a part of the day, passing through, like any other cloud in the sky.

As Max continued to breathe deeply, he let the cloud drift further away. He didn't try to push it or make it go away quickly. He just let it be.

And as he walked, the cloud slowly began to feel smaller and smaller, until, in time, it was just a faint puff in the distance.

Max smiled, feeling lighter. He understood now. Anxiety, like a cloud, didn't have to stay forever. It could come and go, and he didn't need to let it take over. He could still move forward, even when it was there, and he didn't need to be afraid of it.

From that day on, whenever the cloud of anxiety returned, Max would simply remember to breathe, let it float, and keep walking toward the sunshine.