


Danny and the BLUE CLOUD

**Coping With
Childhood Depression**



**by James M. Foley
illustrated by Shirley Ng-Benitez**



Danny was born
under a blue cloud.



He didn't know why,
but sometimes the
cloud made him cry.



Some days the cloud seemed as big
as the whole sky. On those days,
Danny didn't want to get out of bed
and moved as slowly as the turtles.



Some days,
Danny was
one big GROWL!



The other animals came to Danny's house to ask him to come out and play, but Danny's cloud felt heavy and dark.





After a while, Danny didn't even go to the door when his friends came. He stayed in his room.

Danny thought, "I never run and climb and play. I must be the worst runner, climber, and player in the forest."

Children's/Mental Health
Ages 4-8



Danny was born under a blue cloud. He didn't know why, but sometimes the cloud made him cry. Some days he didn't want to get out of bed. Some days he was one big GROWL!

With the help of Barnaby the rabbit, Danny learns to think more helpful thoughts, feel better about himself, and dance his way into a better mood! He practices Barnaby's "Feel-Good Rules" until his cloud turns lighter and brighter.

Eventually, Danny learns that he has the power to turn even the biggest, bluest cloud into a beautiful rainbow!

Includes a **Note to Parents and Caregivers** with more information about childhood depression and strategies to support your child's treatment.



Self-Help Books for Kids and the Adults in Their Lives
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