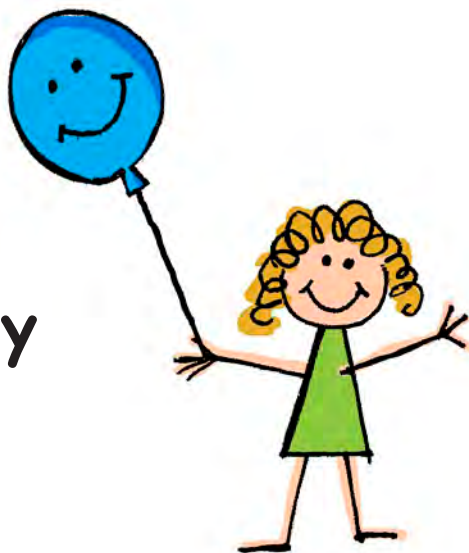


# In loving memory of our "Kim."



P.O. Box 22185 • Chattanooga, TN 37422-2185  
423-899-5714 • 866-318-6294 • fax 423-899-4547 • www.ncyi.org

ISBN: 9781937870041 \$9.95 • E-book ISBN: 9781937870904  
© 2012 National Center for Youth Issues, Chattanooga, TN • All rights reserved.  
Written by: Julia Cook • Illustrations by: Anita DuFalla  
Published by National Center for Youth Issues • Softcover  
Printed at Starkey Printing • Chattanooga, TN • July 2021

## DUPLICATION AND COPYRIGHT

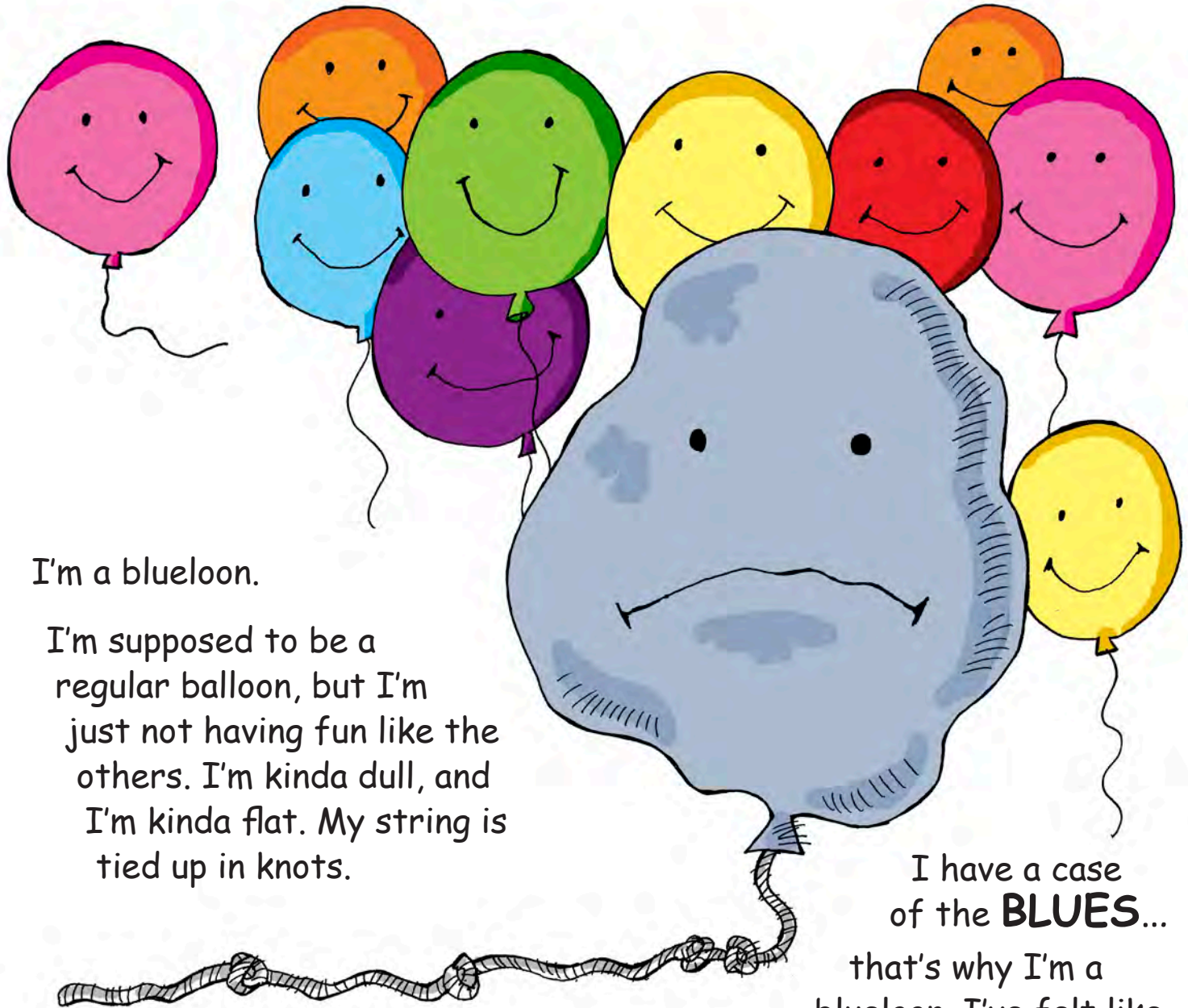
No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopy, video or audio recording, or otherwise without prior written permission from the publisher, except for all worksheets and activities which may be reproduced for a specific group or class. Reproduction for an entire school or school district is prohibited.

The information in this book is designed to provide helpful information on the subjects discussed and is not intended to be used, nor should it be used, to diagnose or treat any mental health or medical condition. For diagnosis or treatment of any mental health or medical issue, consult a licensed counselor, psychologist, or physician. The publisher and author are not responsible for any specific mental or physical health needs that may require medical supervision, and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources.

## Library of Congress Cataloging-in-Publication Data

Names: Cook, Julia, 1964- author. | DuFalla, Anita, illustrator.  
Title: Blueloon / written by Julia Cook ; illustrated by Anita DuFalla.  
Description: Chattanooga, TN : National Center for Youth Issues, 2021. |  
Audience: Ages 7-11 | Audience: Grades 2-3 | Summary: Suffering from  
depression, a sad little balloon feels confused and powerless until he  
receives help from a wise rock.  
Identifiers: LCCN 2021019610 (print) | LCCN 2021019611 (ebook) | ISBN  
9781937870041 (paperback) | ISBN 9781937870904 (pdf)  
Subjects: CYAC: Depression, Mental--Fiction. | Balloons--Fiction.  
Classification: LCC PZ7.C76982 B1 2021 (print) | LCC PZ7.C76982 (ebook) |  
DDC [E]--dc23  
LC record available at <https://lcn.loc.gov/2021019610>  
LC ebook record available at <https://lcn.loc.gov/2021019611>

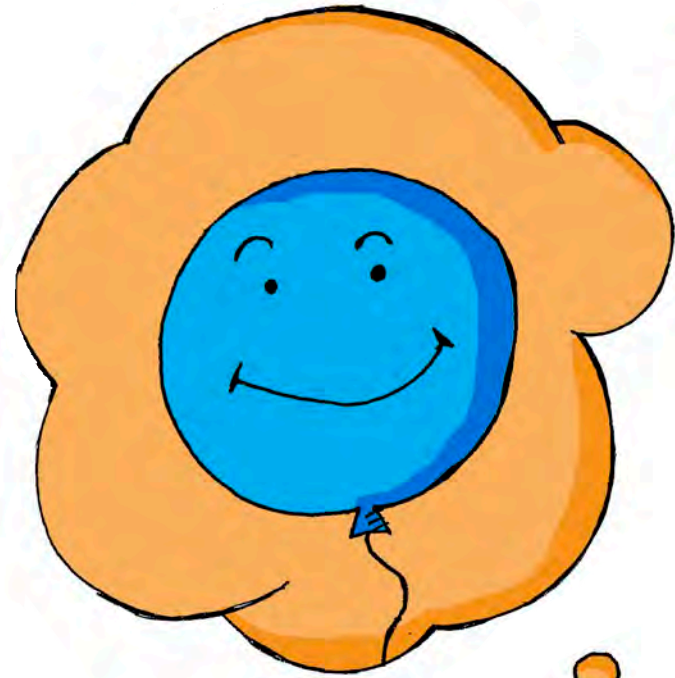
NCYI titles may be purchased in bulk at special discounts for educational, business, fundraising, or promotional use.  
For more information, please email [sales@ncyi.org](mailto:sales@ncyi.org).



I'm a blueloon.

I'm supposed to be a regular balloon, but I'm just not having fun like the others. I'm kinda dull, and I'm kinda flat. My string is tied up in knots.

I have a case of the **BLUES**... that's why I'm a blueloon. I've felt like this for weeks!



I remember when  
I used to feel like  
a regular balloon.

I was round.

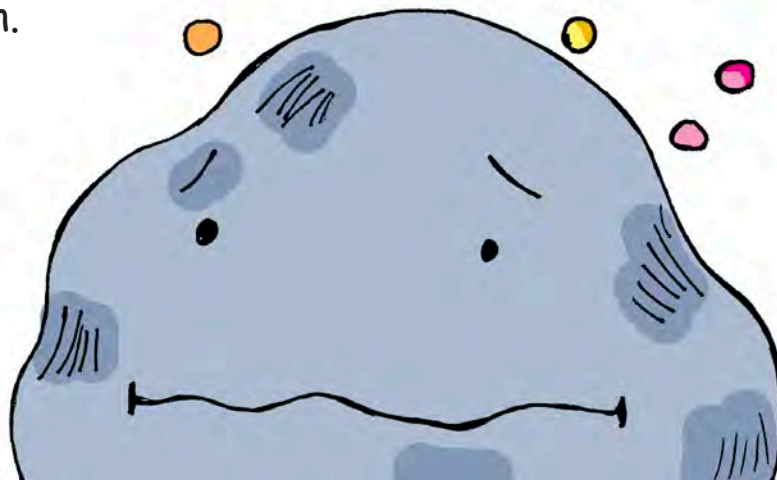
I was bright,  
and I was  
pretty happy.

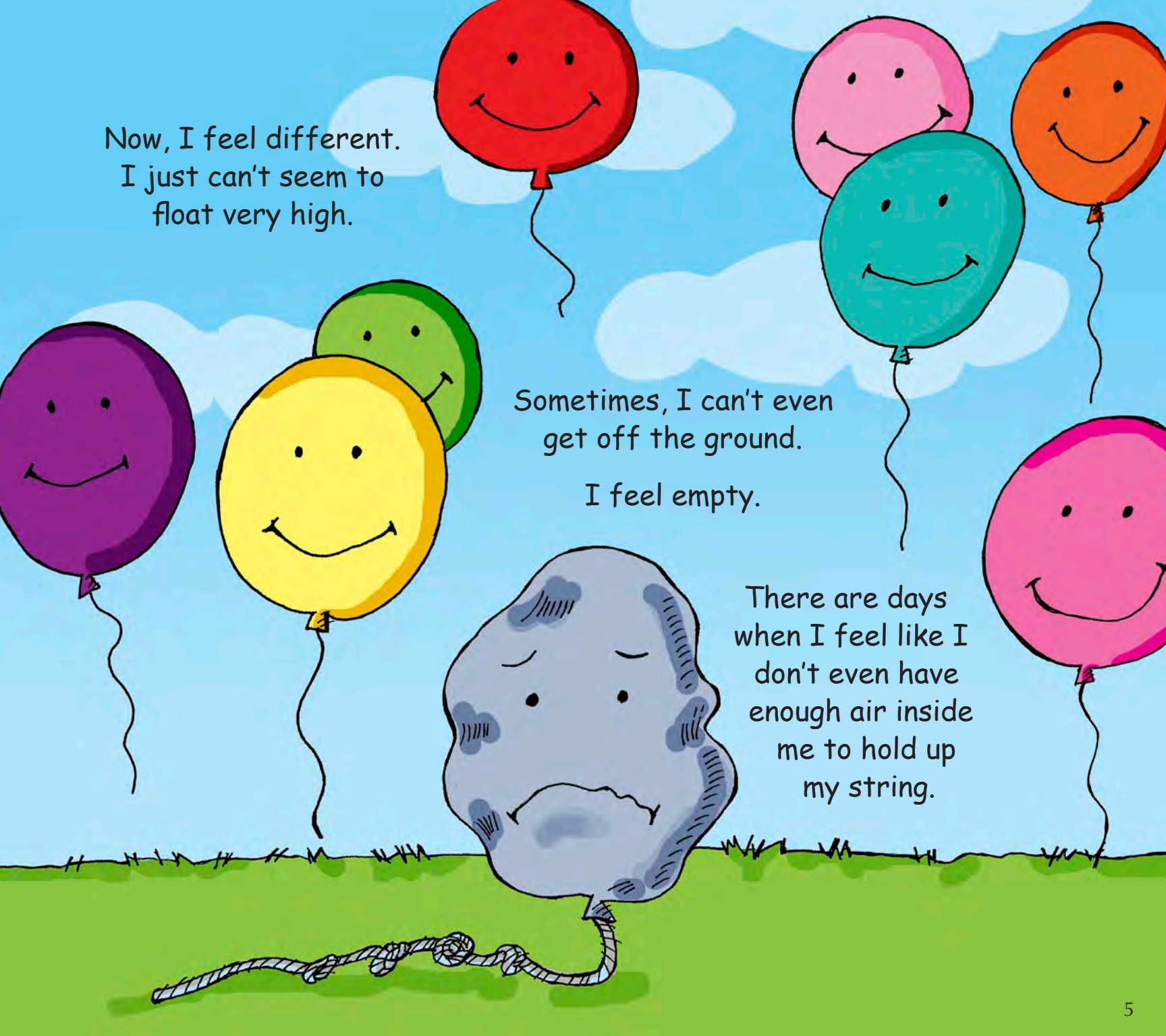


I used to have  
fun playing  
with the other  
balloons...they  
looked up to me.



I even made  
little kids smile  
when I let them  
hold onto my  
string!





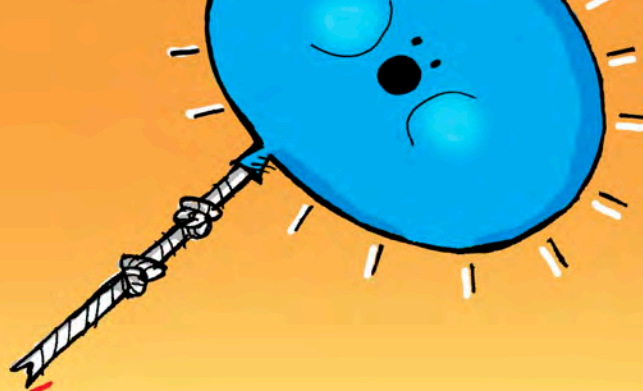
Now, I feel different.  
I just can't seem to  
float very high.

Sometimes, I can't even  
get off the ground.

I feel empty.

There are days  
when I feel like I  
don't even have  
enough air inside  
me to hold up  
my string.

Then, there are a few days that are **CRAZY DAYS!**



I go from blueloon to "BALLOONY TOON!"

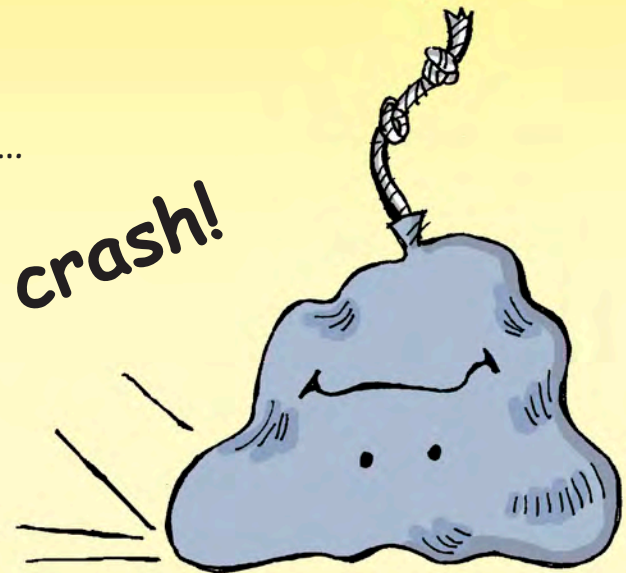
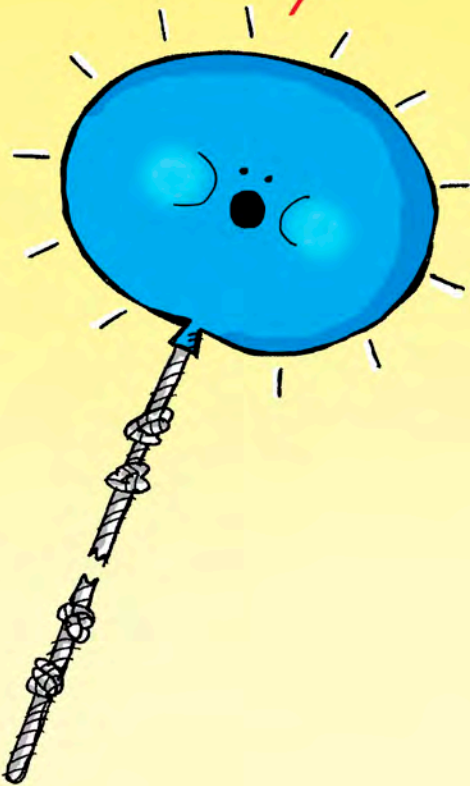
My head fills up with so much air that I feel like I'm going to explode!!!

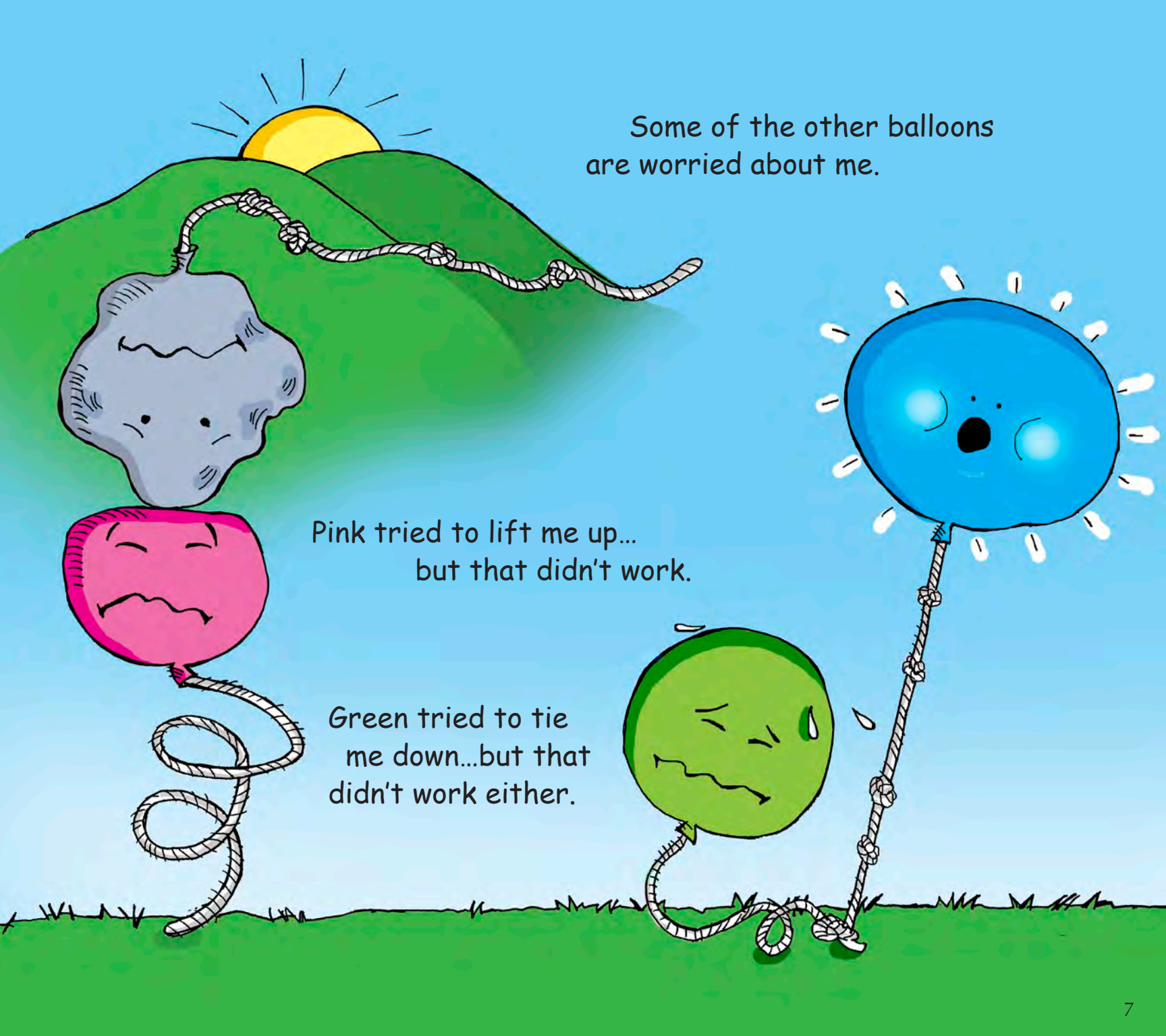
I float really high.

I talk way too much.

I do really strange things... and then,

**I crash!**





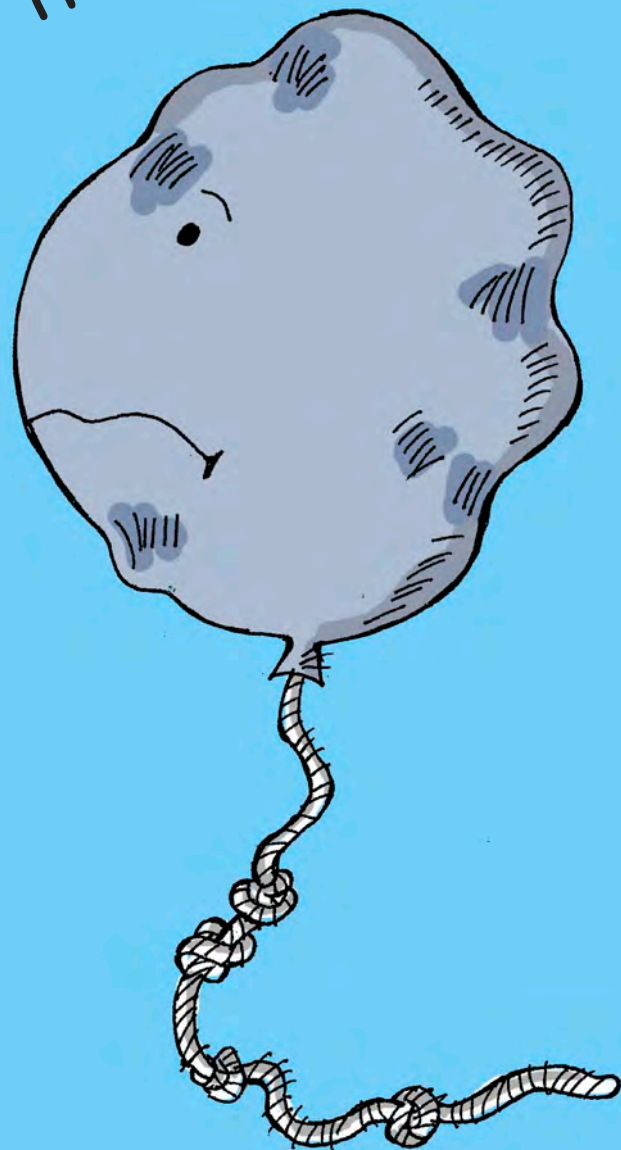
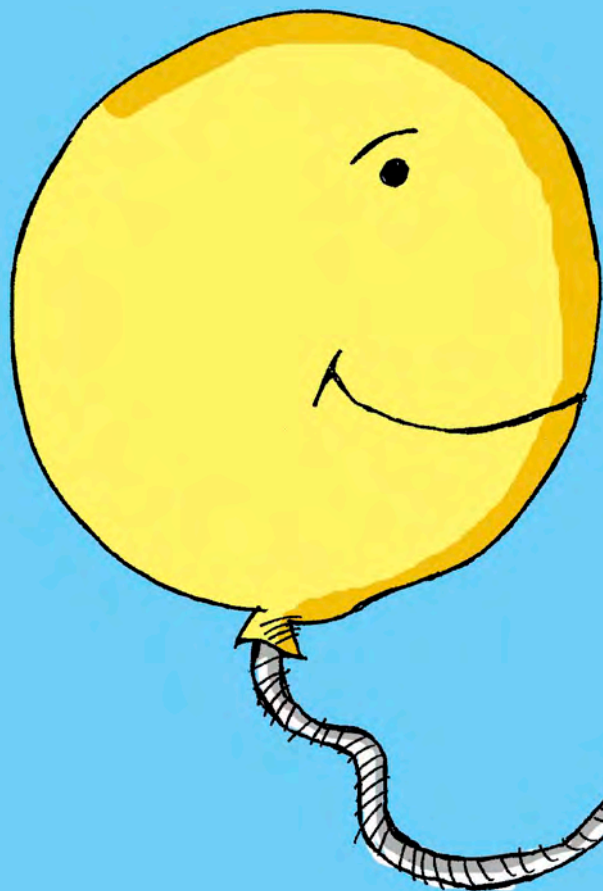
Some of the other balloons  
are worried about me.

Pink tried to lift me up...  
but that didn't work.

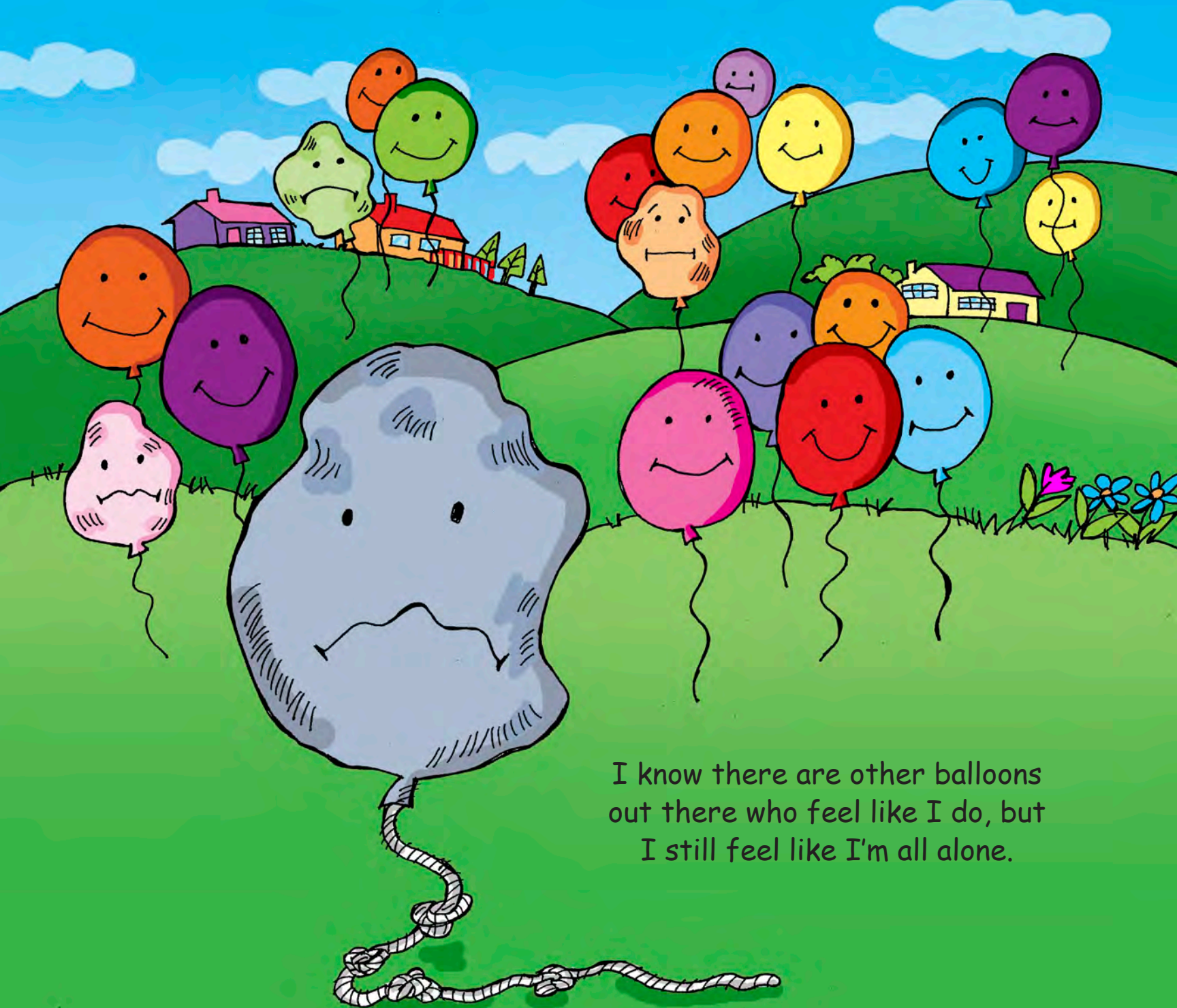
Green tried to tie  
me down...but that  
didn't work either.

Yellow told me to put a  
smile on my face and

"snap out of it!"



I tried,  
but nothing  
changed.



I know there are other balloons  
out there who feel like I do, but  
I still feel like I'm all alone.