

My Weather Inside

Every feeling is like weather – it comes, it passes, it's okay.

NAME

DATE

MOOD

1 What's my weather right now? circle any that fit – you can have more than one!



SUNNY

happy · excited · proud



PARTLY CLOUDY

okay · so-so · meh



RAINY

sad · lonely · let down



STORMY

angry · frustrated · jealous



FOGGY

confused · tired · fuzzy



WINDY

nervous · wobbly · unsure



SNOWY

quiet · shy · peaceful



RAINBOW

grateful · loved · hopeful

2 How big is my weather? circle the size that feels right



LIGHT BREEZE



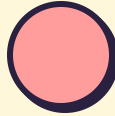
GENTLE DRIZZLE



REAL WEATHER



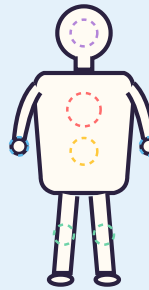
BIG STORM



HURRICANE INSIDE

tiny feelings are real too → ← huge feelings pass too

3 Where do I feel it? color the spots on your body

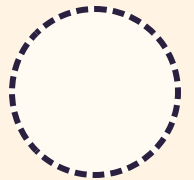


- warm / tight
- cold / shivery
- buzzy / jumpy
- heavy / achy
- soft / calm

head, chest,
tummy, hands, legs

4 Draw my face today

Show me what your face looks like right now. It's okay if it's **silly**, **messy**, or **hard to explain** – your face, your way.



5 What might help my weather? pick 2 or 3 to try



DEEP BREATHS



DRINK WATER



MOVE MY BODY



SQUEEZE SOMETHING



DRAW OR COLOR



LISTEN TO MUSIC



SING LOUD



BUILD SOMETHING



TALK TO SOMEONE



ASK FOR A HUG



WRITE A NOTE



PLAY WITH A PET



COZY CORNER



READ A BOOK



WARM DRINK



LOOK OUT A WINDOW



JUMP & SHAKE



SNUGGLE A TOY

1 NOTICE
What's my weather?



2 NAME
What am I feeling?



3 TRY
What could help?

All weather passes.
All feelings pass too – and I'm okay.

TODAY I TRIED...

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