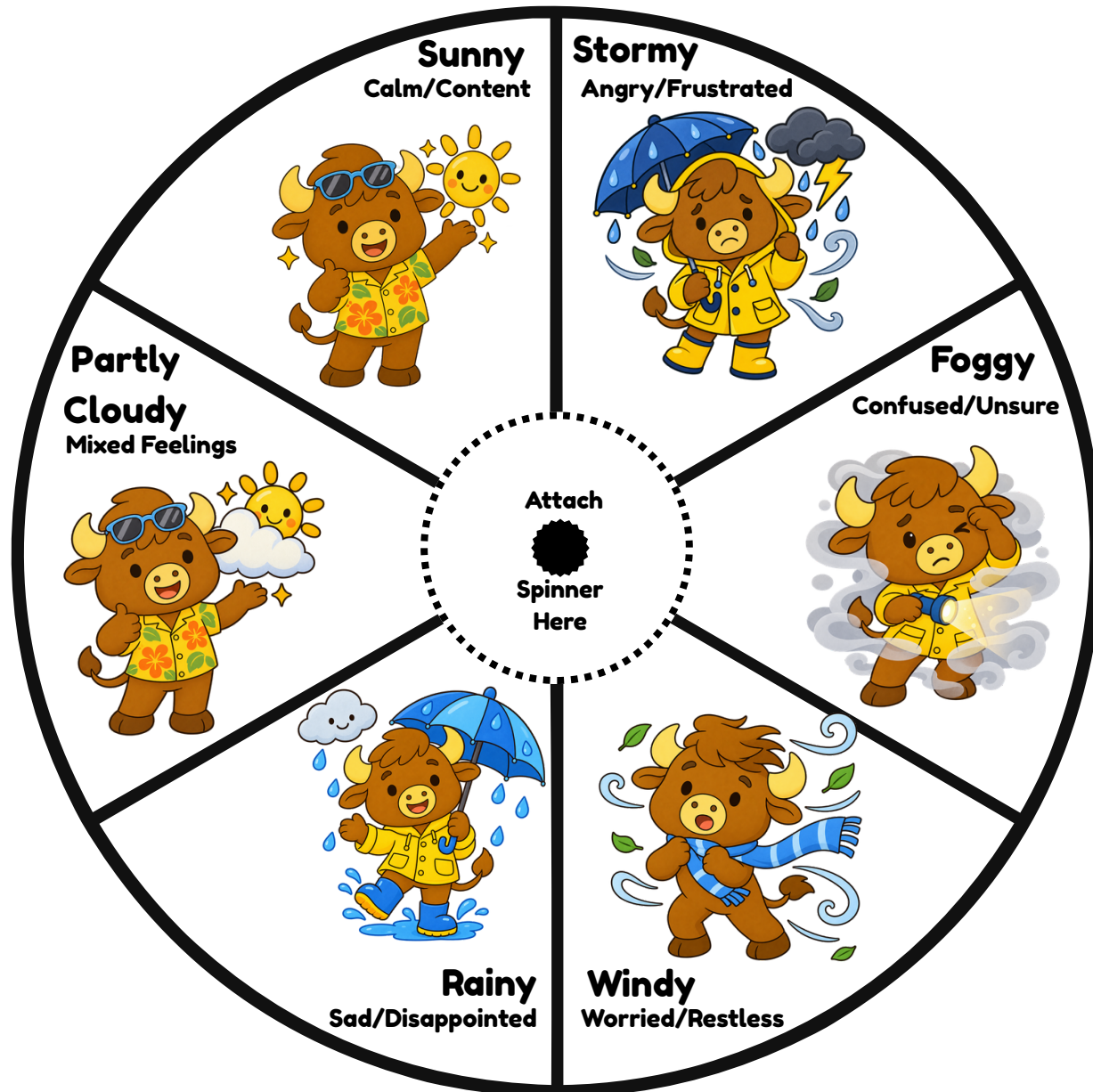


My Emotional Weather Station

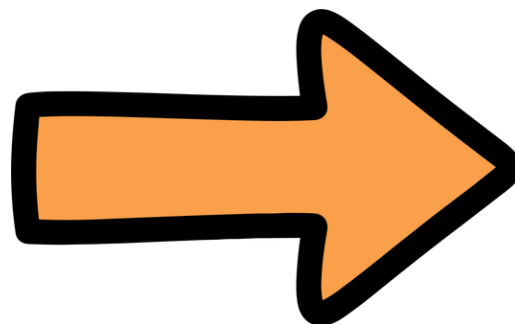


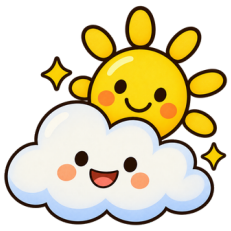
Lesson & Activity



Directions:

- Cut out the wheel and arrow.
- Attach with a paper fastener.
- Point the arrow to show how you are feeling.





Weather Helpers



What can help me with my weather?



**Take 5
Slow Breaths**



**Talk to a
Trusted Adult**



**Stretch
or Move**



**Ask for
Help**



**Take a
Quiet Break**



**Talk to
a Friend**



**Count
to 10**



Draw



**Use Positive
Self-Talk**



**Write or
Journal**



**Use a
Fidget**



**Listen to
Calming Music**



My Weather Check-In



Think - Try - Reflect

Right now my weather is:



Sunny

☐

Stormy

☐

Foggy

☐

Windy

☐

Rainy

☐

Partly Cloudy

☐

How strong is it?



Just a
little

Really
strong

I think I feel this way because:

My weather helper will be:

Place your weather helper
cards here.

After I try it, my weather feels:

☐

The same

☐

A little calmer

☐

A lot calmer

☐

Different

My weather now is:



One thing I learned: