

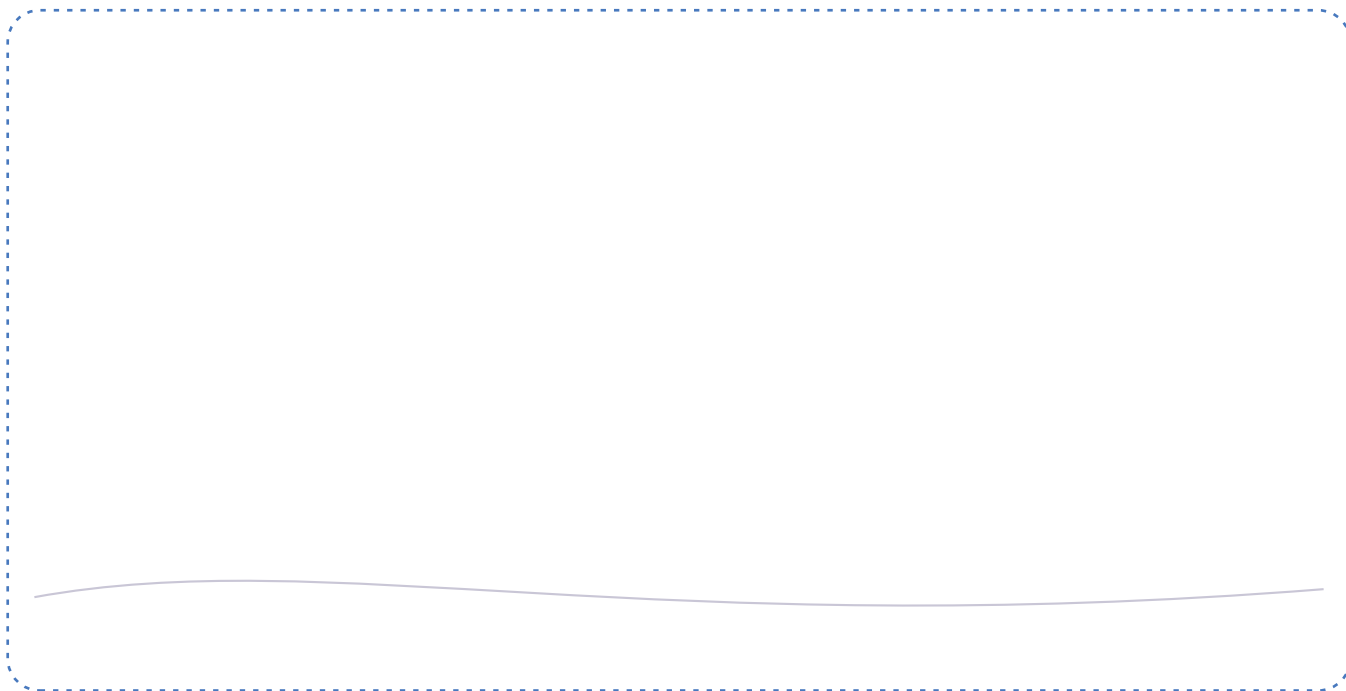
My Emotional Weather

If your feelings were weather today, what would the forecast look like?

There is no right way to create your emotional weather. Use colours, shapes, words, patterns or drawings to show what is happening inside you right now.

My weather right now...

Draw • colour • scribble • shade • add words • use symbols



What might be influencing my weather?

Events, thoughts, people, sensory experiences, tiredness, uncertainty - or "I don't know."

What does this weather seem to need?

☐ Rest
 ☐ Comfort
 ☐ Space
 ☐ Movement
 ☐ Connection
 ☐ Quiet
 ☐ Reassurance
 ☐ Expression

Something else:

What could make things feel 5% easier?

Your weather doesn't have to change for you to notice it, understand it or care for yourself within it.