My Feelings Weather

Knot Alone

For ages 4–8. Feelings are like weather: they arrive, they are real, and they pass.
Point to today's weather, then pick one thing that helps.



Sunny
Happy, easy, light



Cloudy
A bit flat or meh



Rainy
Sad, teary, heavy



Stormy
Angry, big, loud



Windy
Worried, spinning, fast

Foggy
Tired, far away, fuzzy



Rainbow
Better after a hard bit



Snowy
Quiet, still, careful

TODAY MY WEATHER IS...

_____

And it is this weather because...

_____

_____

WHEN IT IS STORMY, WHAT HELPS ME

- [ ] A big squeeze
- [ ] Water and a snack
- [ ] Going outside
- [ ] A quiet corner
- [ ] Telling a grown-up
- [ ] Moving my body fast

FOR THE GROWN-UP

Name the weather with them, do not argue with it — “that sounds stormy” lands better than “there's nothing to be angry about”. Feelings get smaller when they are said out loud, and a child who is allowed to name the storm learns they are not the storm. Ask the two questions at the bottom: **what is your weather?** and **what would help?** Then let them choose.