My Feelings Weather Check-In

Feelings can change like weather - all kinds belong

WAVES: FEELINGS AND SENSATIONS

Circle a weather word, draw your own sky, point to a picture, or ask someone to help you. You can skip any part.

What is my inside weather right now?

[ ] Sunny
[ ] Cloudy
[ ] Rainy
[ ] Windy
[ ] Stormy
[ ] Mixed weather
[ ] Not sure
[ ] My own weather

Draw your weather:

What might my Wave need?

Ideas: quiet, movement, a familiar thing, help, water, space, company, or something else.

Weather changes. A feeling is information, not a score, and you do not have to change it straight away.