TOM TOM UNIVERSE

Brian’s Weather Tracker

A gentle way to notice what is happening inside me



Hello, Star!

Use weather words to describe how things feel right now. Choose a symbol, notice which Brian or Brians may be visiting, and think about what could help.

There is no right weather

Every kind of weather is allowed. Your weather can change, mix together or be hard to name. This tracker is for noticing, not judging or scoring.

For Stars and their grown-ups | By Counsellor Tomass J. Wood

My weather key

Pick the words or pictures that feel useful. You can also make up your own.



Sunny

Settled, comfortable, cheerful or enjoying something.



Cloudy

Unsure, quiet, thoughtful or finding it hard to name a feeling.



Rainy

Sad, tired, disappointed or needing comfort.



Windy

Wiggly, excited, restless or full of energy.



Stormy

Feelings feel very big; I may need help, space or support.



Mixed weather

More than one feeling or Brian may be here at once.

Not sure or not ready?

You can choose "not sure", "I'd rather not choose" or leave the tracker blank. You never have to explain more than you want to.

My weekly weather

Mark any weather that fits. Brians and weather can change during the day.

Day	Weather	Brian(s) I noticed	What might help?
			
Mon	○ ○ ○ ○ ○ ○		
Tue	○ ○ ○ ○ ○ ○		
Wed	○ ○ ○ ○ ○ ○		
Thu	○ ○ ○ ○ ○ ○		
Fri	○ ○ ○ ○ ○ ○		
Sat	○ ○ ○ ○ ○ ○		
Sun	○ ○ ○ ○ ○ ○		

No need to fill every box

Use this page as a quick picture of the week, not a scorecard. A day can have several kinds of weather.

My daily check-in

Print this page as many times as you like. Circle, point, draw or ask someone to help.

Date: _____ **Time (if I want):** _____

What is my weather right now?

Choose any: Sunny / Cloudy / Rainy / Windy / Stormy / Mixed / Not sure / Pass



Sunny ○



Cloudy ○



Rainy ○



Windy ○



Stormy ○



Mixed ○

The Brian or Brians I notice...

_____

_____

What might they be saying?

_____

_____

What clues do I notice?

_____

_____

What might help me now?

[ ] Keep going [ ] Take a break [ ] Know the plan [ ] Quiet space [ ] Move or fidget
[ ] Comfort [ ] Talk [ ] Draw [ ] Ask someone to stay nearby [ ] Something else

A person or next step that could help: _____

What helps my weather?

Different Brians may need different support. Choose what works for you.

When I feel settled or sunny...

Things I enjoy or want to remember: _____

When I feel unsure or cloudy...

It may help if someone: _____

When I feel sad or rainy...

Comfort I might like: _____

When I feel wiggly or windy...

A movement or activity I might enjoy: _____

When feelings feel stormy...

I would like someone to: _____

My trusted people / ways I like to ask for help

_____

_____

I can change my mind

These are ideas, not rules. I can choose a different kind of help on a different day.

Looking back together

Only reflect if you want to. A grown-up can listen without trying to find a "right" answer.

What did I notice about my weather?

Did any Brians visit together or at different times?

What helped, even a little?

What would I like a grown-up to know?

A gentle reminder

Weather changes. Feelings can change too, and you do not have to make them disappear straight away. Your thoughts and feelings are welcome, and support is available.

This tracker is for reflection, not rating, diagnosing or judging a child.