

Personal Weather Report

Linking our emotions and moods to types of weather can be a great way to focus on how we are feeling in the present. If we have linked feeling angry to a storm inside our heads, then we can focus on that storm and imagine it moving away, or losing power, as we start to control our emotions. If we have linked feeling anxious to fog, then we can focus on that fog and imagine it clearing or thinning, as we start to control our emotions.

Think of four different emotions you often feel and consider what sort of thing makes you feel that way. Then, think of a type of weather that could represent that emotion and create a symbol to represent that type of weather. Use each box for a different type of emotion.

--	--	--	--

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).