Weather Map of Emotion

This activity uses weather as a metaphor for emotions, helping students understand that feelings change and pass like weather patterns. Students explore different types of weather (sunshine, thunderstorms, clouds) and connect them to emotions. They then discuss protective strategies using the umbrella analogy and create drawings to represent what makes them feel safe and supported.

Duration: 10–15 minutes

Materials: A large poster or whiteboard with a "Weather Map" (sunny, cloudy, rainy, stormy, windy, etc.)Individual weather cards or sticky notes

Steps:
1. Introduce the idea: "Emotions are like weather—they change and pass."
2. Look at different weather types (sunshine, storms, clouds) and discuss which emotions could match each. Emphasize that there are no wrong answers. Examples: Sunny = happy or calm, Cloudy = tired or uncertain, Stormy = angry or stressed
3. Ask each student to select a weather condition that represents how they feel right now.
4. Students place their weather card or sticky note on the class weather map.
5. Talk about the umbrella as a symbol of protection during emotional "storms." Ask students to share ideas of what makes them feel safe and supported.
6. Have students draw umbrellas with their answers and invite them to share with the group.

Why: Encourages emotional literacy, coping strategies, and creative expression.

Learn more:
Action for Healthy Kids. (2022). Feelings Forecast Activity Set. Retrieved from https://www.actionforhealthykids.org/wp-content/uploads/2022/02/Feelings-Forecast-Activity-Set.pdf

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