



# WEATHER FEELINGS

## MINDFULNESS ACTIVITY

How would you describe your feelings throughout the day as a weather report?

Have you felt

Sunny? (happy, playful, content)

Stormy? (frustrated, annoyed)

Cloudy? (confused, unsure)

Windy? (restless, anxious)

Using the weather as a metaphor we are reminded that our feelings are normal, natural and changeable. Sometimes it really is four seasons in one day!

