

Understanding Our Inner Weather

Learning objective: To identify and describe a range of feelings and understand that all emotions are natural and valid.

Read the text carefully and answer the questions below in full sentences.

Leo the lion was known for his brave adventures, but even a brave leader has days where his feelings feel a bit stormy. One Tuesday, Leo felt a heavy, grey cloud of sadness because he had lost his favorite poetry notebook. He spoke to his friend, Pip the caterpillar, who was busy reading under a leaf. Pip reminded Leo that feelings are just like the weather; they come and go, and no cloud stays forever.

Nova the owl, who loved to stargaze, explained that it is normal to feel different things at different times. Sometimes we feel bright and sunny, like when we learn something new. Other times, we might feel like a chilly, foggy morning when things feel uncertain. The most important thing is to notice these feelings without judging them. By naming our emotions, we find it easier to manage them. Whether we feel excited, worried, or a bit grumpy, these feelings help us understand ourselves better. Talking to a friend or writing down our thoughts can help the sun come back out again. Remember, every lion—and every child—is allowed to have a cloudy day.

Word bank: emotions · resilient · perspective · comfortable · uncomfortable · expression

1. Why did Leo the lion feel sad at the beginning of the story? (2 marks)

2. What does Nova the owl suggest you should do when you notice an emotion? (2 marks)

3. Why does the author compare feelings to the 'weather'? (2 marks)

4. Based on the text, why might talking to a friend be a helpful strategy? (2 marks)

5. Do you think it is important for people to show their feelings? Explain why. (3 marks)

Draw: Draw a picture of a 'feelings garden'. Label different flowers or trees that represent different emotions, such as 'The Joyful Daisy' or 'The Calm Willow Tree'.



Extension challenge: Think of a time you felt a strong emotion. Write a short poem or a few sentences describing what that feeling felt like in your body, using the weather as a metaphor.