

Understanding Our Inner Weather

Learning objective: To identify and understand a range of emotions and the importance of self-regulation.

Read the text carefully and answer the questions below. Think about how the characters manage their feelings.

At the BookFlik Forest, Nova the owl often noticed that feelings are like the weather. Sometimes, a sunny day brings a warm, joyful mood, while other times, a stormy cloud might roll in, bringing sadness or frustration. One afternoon, Max the monkey felt overwhelmed because his maths puzzle was tricky. He stomped his feet, feeling his face grow hot. Nova landed softly beside him. 'Max,' she hooted gently, 'it is okay to feel frustrated. Even the brightest stars have dark patches in the sky.' Nova explained that feelings are temporary visitors. She taught Max to take a deep breath and name his emotion. By saying 'I feel frustrated right now,' Max felt the storm clouds in his mind begin to clear. Later, when Ellie the elephant felt anxious about a new task, Max remembered Nova's advice. He sat with Ellie, listening patiently. By sharing our feelings, we stop them from becoming heavy burdens. Whether we feel excited, worried, or calm, recognising our inner weather helps us stay balanced and kind to ourselves and others.

Word bank: resilience · regulation · emotion · perspective · empathy

1. According to the text, what does Nova compare feelings to? (1 mark)

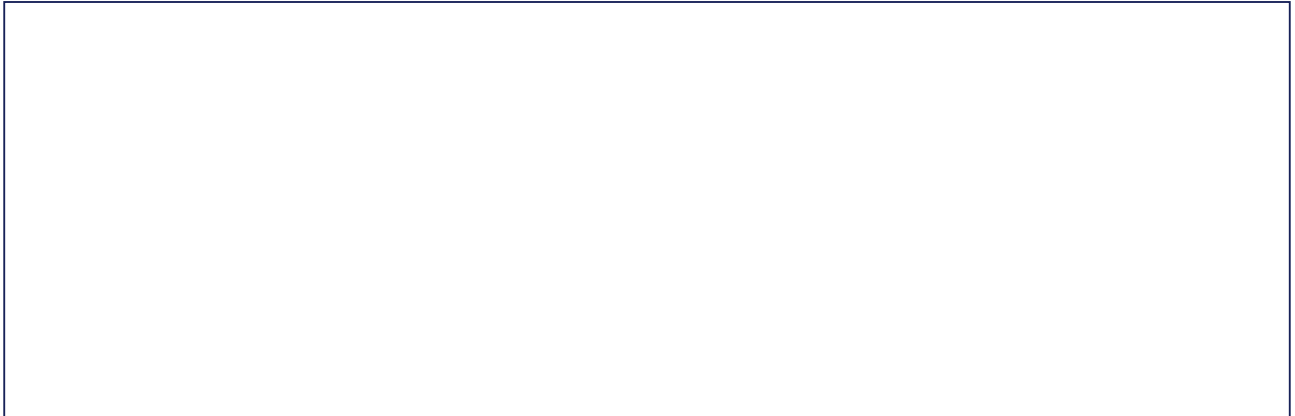
2. What are the two steps Nova suggests for dealing with a 'stormy' emotion? (2 marks)

3. Why does Max's face grow hot when he is struggling with his maths puzzle? (2 marks)

4. Why is it helpful for Max to listen to Ellie when she feels anxious? (2 marks)

5. Do you agree with the idea that 'feelings are temporary visitors'? Explain your reasoning. (3 marks)

Draw: Draw a picture of a 'weather map' of your own feelings today. Use different weather symbols (like sun, rain, or wind) to show how you feel inside and label them with words.



Extension challenge: Write a short poem or diary entry from the perspective of a character who has just successfully calmed down after feeling angry or upset.