

Understanding Our Inner Weather

Learning objective: To understand that mental health is like the weather and to identify strategies for supporting personal well-being.

Read the passage carefully and answer the questions that follow. Use the word bank to help you understand the key terms.

Nova the barn owl spends many nights watching the sky. She has noticed that the weather is always changing; sometimes it is sunny, and other times it is stormy or grey. Nova explains that our mental health is very similar to the sky. Just like the clouds, our emotions change throughout the day. It is perfectly normal to feel 'stormy' sometimes, perhaps when you are worried, sad, or frustrated. These feelings do not last forever, and the sun will eventually peek through the clouds again.

Taking care of your mental health is just as important as eating healthy food or exercising. When we feel overwhelmed, it helps to use a 'well-being strategy'. This might include talking to a trusted adult, taking deep breaths, or engaging in a hobby you enjoy. By recognising our feelings, we build resilience, which is the ability to bounce back after a tough day. Remember, you are never alone with your feelings. Whether you are feeling bright and sunny or a bit rainy, sharing your thoughts with a friend or teacher can help the clouds clear much faster.

Word bank: well-being · resilience · emotions · strategy · perspective

1. According to Nova, why is it normal to feel 'stormy' sometimes? (2 marks)

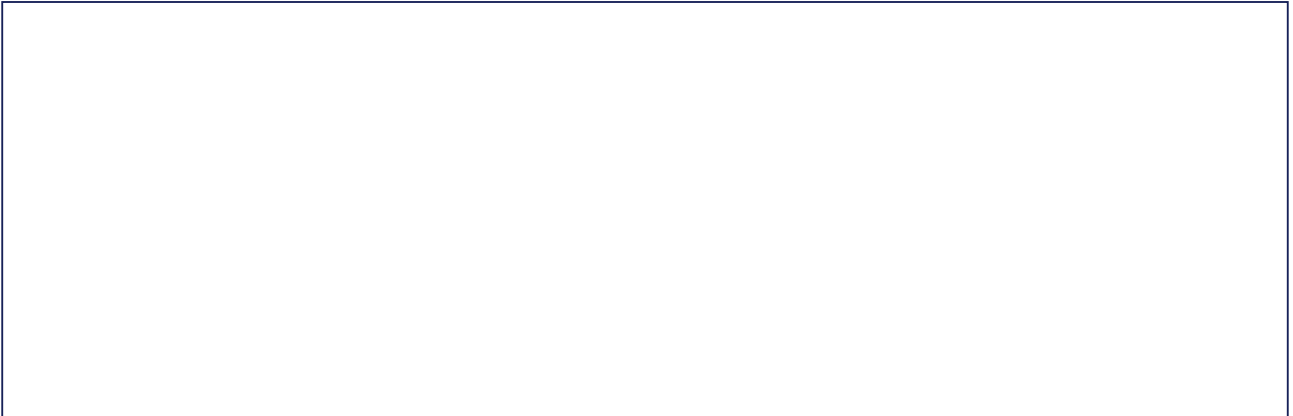
2. List two examples of a 'well-being strategy' mentioned in the text. (2 marks)

3. Why does the author compare mental health to the weather? (2 marks)

4. What does the text suggest is the benefit of sharing your thoughts with someone else? (2 marks)

5. Do you think it is helpful to view emotions as 'weather'? Explain your answer using your own ideas. (3 marks)

Draw: Draw a picture of a landscape where the weather represents different emotions, such as a sunny hill for happiness and a gentle rain cloud for feeling sad.



Extension challenge: Write a short poem or diary entry from the perspective of a character who has just had a 'stormy' day but is now feeling 'sunny' again.