

My Inner Weather Diary: Exploring Our Feelings

Learning objective: To identify and describe a range of complex feelings and understand that emotions are temporary states, much like the weather.

Think about how you have been feeling lately. Use this diary template to explore your emotions. Just like the weather changes from sunshine to rain, our feelings can change too. Be honest and thoughtful in your descriptions. Look at the word bank if you need help finding the right vocabulary to express your mood.

Word bank: Content · Frustrated · Apprehensive · Optimistic · Overwhelmed · Serene · Resilient · Confused · Motivated · Calm

1. Today's Weather Report: If your current feeling was a type of weather (e.g., a sunny morning, a stormy afternoon, or a foggy day), what would it be and why? (2 marks)

2. The Trigger: What event or situation caused this feeling? Was it something that happened at school, at home, or perhaps just a thought you had? (2 marks)

3. Body Clues: How does your body feel when you have this emotion? (e.g., do you feel light, tense, energetic, or perhaps tired?) (2 marks)

4. Healthy Response: If this is a difficult feeling, what is one positive thing you can do to look after yourself or help yourself feel calmer? (2 marks)

5. The Future Forecast: Feelings change over time. What is one positive feeling you hope to experience tomorrow, and why? (2 marks)

Extension challenge: Leo the Lion suggests writing a short poem about how your 'weather' changed from the morning to the evening. How did the clouds clear, or did the sunshine emerge?