Understanding Our Inner Weather

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

Read the passage below carefully, then answer the questions that follow using full sentences.

Nova the barn owl spends her nights watching the sky. She has noticed that the weather is never exactly the same; it shifts from calm, clear nights to stormy, windy ones. Nova believes that our feelings are just like the weather. Sometimes, we feel sunny and bright, full of joy and energy. Other times, we might feel grey and gloomy, perhaps a bit sad or anxious.

Max the monkey often finds big feelings tricky. When he gets frustrated, he feels like a thunderstorm is brewing inside his chest. However, he has learnt that storms do not last forever. By taking deep breaths and talking to friends like Ellie, he finds that the clouds eventually clear. It is important to remember that having ‘stormy’ feelings does not mean you are a bad person; it simply means you are human. Whether you are feeling high as a kite or low in the valley, acknowledging your emotion is the first step to feeling better. Like the night sky, your internal weather is always changing, and that is perfectly okay.

Word bank: emotions · resilience · transient · perspective · mindfulness · wellbeing

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

2. What are two things Max does to help himself when he feels frustrated? (2 marks)

3. Why does the author suggest that feeling 'stormy' is not a bad thing? (2 marks)

4. What might Nova mean when she says feelings are 'always changing'? (2 marks)

5. Do you think it is helpful to talk to a friend when you are upset? Explain your reasoning. (3 marks)

Draw: Draw a picture of a 'weather map' of your own heart, using symbols like suns, clouds, or raindrops to show how you have felt throughout the day.

Extension challenge: Create a 'Feelings Toolbox' list. Write down five activities you can do (like drawing, reading, or running) that help you return to a 'sunny' mood when you are feeling 'stormy'.