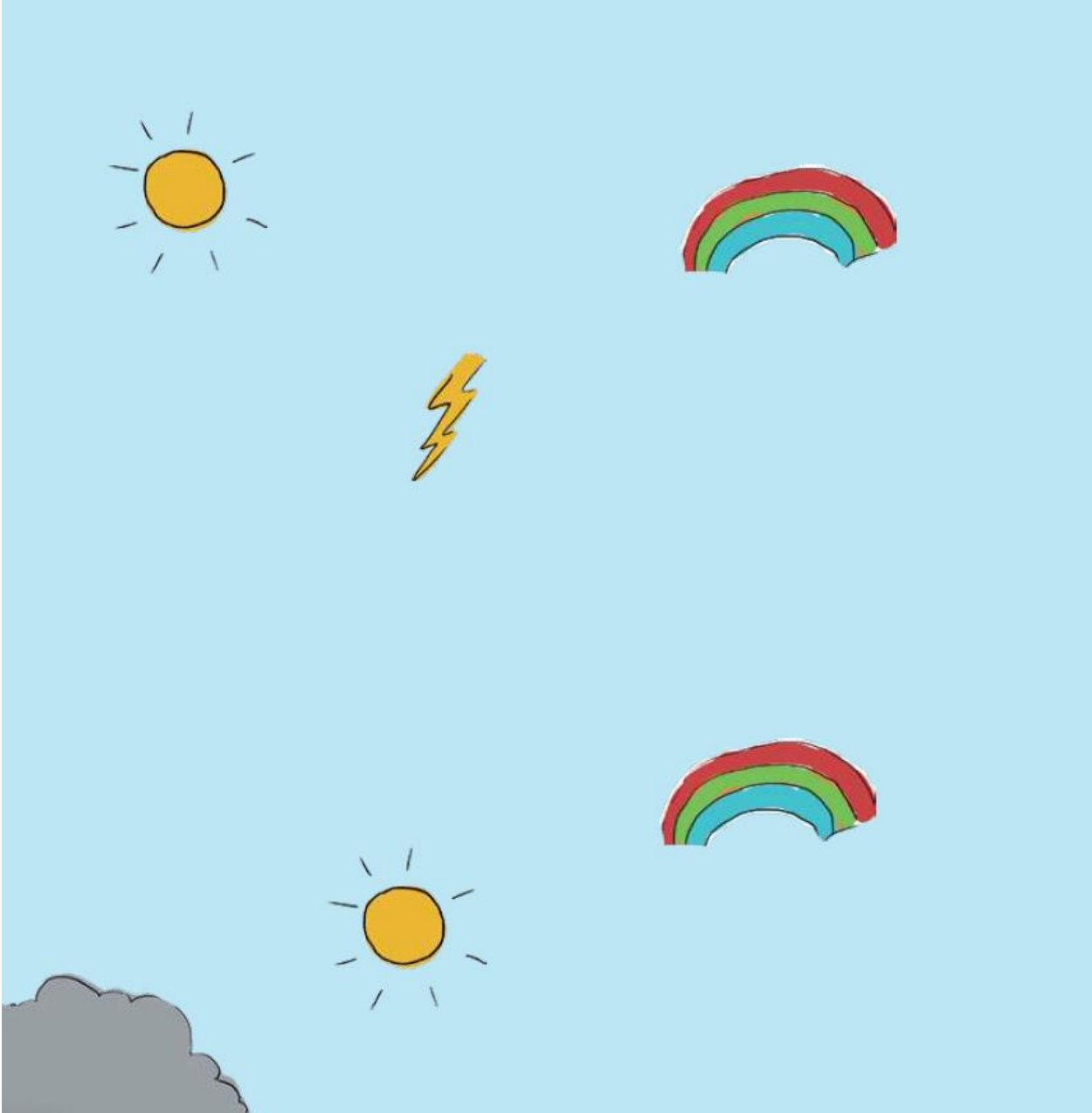


My inside
weather







It's easy to talk about the
weather outside, even if it changes
all the time.



But it's hard to talk about the weather inside me. Sometimes it feels like people don't understand.




Do you feel like that too?



Some days my mind is full of
sunshine and rainbows. I feel like
I can do anything.

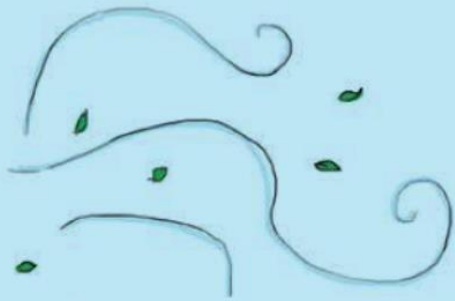




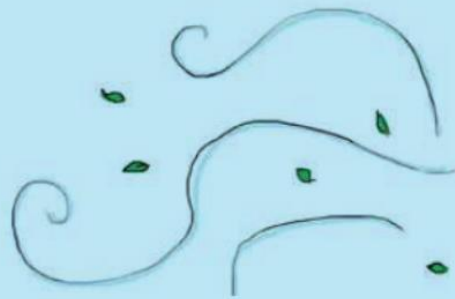


On other days my head is full
of fog and clouds. It's hard
to listen to what people are saying
or to remember things.





I sometimes wake up feeling like
it's windy and wild in my head.
I feel tired and grumpy.







And sometimes it feels like it's
raining inside me. It can be
a drizzle making me feel sad,
or a storm making me feel angry.

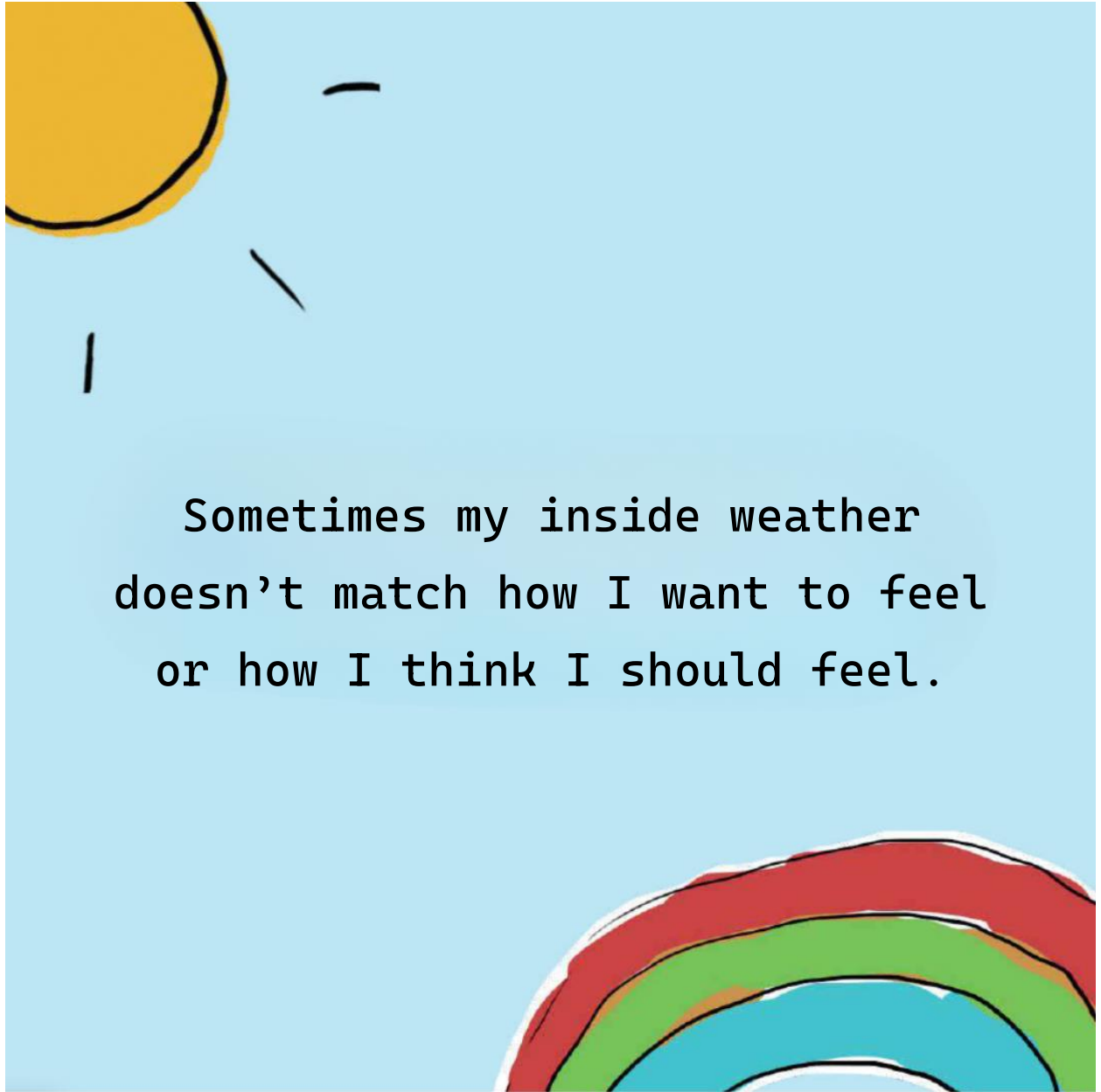




Sometimes the weather inside
me doesn't match the
weather outside.







Sometimes my inside weather
doesn't match how I want to feel
or how I think I should feel.



Is that okay?

Yes, of course it is.

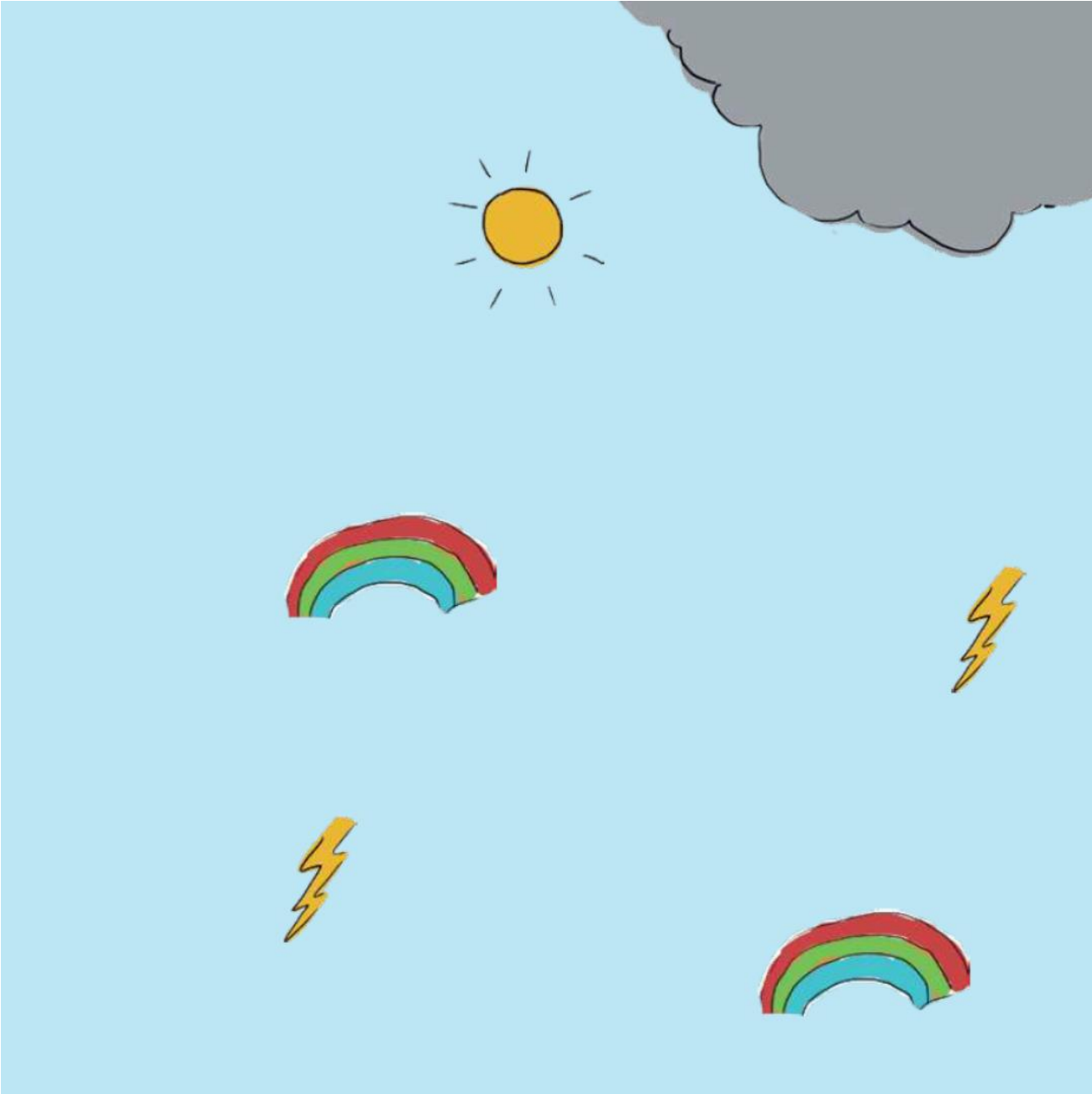


The best thing to do when we feel
like our inside weather is strange
is to tell someone we love,
and talk about it.



They've got inside weather too,
and they'll understand.







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This page is added for identification.*

Match the pictures with the words:



Windy



Sunny



Stormy



Rainy

Cloudy

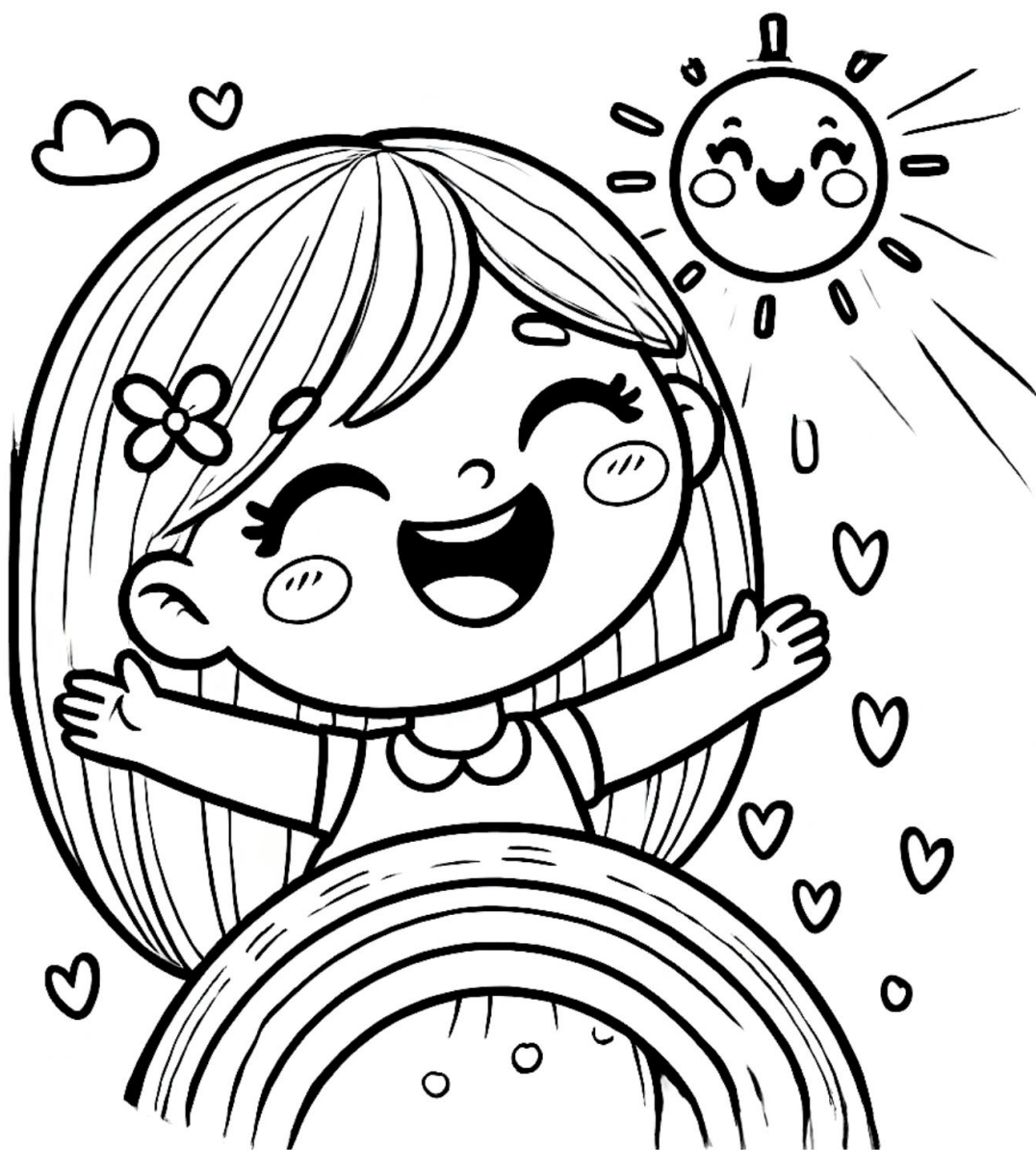
Tracing exercise

Weather

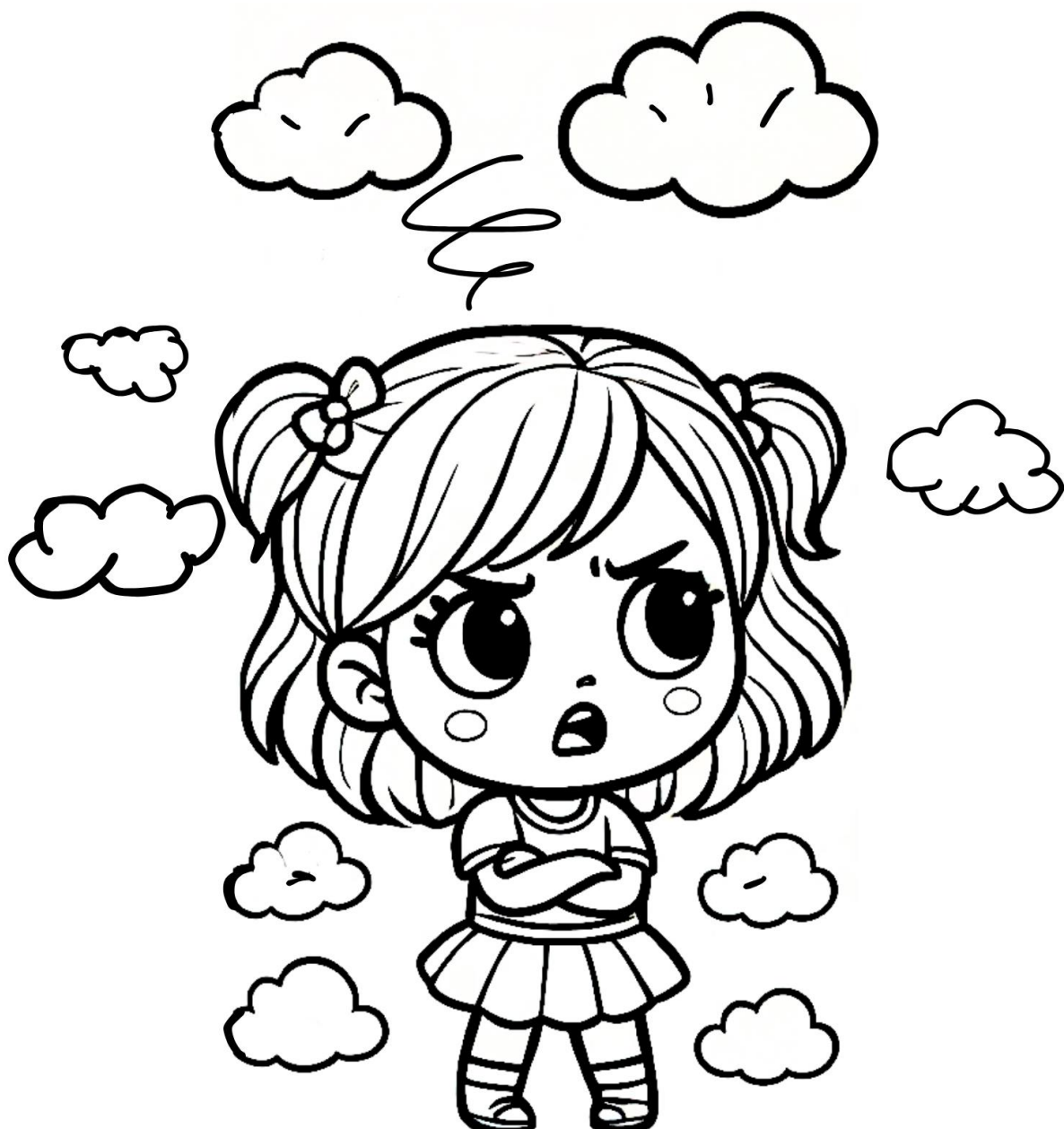
Feeling

Changes

Color this scene from the story:



Color this scene from the story:



Color this scene from the story:



Make your own sentence:

Use each word from the list below in a sentence.

Write your sentences in the space provided.

- Emotions _____
- Feelings _____
- Weather _____
- Inside _____
- Happy _____
- Sad _____
- Angry _____
- Cloudy _____
- Stormy _____
- Talk _____

Draw and describe:

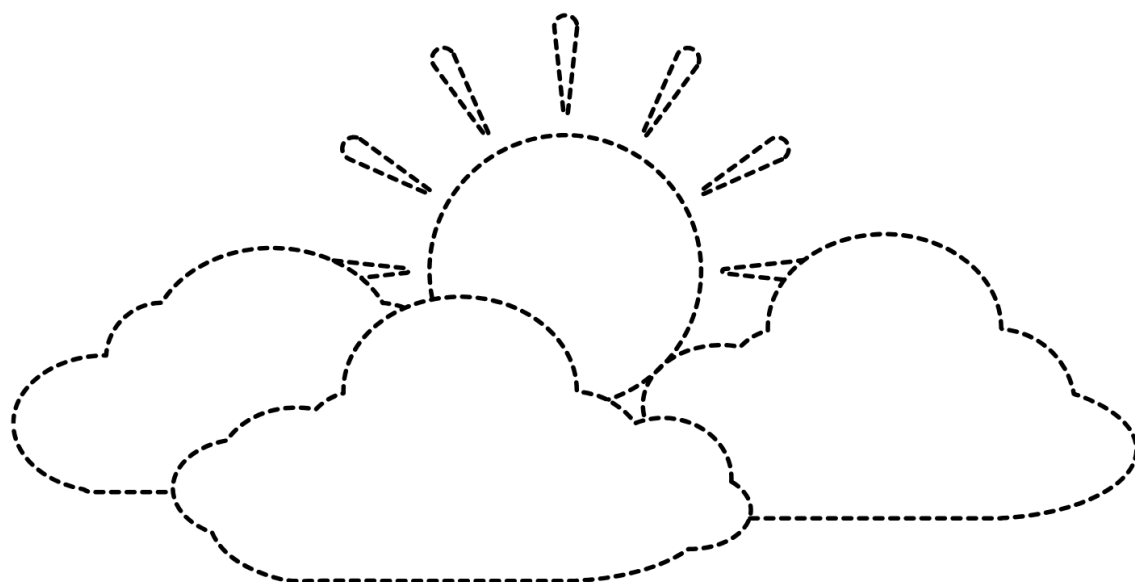


Draw and describe your favorite vehicle of the story.



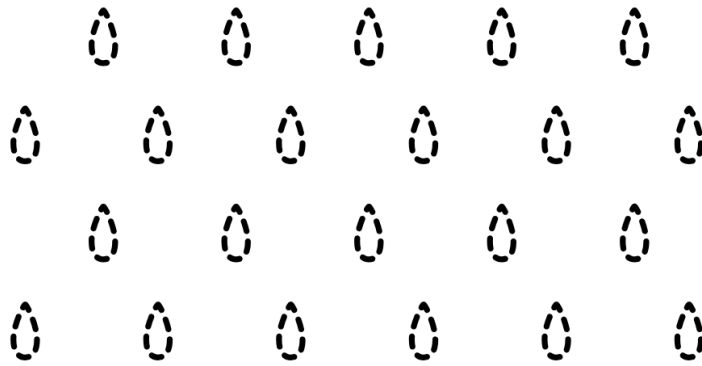
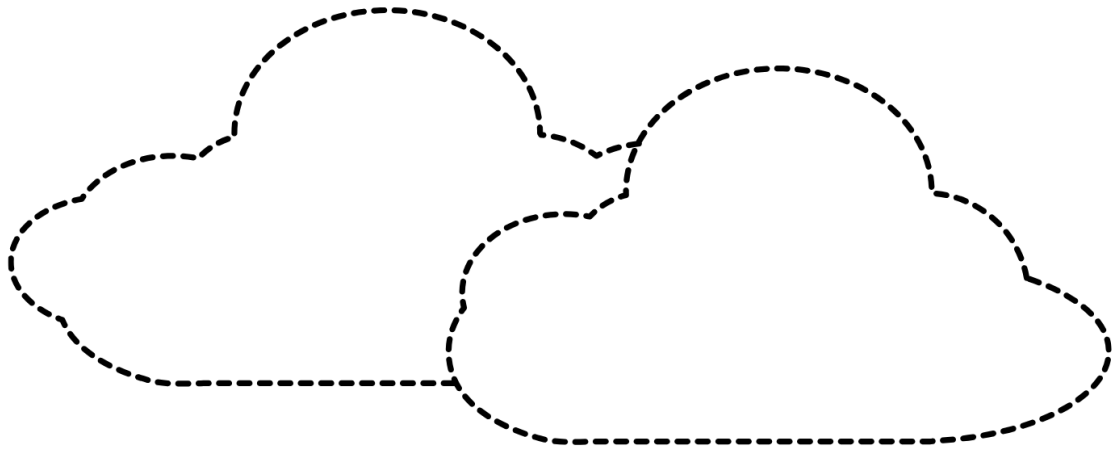
Tracing:

Trace and draw this cloudy weather.



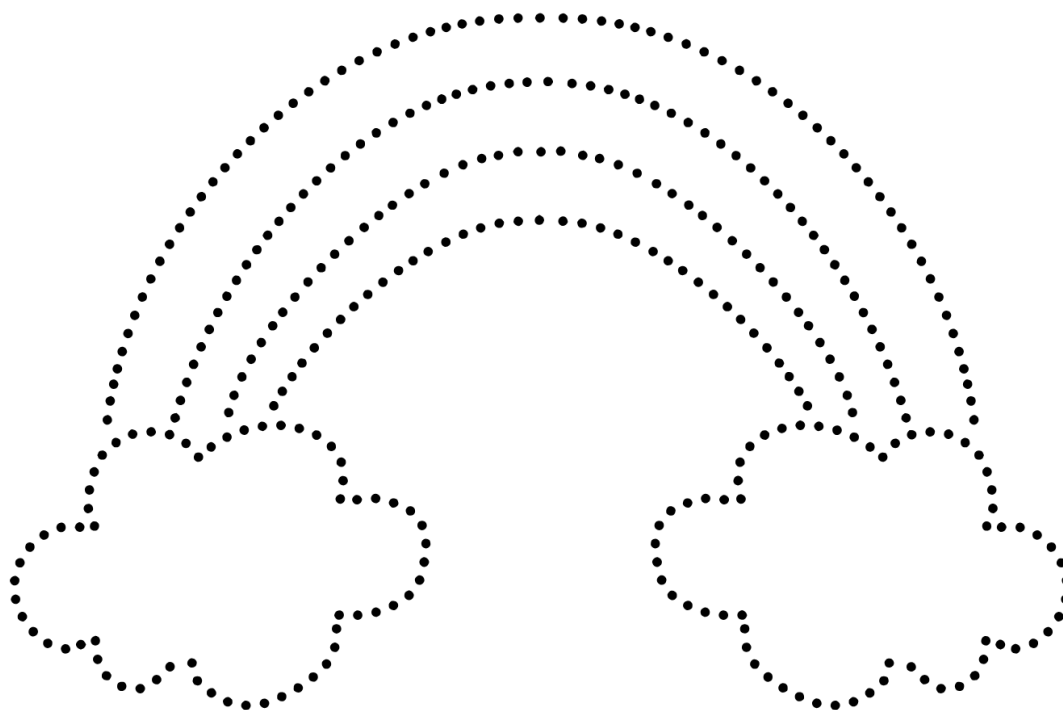
Tracing:

Trace and draw this rainy weather.



Tracing:

Trace and draw this rainbow.



Teacher comprehension questions

1. Characters and Setting

Who is the main character in the book?

Where does the story take place?

Does the book have other characters, or is it about one person's feelings?

How do the pictures help you understand what is happening?

2. Plot and Sequence

What does the book compare feelings to?

How does the character describe their feelings at the beginning of the book?

What are some of the different "inside weathers" the character experiences?

What happens at the end of the book?

How does the character learn to deal with their emotions?

3. Problem and Solution

Why does the character feel that it's hard to talk about their "inside weather"?

What is the problem they face in the book?

How does the character learn to handle their emotions?

What advice does the book give for when we feel sad, angry, or confused?

4. Emotions and Reactions

How does the character feel on a "sunny" day?

What does the character feel like when it's "stormy" inside?

How do you think the character feels when their "inside weather" doesn't match what they want to feel?

What should we do when we feel like our "inside weather" is bad?

Have you ever had a day where your "inside weather" was different from the outside weather? What did you do?

5. Vocabulary and Language

What words does the book use to describe feelings?

How does the book use weather words to talk about emotions?

What does "inside weather" mean in the story?

Can you think of another weather word that could describe a feeling?

If you were to describe happiness with a weather word, which one would you use? What about sadness?