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# WEATHER FEELINGS

## MINDFULNESS ACTIVITY

Describe your feelings today as a weather report.

Sunny? (happy, playful, content)

Stormy? (frustrated, annoyed)

Cloudy? (confused, unsure)

Windy? (restless, anxious)

By using weather as a metaphor, we are reminded that feelings are normal, natural and changeable.

Sometimes it really is four seasons in one day!