A SPARKATLAS PACK FOR BIG AND LITTLE FEELINGS

Feelings Weather

Find your feelings weather, look up at the real sky, notice your body and breathe along a leaf.



INSIDE THIS PACK

02 Grown-up guide: one minute to read
03 My feelings weather: sunny, cloudy, rainy
04 Sky watcher: look at the real sky
05 How does my body feel?
06 Breathing leaf: trace and breathe

YOU'LL NEED

- crayons or coloured pencils
- a window or doorstep to see the sky
- a real leaf (optional)

TIME

About 10 minutes a page

Our feelings day

Date _____ Who played _____

Today's real sky · Circle one

○ sunny ○ cloudy ○ rainy ○ windy

AGES Sprout 2–3 Seedling 3–5 Sapling 5–7

Each activity page shows its band.

WHY THIS MATTERS

Putting a feeling into words is a first step toward handling it. Weather gives small children an easy picture for this: every feeling is allowed, and like clouds, feelings come and go.

Before We Talk Feelings

A one-minute read for grown-ups.

How to use it (about 10 minutes a page)

1. **Pick a calm moment.**
   Use these pages when everyone is settled, not in the middle of a big upset.
2. **Go first.**
   Share your own weather: "I feel a bit cloudy today, I'm tired."
3. **Every weather is OK.**
   No feeling is wrong. Listen and name it; you don't need to fix it.
4. **Practise the leaf often.**
   Breathe along it on easy days, so it feels familiar on hard ones.

Three ways to play

Sprout 2–3

Point to a weather picture, tick today's sky and trace the leaf with a finger while you breathe together.

Seedling 3–5

Say a feeling word for each weather, draw both skies and colour where a feeling shows up in the body.

Sapling 5–7

Finish the sentences (you can write for them), invent their own weather and count five slow breaths alone.

Little notes

If your child doesn't want to talk, let them point or draw instead. In a big upset, stay close first and save the pages for later. Wash hands after handling leaves from outside.

Printing tips

Page 1 is the cover. To save ink, print pages 2 to 6 only. Every page works in black and white, on Letter or A4. Keep the leaf page somewhere easy to reach.

Wonder out loud together

- What gives you a sunny feeling?
- Where do clouds go when they float away?
- Can you feel two kinds of weather at once?
- What helps you when you feel rainy?

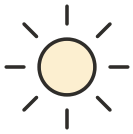
FOR GROWN-UPS

Feeling words grow with practice, like any other words. Using the same simple pictures each time (sun, cloud, rain) gives you both a shared language for the harder days.

My Feelings Weather

Every kind of weather is OK, and so is every feeling.

Point to the weather that feels like you. Then finish the sentence together.



Sunny

happy, excited, proud

I feel sunny when _____



Cloudy

tired, unsure, a bit grumpy

I feel cloudy when _____



Rainy

sad, hurt, missing someone

I feel rainy when _____



My own weather

Windy? Stormy? Foggy? Draw it here.

Right now I feel: ☐ sunny ☐ cloudy ☐ rainy ☐ my own weather

FOR GROWN-UPS

Weather gives a small child an easy picture for feelings: they come and go, like clouds. Saying a feeling's name out loud is a first step to handling it.

PLAY IT YOUR WAY

Easier: Your child points to a picture, and you say the feeling word for them.
Stretch: Mix two weathers: can you feel sunny and rainy at the same time?

Sky Watcher

Look up at the real sky today.

Go to a window or step outside. Look up, then tick the sky you can see.

Sunny	Sun and cloud	Cloudy	Rainy	Windy	Other
☐	☐	☐	☐	☐	☐

The real sky today

Draw what you see: colours, clouds, sun or rain.

My feelings sky

Draw the weather that matches how you feel.

Are the two skies the same or different? _____

FOR GROWN-UPS

The real sky changes through the day, and so do feelings. Looking out of the window together is a calm, easy way to start a talk about how the day is going.

PLAY IT YOUR WAY

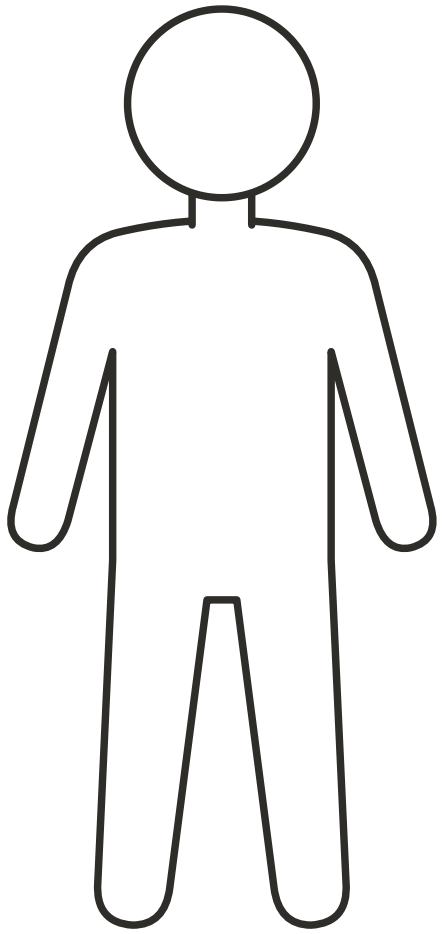
Easier: Look out together, point at the sky and name what you see: sun, clouds or rain.
Stretch: Look again after lunch. Has the sky changed? Has your feeling changed?

How Does My Body Feel?

Feelings show up in our bodies too.

Choose a feeling. Colour the places where you feel it in your body.

Colour where you feel it.



Body clues: tick the ones you notice

- [ ] My heart beats fast
- [ ] My tummy feels fluttery
- [ ] My face feels hot
- [ ] My hands make fists
- [ ] My body feels heavy and slow
- [ ] My legs want to jump
- [ ] Something else: _____

My colour key

- [ ] This colour means _____
- [ ] This colour means _____

My body tells me I feel _____

FOR GROWN-UPS

Children often notice a feeling in the body before they have a word for it: a fast heart, a fluttery tummy. Spotting these clues helps them notice, and say, how they feel.

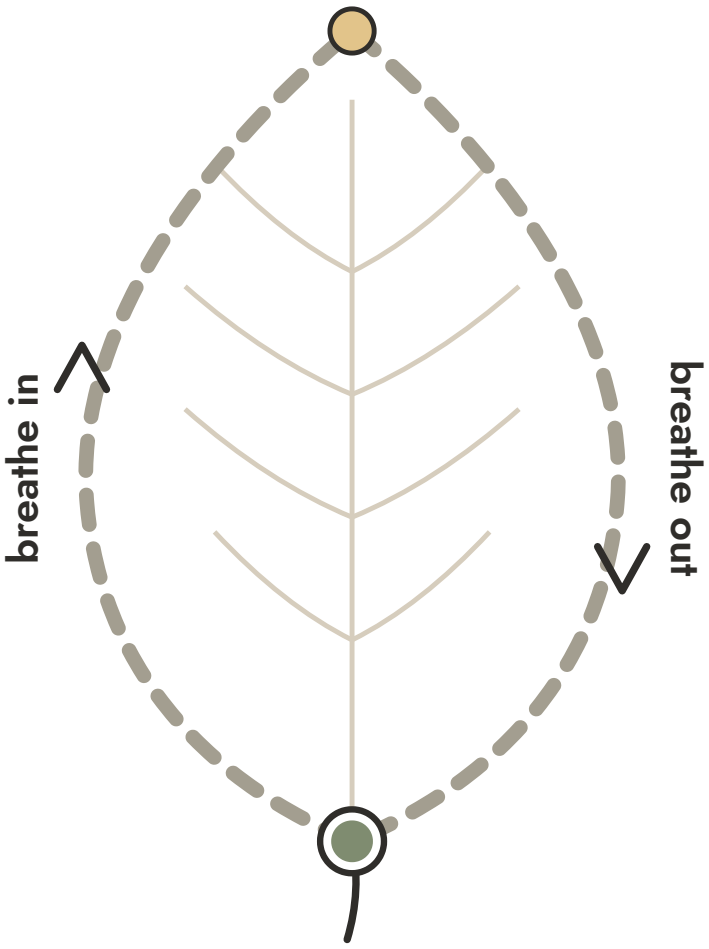
PLAY IT YOUR WAY

Easier: Name one body part ("Show me your tummy") and colour just that place together.
Stretch: Use two colours for two feelings. Where are they the same? Where are they different?

Breathing Leaf

Slow breaths for a calm, quiet body.

Start on the dot with the ring at the stem. Trace the dashed edge with one finger.



1. Slide up one side as you breathe in through your nose.
2. At the tip, stop for a moment.
3. Slide down the other side and breathe out slowly, as if blowing a dandelion.

Count five leaf breaths. Colour a circle for each one.

1 2 3 4 5

Bonus: find a real leaf, trace its edge as you breathe, then tape it here.

After five breaths, my body feels _____

FOR GROWN-UPS

Slow breathing, with the breath out a little longer than the breath in, can help the body settle. Practise when calm, so it feels familiar on harder days.

PLAY IT YOUR WAY

Easier: Trace together with your hand over theirs, and breathe out loud so they hear the rhythm.
Stretch: Make each breath a little slower than the last, then teach the leaf to someone else.