

# Feelings Forecast Activity Set



**Pair this activity set with AFHK's Feelings Forecast.**

<https://www.actionforhealthykids.org/activity/feelings-forecast/>

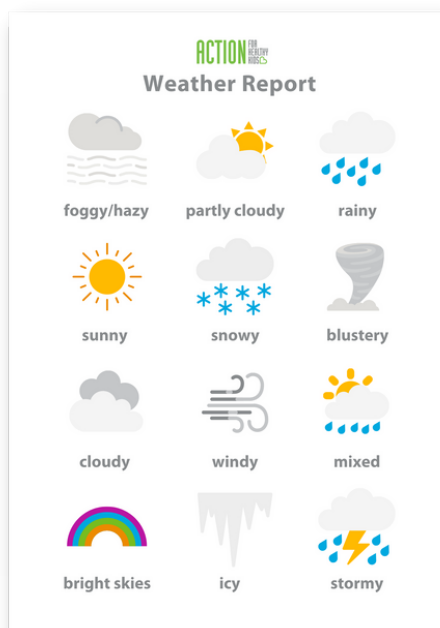
Encourage children to identify, name and manage emotions through self-reflection and weather associations

Recommended for PreK-5th

# Feelings Forecast

## Weather Report

*Recommended grades: PreK-5th*



### How To:

Use the Feelings Forecast Weather Report to discuss different types of weather. Invite children to reflect on the following questions:

- What does this weather look, sound, and feel like?
  - Example: When it's rainy - skies are grey, it feels wet and cold, the sound of rain is loud or soft and relaxing
- How might we dress for this weather?
  - Example: When it's rainy - we put on warm clothes or boots and a coat to keep us dry.
- What activities might we do during this weather (inside or outside)?
  - Example: When it's rainy - we splash in the puddles or play games inside.

### Make Your Own:

Using a piece of paper and markers, crayons, or a pencil - think of different types of weather and invite children to draw their own weather report. Reflect on the questions above.

# Weather Report



**foggy/hazy**



**partly cloudy**



**rainy**



**sunny**



**snowy**



**blustery**



**cloudy**



**windy**



**mixed**



**bright skies**



**icy**

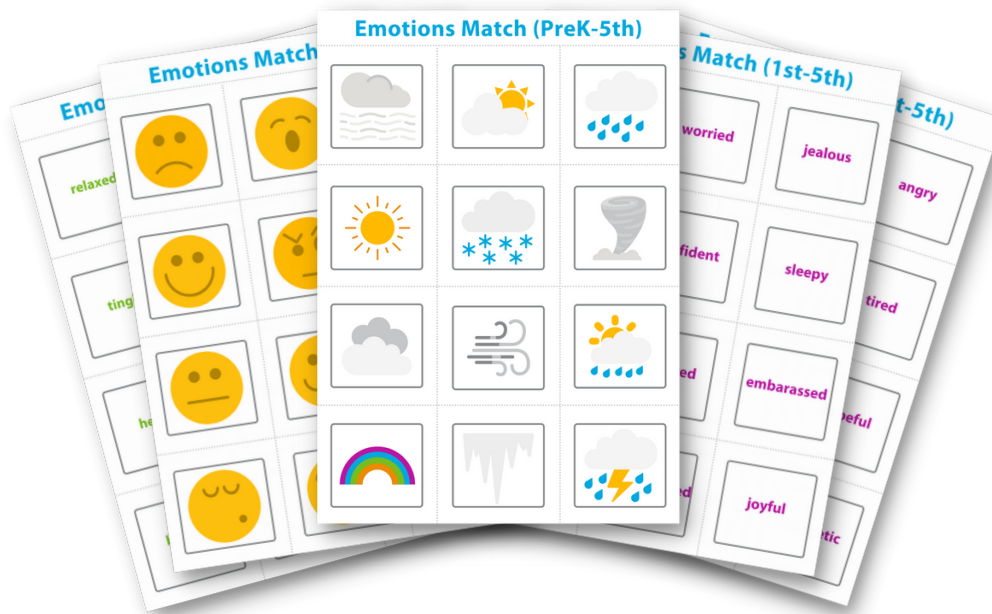


**stormy**

# Feelings Forecast

## Emotions Match

*Recommended grades: PreK-5th*



### How To:

*Print one set of Emotions Match cards per child or take turns using one set. Cut along the dotted lines, or help children to practice fine motor skills and guide them in carefully cutting out their tiles. Invite children to match the weather tiles to the feelings that each type of weather represents.*

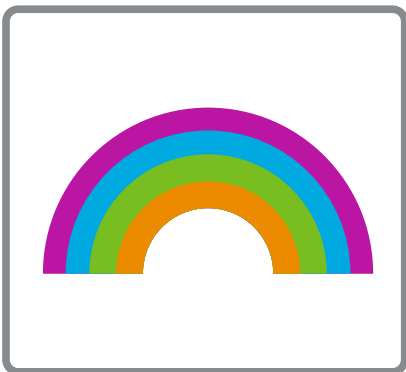
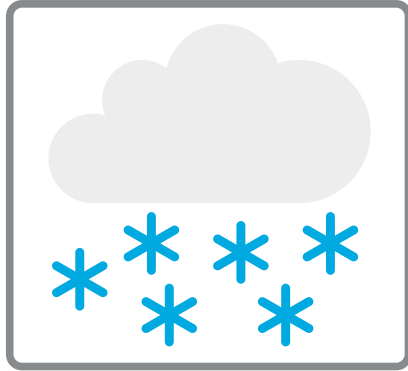
- *PreK-K: Use the feeling faces tiles*
- *1st-5th: Use the emotion word and sensation tiles*
- *All ages: Use the blank tiles to make your own*

*Remind children that there is no right or wrong answer and there can be many matches based on what makes sense for them. Create space to talk with children about their matches or model yours by playing along with your own set.*

### Make Your Own:

*Using paper you have on hand and markers, crayons, or a pencil - invite children to draw their own weather, feeling faces/or emotion word tiles. Cut out to create a handmade set of tiles and follow the instructions above. You can also upcycle an old card deck, a leftover paper grocery bag, or stickers.*

# Emotions Match (PreK-5th)



# Emotions Match (PreK-K)



# Emotions Match (1st-5th)

**happy**

**sad**

**angry**

**excited**

**confused**

**tired**

**anxious**

**mad**

**hopeful**

**proud**

**content**

**energetic**

# Emotions Match (1st-5th)

**busy**

**worried**

**jealous**

**creative**

**confident**

**sleepy**

**stressed**

**annoyed**

**embarrassed**

**unfocused**

**disappointed**

**joyful**



# Emotions Match (1st-5th)

**relaxed**

**jumpy**

**empty**

**tingly**

**sluggish**

**tense**

**heavy**

**steady**

**soft**

**bouncy**

**light**

**buzzing**



# DIY Emotions Match (PreK-5th)



# Feelings Forecast

## Clip Cards

*Recommended grades: PreK-5th*

Name: _____	
<p>Today my Feelings Forecast is...</p> 	<p>For me, this means I am feeling...</p> 
Name: _____	
<p>Today my Feelings Forecast is...</p>	<p>For me, this means I am feeling...</p>

### How To:

Use the Feelings Forecast clip cards in the classroom or at home for a check-in activity. Print one set of clip cards per child and cut in half along the dotted line. Invite children to draw their own weather and feelings on the blank card or use AFHK's. Gather two clothespins, paper clips, or magnets per child as a marker. Invite children set their marker on the weather and emotion that represents their feelings for the day.

### Make Your Own:

Using paper you have on hand and markers, crayons, or a pencil - invite children to make their own clip cards. You can also upcycle an old card deck, a leftover paper grocery bag, or stickers. Draw a line down the middle of your paper. On one side draw different types of weather. On the other side draw feeling faces or write out the words. Invite children to hang on the fridge and use magnets as markers, lay on a table and use small toys such as legos, or stickers to mark the weather and emotion that represents their feelings for the day.

Name: \_\_\_\_\_



**Today my Feelings  
Forecast is...**



**For me, this means  
I am feeling...**



Name: \_\_\_\_\_



**Today my Feelings  
Forecast is...**



**For me, this means  
I am feeling...**

# Feelings Forecast Weather Kit

*Recommended grades: PreK-5th*



## How To:

*Print out one set of worksheets per child or use one set as a guide and complete the activity out loud. If using worksheets: Invite children to reflect on each feeling that the different types of weather represent for them. Reflect on what activities help them to reset, refocus and feel their best (e.g., drawing, mindful breathing, dancing, reading, etc.). If completing out loud: take turns sharing. Reflect on the different and similar feelings that different types of weather represent for different people and the activities in each person's weather kit.*

## Make Your Own:

*This activity can be completed using the printable worksheets, out loud as a family or a class, or as a journaling/ art exercise. If using as a journaling or art exercise: Invite children to write, draw, doodle, or paint their answers to these prompts.*



If my feelings forecast is **foggy/hazy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **cloudy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **partly cloudy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **windy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **sunny** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **bright skies** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **snowy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **icy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **rainy** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **blustery** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **mixed** this means I am feeling

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Activities in my weather kit that will help me to feel my best:



If my feelings forecast is **stormy** this means I am feeling

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Activities in my weather kit that will help me to feel my best: