EMOTIONAL AWARENESS · COMMUNICATION · SELF-REGULATION

Feelings Forecast

What is yourinsideweathertoday?

OH FAMILY
Ohfamilyinc.org

Ages 3 to 7

Family, classroom, childcare, afterschool

Pick the weather that fits right now


Sunny


Cloudy


Rainy


Stormy


Windy


Foggy


Rainbow


Something else

Then ask three questions

1. What is your weather right now?
2. What happened that might have changed it?
3. What might your weather need?

EXAMPLE

"I'm stormy because my game didn't work. I think I need some quiet time.""

The adult goes too.

Everyonepractices emotional awareness. Nobody is being inspected.

Classroom version — Move a magnet or name card to a weather category, draw your forecast, or hold up a weather card.

Learning goal Notice → Name → Communicate → Identify a need

The aim is awareness and communication, not making the feeling go away.

Inspired by: Fred Rogers Productions. (2025, October 28). *Starting a daily feelings check in*. PBS KIDS for Parents. https://www.pbs.org/parents/crafts-and-experiments/starting-a-daily-feelings-check-in