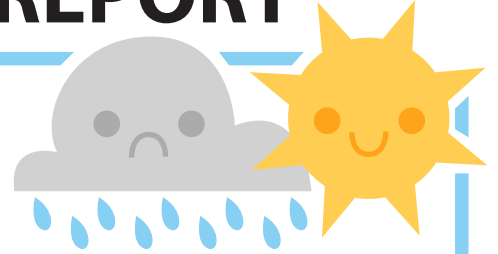


Name _____

Date _____

MY INTERNAL WEATHER REPORT

Just like the weather changes outside, our thoughts and emotions change in our body. Take your weather report by answering the following prompts:



Scanning my body I notice: _____.

Observing my mind I notice: _____.

Checking in with my heart I notice: _____.

Draw/write about the current weather you are experiencing.

What might I do if I want to change my weather? How and when will I do that?