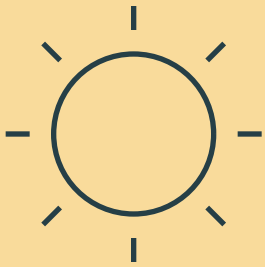
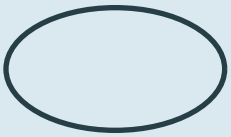
My Feeling Weather

FEELINGS / PRINTABLE ACTIVITY

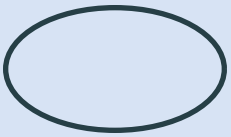
Draw or color the weather that matches how you feel today. You may choose more than one.



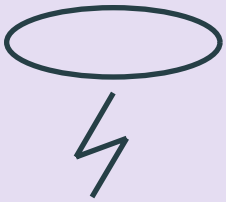
Sunny



Cloudy



Rainy



Stormy

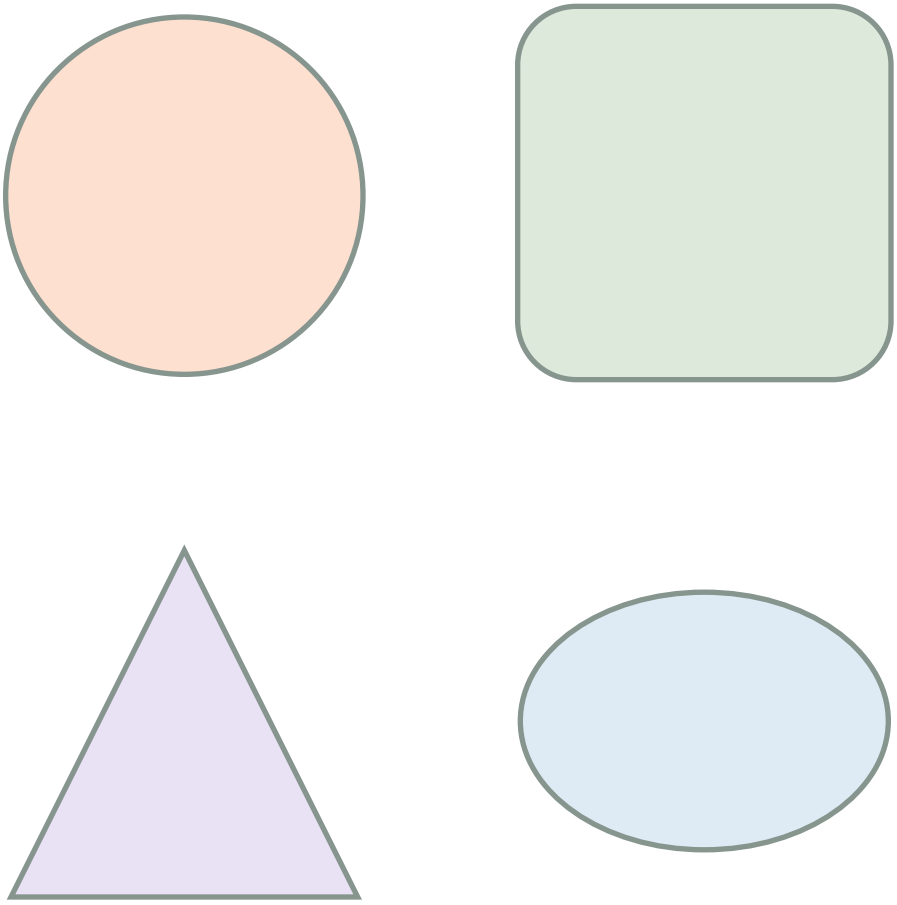


Mixed

My weather today can be...

Color My Feeling

Pick any colors. Fill the shapes in a way that feels right for you today.

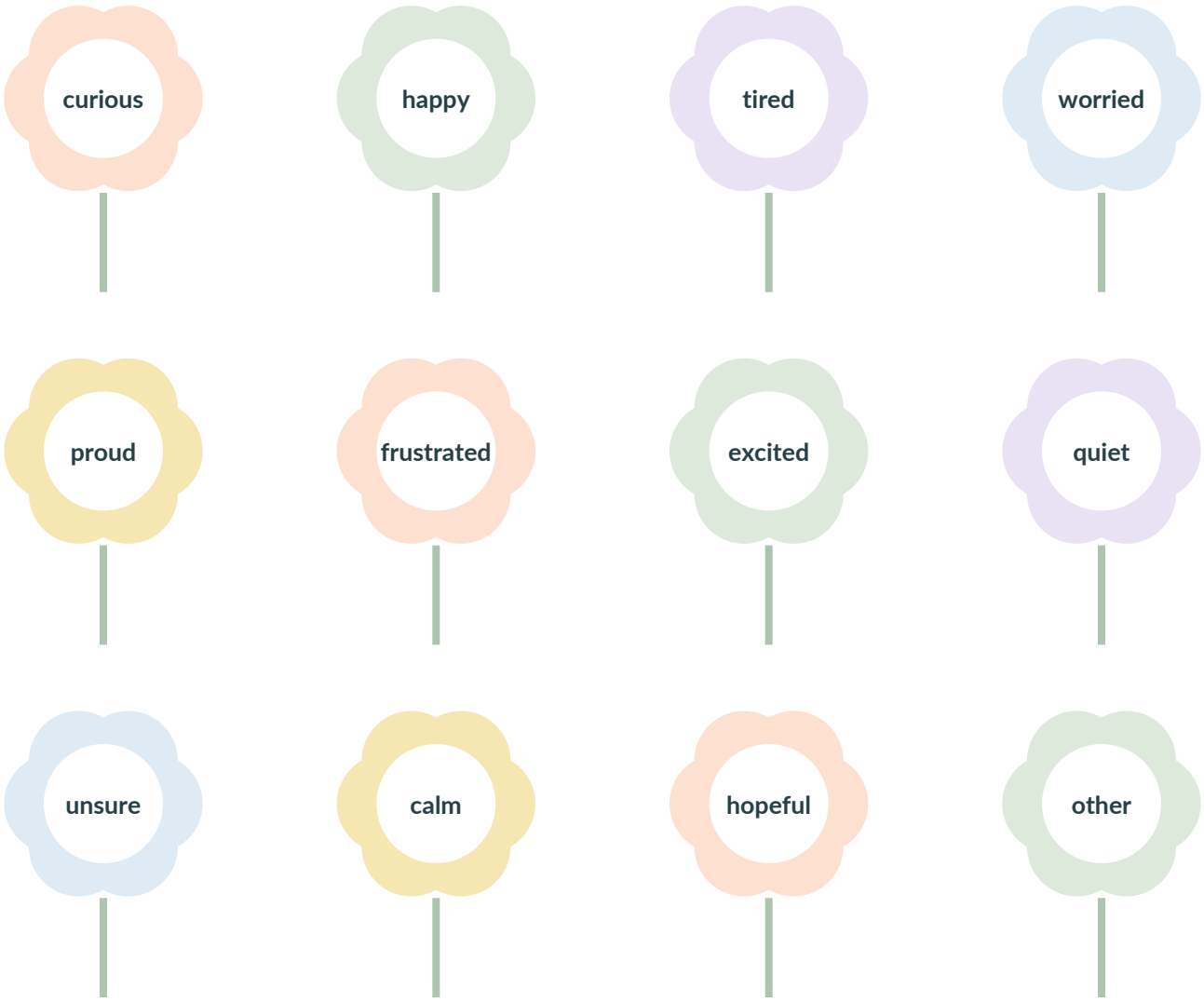


Colors I chose:

My Feelings Word Garden

FEELINGS / PRINTABLE ACTIVITY

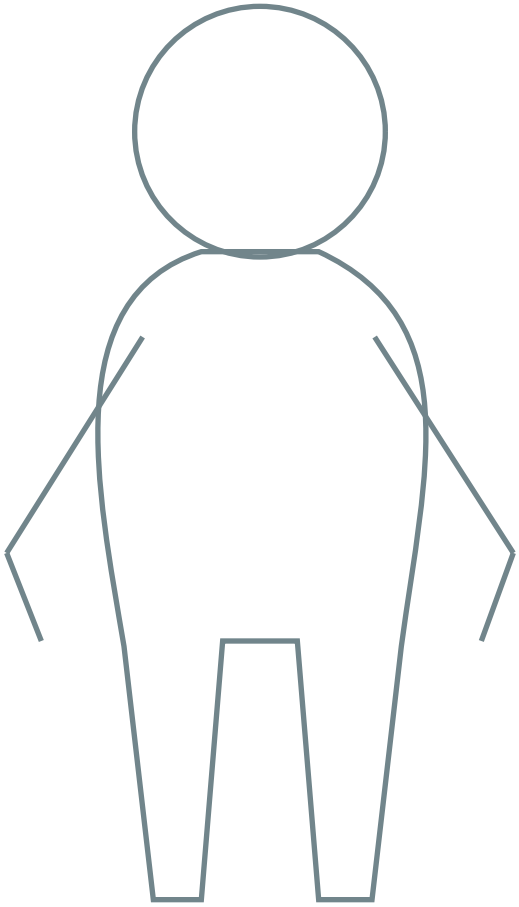
Circle words that fit today. Add your own in the empty flowers.



Where I Feel Comfortable

BODY AWARENESS / PRINTABLE ACTIVITY

Color places that feel comfortable or relaxed. You may leave the page blank.



You can add colors, symbols, or nothing at all.

My Pause Card

COMMUNICATION / PRINTABLE ACTIVITY

Decorate this card. Show it when you would like a break or some quiet.

I WOULD LIKE

A PAUSE

Please give me a moment.

Cut along the outside edge (grown-up help).

Decorate the back with your own message.

People I Can Ask

CONNECTION / PRINTABLE ACTIVITY

Draw or write the names of trusted grown-ups who can listen and help.



Name:



Name:



Name:



Name:

Helpful Words for Big Feelings

COMMUNICATION / PRINTABLE ACTIVITY

Choose a sentence to practice, or write words that feel more like you.

- ☐ I would like a break.
- ☐ Can you sit with me?
- ☐ I need help finding words.
- ☐ I am not ready to talk.
- ☐ Can we try something else?

My own words:

Five Things Around Me

NOTICING / PRINTABLE ACTIVITY

If you want, look around and notice everyday things with a grown-up.

Five things I can SEE

Four things I can FEEL touching me

Three sounds I can HEAR

Two things I can SMELL (if I want)

One thing I can TASTE (optional)

My Cozy Corner

CREATIVITY / PRINTABLE ACTIVITY

Imagine or draw a place that feels pleasant or familiar. Real or pretend is fine.

Draw here

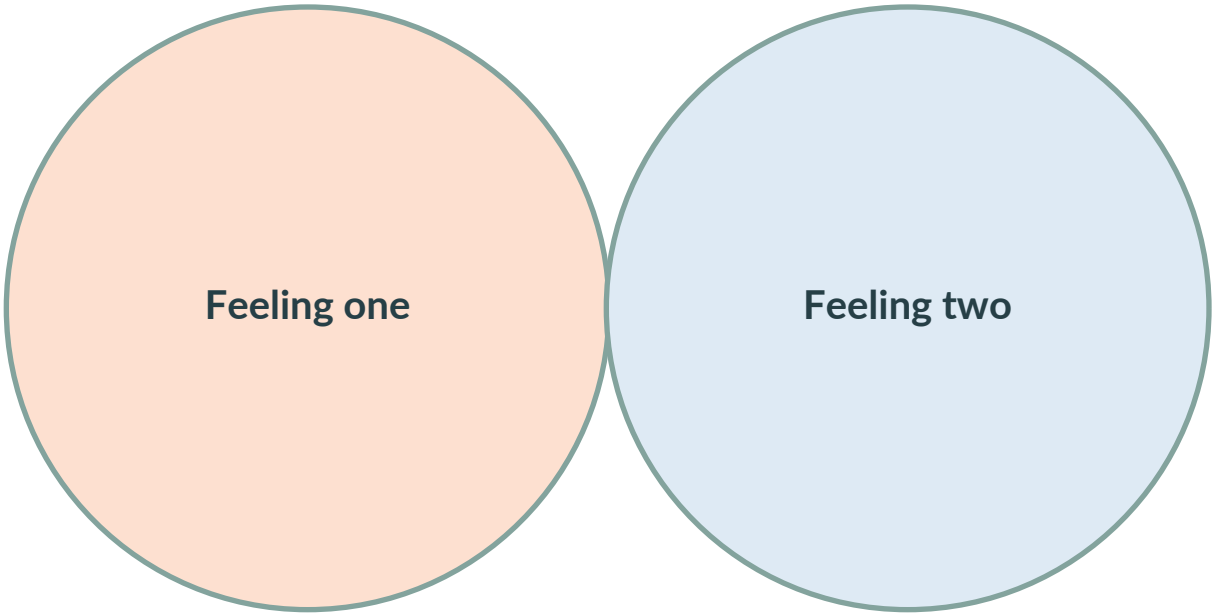
Little Wins, Your Way

CONFIDENCE / PRINTABLE ACTIVITY

What is one small thing you tried, noticed, or enjoyed? No achievement is too small.

Two Feelings Can Fit

Two feelings can be true at once. Draw or write one in each circle.



Both feelings can belong.

What Helps Me Feel Supported

CONNECTION / PRINTABLE ACTIVITY

Check or circle the kinds of support you like. You can add your own.

- ☐ Someone to listen
- ☐ Time alone
- ☐ A hug (if I want)
- ☐ A drink of water
- ☐ Drawing or coloring
- ☐ A quiet place
- ☐ A familiar activity
- ☐ Something else

Happy Cloud Coloring Page

COLORING / PRINTABLE ACTIVITY

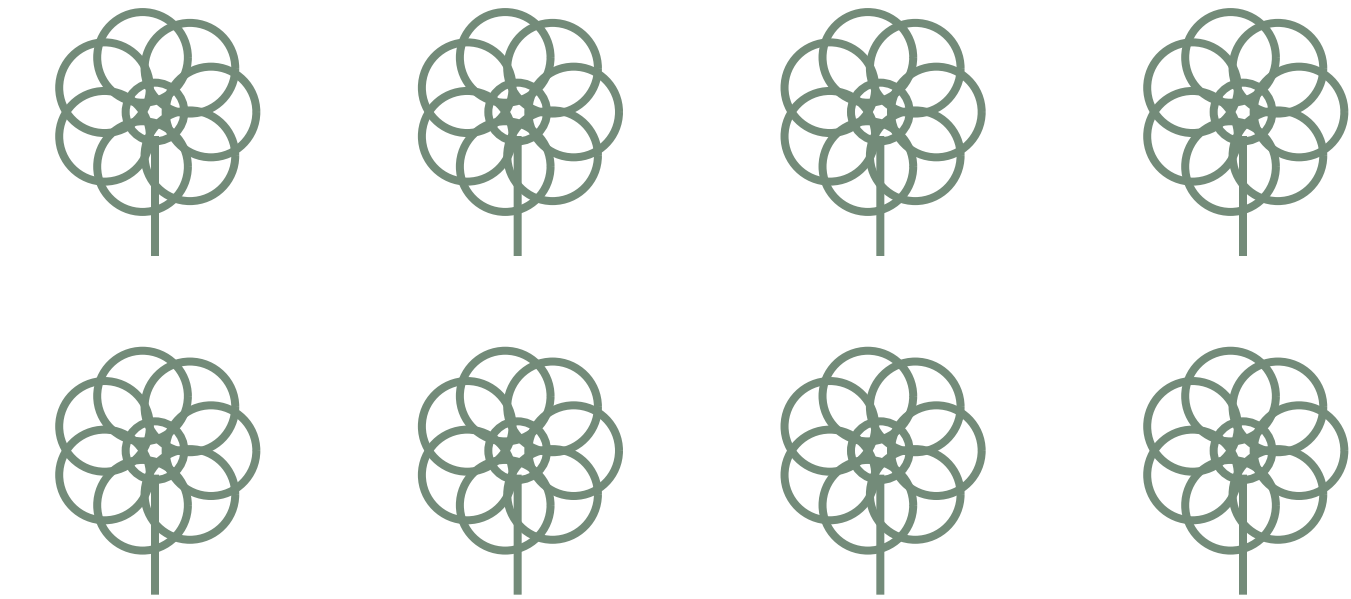
Make this cloud your own with colors, patterns, or doodles.



Kindness Garden Coloring Page

COLORING / PRINTABLE ACTIVITY

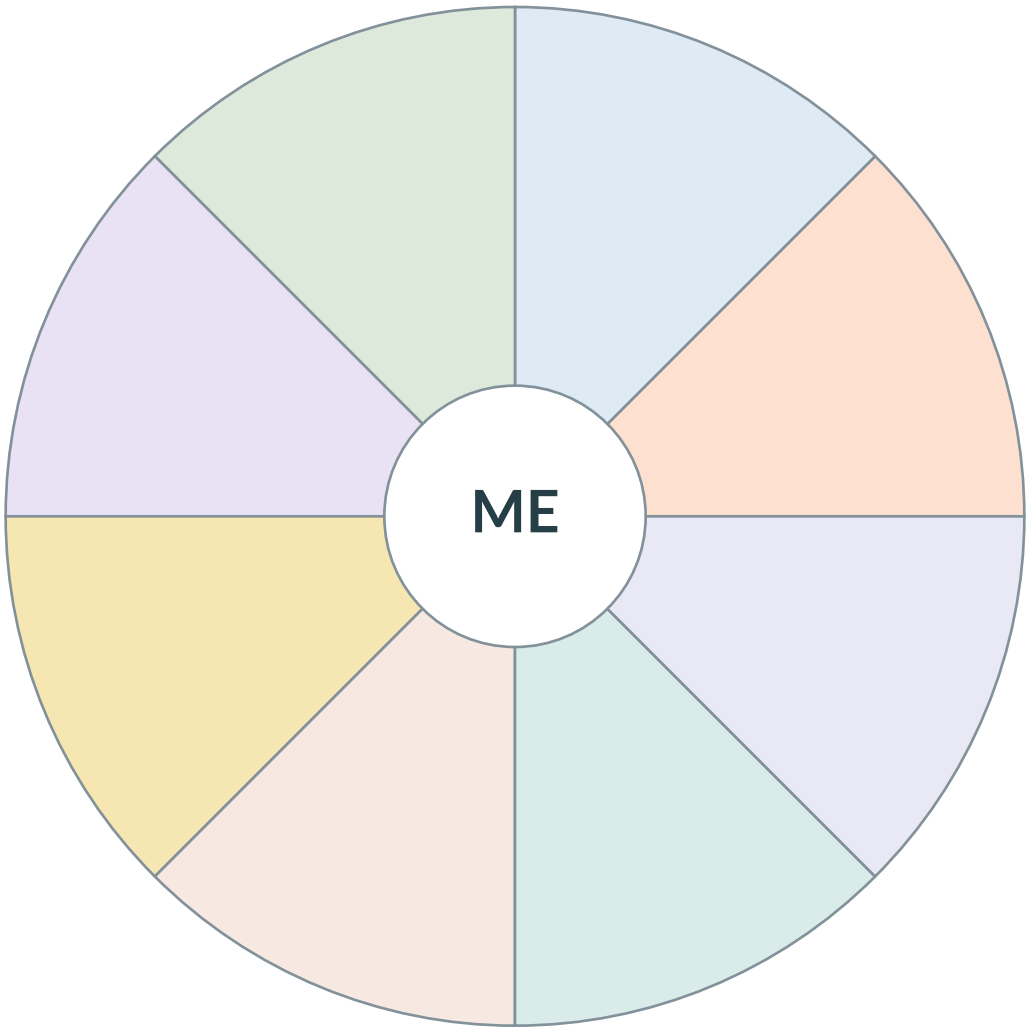
Color these flowers any way you choose.



My Color Wheel

COLORING / PRINTABLE ACTIVITY

Fill each section with a color, pattern, or feeling word.



Choose My Next Step

COMMUNICATION / PRINTABLE ACTIVITY

Choose one small next step, or make up your own. All choices are optional.

Pause

I can pause

Ask

I can ask for help

Choose

I can try another activity

Rest

I can be done for now

Our Two-Minute Check-In

TOGETHER / PRINTABLE ACTIVITY

A child and a grown-up can each answer one question, or simply listen.

KID

My weather today:

One thing I need:

Something I enjoyed:

GROWN-UP

My weather today:

One thing I need:

Something I enjoyed:

Design Your Own Feeling Card

CREATIVITY / PRINTABLE ACTIVITY

Create a card that shows an emotion in your own unique way.

MY FEELING CARD

Draw / color / write

Try describing your design to a trusted grown-up.