








SOCIAL EMOTIONAL LEARNING

THE WEATHER AND OUR EMOTIONS

Instructions: Reflect and write down which emotion you typically feel during each weather condition. Then pick an activity you can do during each weather condition based on your emotion. For example, you may be sad when it rains so the activity you'd do during rainy weather would be something that makes you feel happier!

Weather Condition	My Emotion(s)	Activities I can do!
Sunny 		
Rainy 		
Snowy 		
Windy 		
Hot 		
Cold 