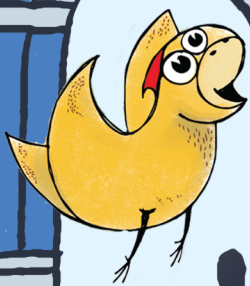




LEVEL 2 HOME KITS

WEEK #3

THE WEATHER INSIDE ME





THE WEATHER INSIDE ME

ACTIVITY 1

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Name 3-5 emotions and identify what they feel like in the body
- Give examples of how emotions in our bodies can feel like different types of weather
- Understand that feelings come and go like the weather

RESOURCES

- No resources needed

VOCABULARY

- | | | | |
|------------|-------------|--------|------------|
| • Weather | • Lightning | • Ice | • Rainbow |
| • Feelings | • Storm | • Rain | • Sunshine |
| • Thunder | • Fog | | |

ACTIVITY

- Name the different seasons and types of weather using but also expanding on the vocabulary words listed (E.g. sunshine, flowers and spring, thunder and lightning, and snowflakes for winter).
- Let your child know that the weather can change on Planet Earth, and different countries can have different types of weather. Provide some examples of the weather you have where you live, and then compare it to the weather in another country.
- Then ask your child 'What is your favourite weather? Why?'
- Ask them what they like to do in their favourite weather, and what their favourite weather makes them feel.
- Discuss how on a sunny day it can sometimes rain and on a rainy day the sun can suddenly come out. The weather changes a lot.
- Point out how things that happen in our day can make us feel different emotions, and our emotions can change just like the weather can change.
- Ask your child if they can make associations between the seasons and types of weather with different types of feelings. For example: Sunshine and joyfulness, rain and sadness, thunder and anger, lightning and fear.
- Now, invite your child to sing the song below.

- To end the activity, let your child know that all feelings are okay whether pleasant or unpleasant, and just like the weather, they come and go.
- Tell your child that whenever they are sad (like on a rainy day when they cannot go outside to play), they should remember that “There are rainy days and there are sunny days and the sunny days will come again”.

SONG (to the tune of “Baa Baa Black Sheep” or chant)

**The weather changes
Like our feelings do
Sometimes I feel happy
Sometimes I feel blue**

The sun shines bright (Put your hands at the side of your face and wiggle your fingers)
Then thunder can roll (Roll your hands in front of you)
Rain pours down (Use both hands and fingers to make ‘raindrops’ falling down)
Then Look! A rainbow! (Point up to the sky and use both hands to trace the shape of a rainbow in the sky)
**The weather changes
Like our feelings do
Feelings come and go
Inside of me and you**

THE WEATHER INSIDE ME

ACTIVITY 2

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Name 3-5 emotions and identify what they feel like in the body
- Give examples of how emotions in our bodies can feel like different types of weather
- Understand that feelings come and go like the weather

RESOURCES

- Different kitchen utensils

VOCABULARY

- | | | | |
|------------|-------------|-----------|------------|
| • Weather | • Lightning | • Ice | • Sunshine |
| • Feelings | • Storm | • Rain | |
| • Thunder | • Fog | • Rainbow | |

ACTIVITY

- If possible, invite your child to sit outside.
- Together, discuss what the weather is like, and then notice how it was different to the weather at another time in the day. Observe if the weather changed or stayed the same.
- Now ask your child what they did today. Invite them to share what happened, and talk about how that made them feel, and why.
- Invite your child to describe how this feeling felt in their body. If your child struggles to express what they feel, please give an example first for your child to follow.
 - For example: 'I was scared and I felt my hands sweat, and my heart was beating faster'.
- Discuss how some different feelings can make us feel and how this expresses itself physically in our bodies.
- Then, count on your fingers how many different feelings your child had today, and point out how feelings change in one day.
- Invite your child to name some types of weather (thunder and lightning, ice, rain, fog etc.).
- Next, invite your child to play a game. Go to the kitchen and invite your child to think about what sounds they can create using different kitchen utensils for the different types of weather (see the vocabulary list). For example, banging pots and pans with a spoon could represent the sound of thunder and lightning. Be creative and have fun!
- After playing the game, sing the song from Activity 1.

THE WEATHER INSIDE ME

ACTIVITY 3

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Name 3-5 emotions and identify what they feel like in the body
- Give examples of how emotions in our bodies can feel like different types of weather
- Understand that feelings come and go like the weather

RESOURCES

- Coloured pencils/Crayons/Markers
- Magazine
- Recycled card/Paper

VOCABULARY

- | | | | |
|------------|-------------|-----------|------------|
| • Weather | • Lightning | • Ice | • Sunshine |
| • Feelings | • Storm | • Rain | |
| • Thunder | • Fog | • Rainbow | |

ACTIVITY

- Discuss what makes children happy or angry (happy – eating ice cream etc.)
- Leaf through the pages of the magazine and talk about the different facial expressions on the adults or children.
- Ask your child what makes them feel happy or angry. Invite them to talk about what these emotions feel like in their body, and how their facial expressions change.
 - For example: ‘Does your tummy flip when you are happy? Do you frown when you are angry?’
- Now invite your child to think about what type of weather these emotions would be.
- Talk about the different emotions and types of weather. Describe how the emotions feel similar to types of weather.
 - For example: ‘Would you agree that when you feel angry you stomp around like thunder and your eyes flash like lightning?’
- Explain that when a storm has passed, a beautiful rainbow can appear and shine colours across the sky.
- Tell your child that sometimes we can feel unpleasant feelings, and then like a storm, they pass and we feel better and brighter.
- To end the activity, invite your child to draw themselves in their favourite weather doing something that makes them feel happy.
- While your child is colouring, sing the song from Activity 1.

THE WEATHER INSIDE ME

ACTIVITY 4

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Name 3-5 emotions and identify what they feel like in the body
- Give examples of how emotions in our bodies can feel like different types of weather
- Understand that feelings come and go like the weather

RESOURCES

- Different coloured recycled materials
- Glue
- Marker
- Coloured materials
- Paints (rainbow colours (see picture below))
- Recycled card
- Scissors

VOCABULARY

- Weather
- Feelings
- Thunder
- Lightning
- Storm
- Fog
- Ice
- Rain
- Rainbow
- Sunshine

ACTIVITY

- Start the activity by singing the song from Activity 1.
- Ask your child why children may fight (they both wanted to play with the same toy, for example). Encourage them to come up with ideas.
- Ask your child if they have ever experienced the same problem or situation with siblings or friends, and invite them to describe what happened.
- Now ask them what they did to solve the problem. Ask them for details of how they felt after they had solved the problem.
- Remind your child that different feelings come and go, and unpleasant feelings pass.
- Remind your child that after a storm, the sun can come out or a rainbow can appear.
- Let your child know that a rainbow, with all its beautiful colours, symbolises hope.
- Then, invite your child to create their own rainbow. First, look around your home for small, coloured, recycled materials. Now take all the materials you find and sort them by colour. Then with a marker, trace the outline of a rainbow onto a piece of recycled card. Cut out the outline of the rainbow and then using glue, stick the materials onto the card to decorate the rainbow. Alternatively, invite your child to use paint, and paint the colours of the rainbow onto the recycled card.
- If you have access to the internet, there are some great ideas about how to make a rainbow mobile. It would be good if you could hang the mobile you both make in

your child's room. This will remind your child about how unpleasant emotions will lift and pleasant ones will return.

- At the end of the activity, save your child's rainbow craft for Activity 5.

THE WEATHER INSIDE ME

ACTIVITY 5

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Name 3-5 emotions and identify what they feel like in the body
- Give examples of how emotions in our bodies can feel like different types of weather
- Understand that feelings come and go like the weather

RESOURCES

- Rainbow Craft from Activity 4

VOCABULARY

- | | | | |
|------------|-------------|--------|------------|
| • Weather | • Lightning | • Ice | • Rainbow |
| • Feelings | • Storm | • Rain | • Sunshine |
| • Thunder | • Fog | • Sun | |

ACTIVITY

- To start the activity, ask your child to sing the song from activity 1.
- Ask your child what makes them feel nervous and discuss what type of weather it would feel like in their body.
- Now invite them to share ideas of how they could help themselves to feel better, and give examples, such as sharing their feelings with a family member or a good friend.
- Tell your child that they could take a break from their thoughts by breathing slowly, in and out.
- Now remind them of the rainbow craft they made in Activity 4.
- Using the rainbow craft, teach your child a new strategy to help calm big feelings. Invite your child to trace the arch of the rainbow they made, colour by colour. Starting from the left side of the rainbow, trace the first colour with their finger/s. As they trace the colour, invite them to breathe in a big, deep breath through their nose. Then, tell your child they are going to breathe out as they trace the same colour on the rainbow back to the left side. Repeat this exercise on all the colours of the rainbow.
- Afterwards, ask if this helped them to feel calm. Allow them to repeat the exercise if they would like.
- Display the rainbow in your home and let your child know they can use it whenever they need to calm big feelings.
- To end the activity, remind your child that all feelings are okay whether pleasant or unpleasant, and just like the weather, they come and go.

