



# WEATHER

is how our feelings show up.

All weather is normal. Every feeling has a purpose.

## JUST LIKE THE WEATHER...

**SUNNY (HAPPY)**

We feel joyful, excited, and full of energy.

Enjoy the sunshine!

**CLOUDY (CALM)**

We feel calm, peaceful, and balanced.

Peace is okay.

**RAINY (SAD)**

We feel sad, disappointed, or blue sometimes.

It's okay to feel this way.

**WINDY (WORRIED)**

We feel worried, nervous, or uncertain.

Breathe. You've got this.

**STORMY (ANGRY)**

We feel angry, frustrated, or out of control.

Big feelings need safe outlets.

Weather changes. Feelings change too. We can ride out every storm together.

## OUR GUIDE: WEATHER

<b>W</b>	<b>Watch</b>		Notice what you and others are feeling.	
<b>E</b>	<b>Explore</b>		Explore what you're feeling and why.	
<b>A</b>	<b>Acknowledge</b>		Acknowledge your feelings. All feelings are valid.	
<b>T</b>	<b>Talk</b>		Talk about your feelings in safe ways.	
<b>H</b>	<b>Heal</b>		Heal with support, self-care, and kindness.	
<b>E</b>	<b>Empower</b>		Empower yourself with coping skills and confidence.	
<b>R</b>	<b>Rise</b>		Rise stronger. You can bounce back from anything.	

Emotional intelligence is built one feeling at a time.

Different weather. Same sky. Stronger together.

We can't always control the weather, but we can learn how to navigate it together.