

FAMILYDECODE · FREE PRINTABLE

Feelings Weather Journal

Big feelings are like weather — they come, and they pass. Help your child name today's 'inside weather.'

- Match a feeling to a weather
- Draw or colour today's sky
- Talk about what would help

My Feelings Weather

Circle or draw the weather that matches how you feel today.

Sunny

Happy, calm



Cloudy

Meh, unsure



Rainy

Sad, tearful



Stormy

Angry, big feelings



Windy

Excited, wiggly



Foggy

Tired, confused



This week

Day / My weather today / One thing that would help

Mon

Tue

Wed

Thu

Fri

Sat

Sun

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
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