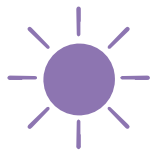


## ACTIVITY FOR CHILDREN

- 1 The Moody Weather it's always changing! Just like our moods. Draw the several moods that she can have, like you do.



Name the mood you associate with each weather:



## NOTES FOR PARENTS (AFTER ACTIVITY)

1. Help them to discover various moods. Emphasize that they always pass like the weather.

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COMIC 6 | June 2023  
Talking About it Makes Us Stronger

# The Moody Weather





Sarah! Your dad is here. It's time to go.

I'm coming!

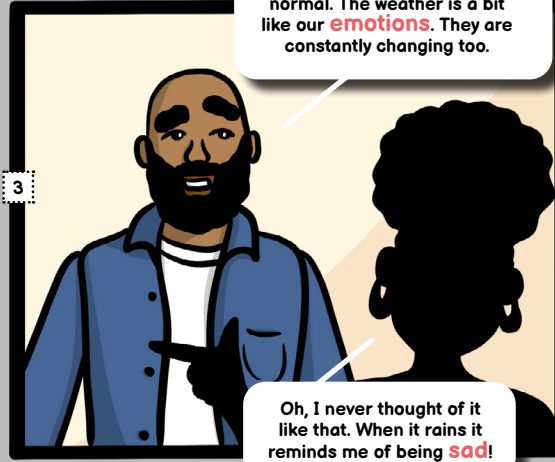
1



Honey, I've missed you! Are you ready?

Yes. Oh, it's raining. I never know what the weather will be like. It's always changing.

2



It is. But that's perfectly normal. The weather is a bit like our **emotions**. They are constantly changing too.

Oh, I never thought of it like that. When it rains it reminds me of being **sad**!

3



Yes. Often when we feel sad, we feel miserable like when it rains.

4



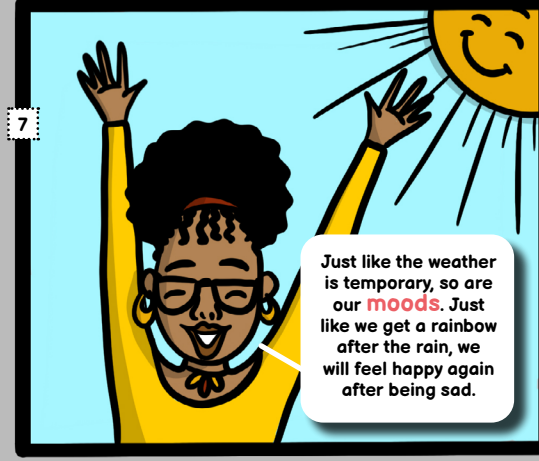
When I feel sad I always feel like I will be sad forever. Just like when it rains, it feels like it will never stop.

5



Ah... But it always does. When it stops raining the sun comes out and we can see a rainbow.

6



Just like the weather is **temporary**, so are our **moods**. Just like we get a rainbow after the rain, we will feel happy again after being sad.

7



What about when we are angry?

8



When we are angry it is like being in a storm. The thunder crashes loudly and the lightning flashes brightly in the sky.

9



When I'm angry I want to shout and stamp my feet loudly like thunder crashing in the sky.

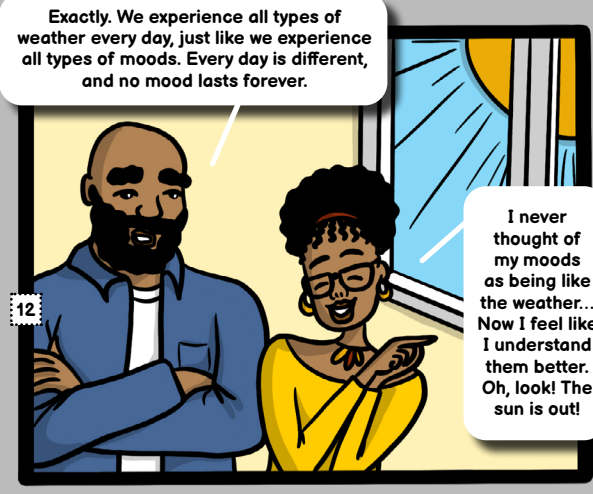
10



But after a storm, the calm will always return.

Just like when I talk about my emotions, it always makes me feel calmer.

11



Exactly. We experience all types of weather every day, just like we experience all types of moods. Every day is different, and no mood lasts forever.

I never thought of my moods as being like the weather... Now I feel like I understand them better. Oh, look! The sun is out!

12