

FALL FEELINGS FORECAST

Every feeling is welcome. What helps your day feel better?

TODAY I FEEL: _____



SUNNY

I feel sunny when...



CLOUDY

When I feel cloudy,
it helps to...



WINDY

When my feelings are
whirly, I can...



STORMY

When I feel stormy,
I can ask...



MY HELPFUL FORECAST

Draw or write something that helps you feel safe, cozy, or calm.