

Feelings Weather

Circle any feeling inside you right now.



calm



busy



tired



hopeful



worried



curious



quiet



wobbly



Every feeling has room here.

Today, I notice...

Circle more than one if you like. There is no right answer.

Signal Weather Lab



Notice your body, choose a weather word, try one reset, then check again.

01

NOTICE

What is your inner weather like right now?

A word, a colour or a little sketch.

02

TRY

Choose a stretch, a slow breath or a look outside.

Keep it comfortable. A quiet pause is enough.

03

CHECK IN

What do you notice afterwards?

The same, different or hard to tell are all OK.

A small experiment. Your own experience.

My Happy Place



Draw a place that makes you feel happy.



A REAL PLACE. AN IMAGINED PLACE. YOUR PLACE.



My happy place is...

One small way to bring it into today...
