Feelings Forecast

Category: Social skills | Ages: 4–6 | Time: 10 min | Prep: 2 min | Mess: Low | Indoor

Why it matters

Settling into kindergarten is much smoother when children have simple words for big emotions instead of bottling them up or acting out. Comparing feelings to weather reminds kids that stormy moods pass just like rain clouds, and gives them a safe script for asking a teacher for help.

Materials checklist

- [ ] 1 sheet of plain paper or a paper plate
- [ ] Crayons or washable markers (yellow, blue, gray)

Substitutes: Draw on a chalkboard, dry-erase board, or the back of a paper grocery bag.

Step-by-step instructions

1. Fold a sheet of paper into four boxes and draw a sun, a cloud, swirling wind, and rain.
2. Talk together about what each weather picture might feel like inside: sunny (calm or happy), cloudy (tired or unsure), windy (wiggly or frustrated), rainy (sad or worried).
3. Ask your child to point to the weather that matches how they feel right now, and share your own weather too.
4. Pick one tricky moment—like a stuck zipper or missing crayon—and practice saying, “Excuse me, can you help me?”
5. Hang the weather chart near the breakfast table or bedroom door to revisit later in the day.

What to say

- “My morning feels a little cloudy because I slept late. What is your weather right now?”
- “When your body feels windy inside, what helps you blow out the extra energy?”
- “Let’s practice your calm helper voice: ‘Can you help me open this, please?’”

Notes & observations: