

# Children's Emotional Weather Worksheets

WHAT IS THE WEATHER IN YOUR HEART TODAY?



**SUNNY**  
happy, excited



**SNOWY**  
relaxed, peaceful



**RAINBOWY**  
hopeful, proud



**CLOUDY**  
bored, quiet



sad, tired



angry, frustrated



worried, jumpy



confused, unsure

**FREE DOWNLOAD**

**RAINBOWY – HOPEFUL, PROUD**  
**WHEN I FEEL RAINBOWY:**



Who helps you believe in yourself?

What is something you a

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**SUNNY – HAPPY, EXCITED**  
**WHEN I FEEL SUNNY:**



Who do you enjoy being with when you feel sunny?

What do you like to do when y

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**SNOWY – RELAXED, PEACEFUL**  
**WHEN I FEEL SNOWY:**



What does your body feel like when you are calm and peaceful?

What helps you feel calm and still, like when snow is falling?

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**CLOUDY – BORED, QUIET**  
**WHEN I FEEL CLOUDY:**



Who or what helps you feel a bit better when you are sad or tired?

What helps you feel a little bit

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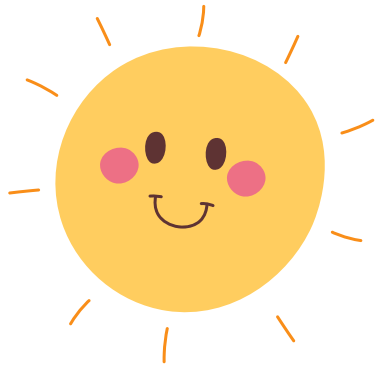
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Draw your peaceful place or a time when you felt relaxed.

# WHAT IS THE WEATHER IN YOUR HEART TODAY?



**SUNNY**

happy, excited



**SNOWY**

relaxed, peaceful



**RAINBOWY**

hopeful, proud



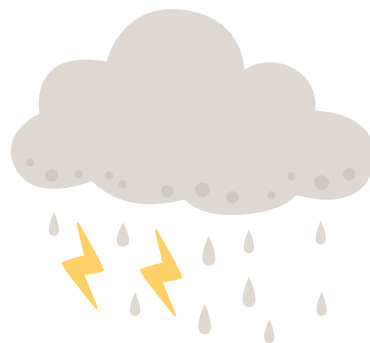
**CLOUDY**

bored, quiet



**RAINY**

sad, tired



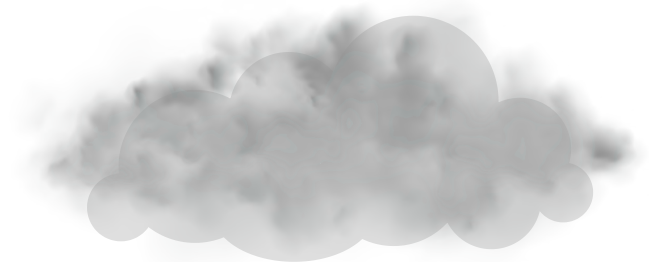
**STORMY**

angry, frustrated



**WINDY**

worried, jumpy



**FOGGY**

confused, unsure



Imagine that your emotions are like the weather.  
Draw the sky that matches how you feel inside.

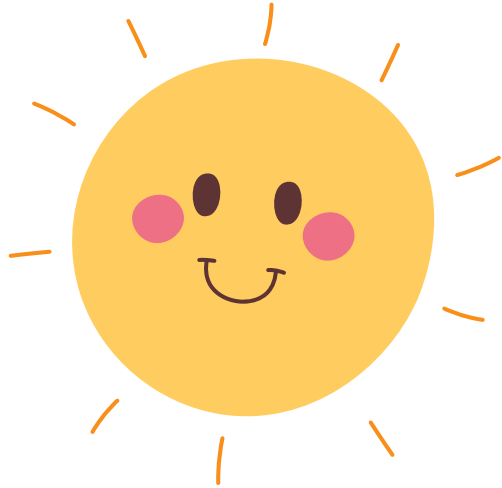


You can show one feeling or a mix of feelings - your sky is unique to you.



# SUNNY – HAPPY, EXCITED

## WHEN I FEEL SUNNY:



Who do you enjoy being with when you feel sunny?

Draw or write about something that makes you feel sunny inside.

What do you like to do when you feel sunny?

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# SNOWY – RELAXED, PEACEFUL

## WHEN I FEEL SNOWY:



What does your body feel like when you are calm and peaceful?

Draw your peaceful place or a time when you felt relaxed.

What helps you feel calm and still, like when snow is falling?

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# RAINBOWY – HOPEFUL, PROUD

## WHEN I FEEL RAINBOWY:



Who helps you believe in yourself?

List or draw something you feel proud of.

What is something you are looking forward to?

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# CLOUDY - BORED, QUIET

## WHEN I FEEL CLOUDY:



What do you feel like doing when you are bored or quiet?

What are some little things that can brighten your day?

What do you notice or think about during quiet moments?

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# CLOUDY - SAD, TIRED

## WHEN I FEEL CLOUDY:



Who helps you feel  
a bit better when  
you are sad?

What makes you feel sad  
or tired sometimes?

What helps you feel a little bit better when it rains inside you?

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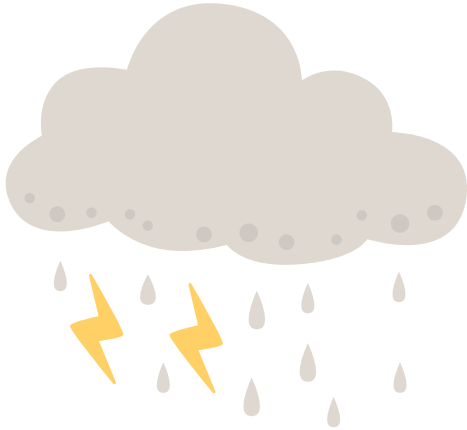
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# STORMY – ANGRY, FRUSTRATED

## WHEN I FEEL **STORMY**:



What does your body feel like when you are angry or frustrated?

What makes you feel cross or full of big feelings?

What helps your storm pass or calm down?

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# WINDY – WORRIED, JUMPY

## WHEN I FEEL WINDY:



Where do you feel worry in your body (like tummy, chest, or hands)?

What kinds of things make you feel worried or jumpy?

What helps you feel more steady and safe?

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# FOGGY – CONFUSED, UNSURE

## WHEN I FEEL FOGGY:



Who can you talk to when you feel mixed up or unsure?

What things make you feel unsure or confused?

What could help clear the fog a little bit?

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# SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

**1** [WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)



**2** [WWW.ANXIETYHELPBOX.COM](http://WWW.ANXIETYHELPBOX.COM)



**3** [WWW.FEELINGSHELPBOX.COM](http://WWW.FEELINGSHELPBOX.COM)



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