

WEATHER REPORT

MATERIALS |

None

OPTIONAL: The Feelings Wheel (see appendix)

E
S
M
V

OBJECTIVES | The objectives of this activity are for participants to notice how they are feeling and for the facilitator and the rest of the group to quickly gauge the feelings of others in the room.

FACILITATOR INSTRUCTIONS |

Ask participants to sit in a circle

Invite each person to answer the following question:

- “What weather best describes how you are feeling and why?”

For example, if a person is feeling sad or confused, they may say that the weather that best describes how they are feeling is “stormy” or “cloudy.”

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- Why is it important to regularly check in about how we are feeling?
- What similarities and differences did you notice in people in the room feel today?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/check-ins/>

NOTES |

ALTERNATIVE: Use a different metaphor to check in about how people are feeling. For example, “what color best describes how you are feeling right now and why?” or “what animal best describes how you are feeling today?”

EXTENSION: Invite participants to elaborate on why they are feeling the way they they are feeling.