



20 min

# Draw your mood of the WEATHER

Intent and Purpose: To become aware of your feelings at a particular moment and understand that the thoughts you are stuck with are not permanent.

It can be helpful to remember that your feelings are always changing, just like the weather. When you notice a negative mood or intense emotional reaction to something, remember that you will not be stuck in it forever, but you may want to do something to cope with it until it passes.

Take a few minutes to check in with yourself and notice your own emotional weather for today.

Draw or paint an image of weather and a landscape that represents your current feelings and mood.