My Feelings Weather Check

Feelings change like the weather. Telling someone helps.

Name: _____ **Date:** _____

1 My mood weather today
Tick one, or draw your own

- ☐ Sunny
- ☐ Partly cloudy
- ☐ Cloudy
- ☐ Rainy
- ☐ Stormy
- ☐ Foggy

How heavy my feelings are (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

2 My body and energy clues
Tick what has been true lately

- ☐ Tired a lot
- ☐ Hard to sleep
- ☐ Sleeping a lot
- ☐ Not hungry
- ☐ Tummy or head hurts
- ☐ Grumpy or snappy
- ☐ Hard to focus
- ☐ Want to be alone

3 Things that used to be fun
Are they still fun? Write yes, a little or not now

1. _____
2. _____
3. _____
4. _____

4 My heavy thought and a kinder one
Thoughts are not always true

My heavy thought:	A kinder, truer thought:

Ask: Would I say this to a friend? What would someone who loves me say?

5 People I can tell
I do not have to carry heavy feelings alone

At home: _____

At school: _____

Another grown up I trust: _____

My safety rule: If I ever think about hurting myself or not wanting to be alive, I tell a grown up right away. That is brave, and grown ups can help.

Something else I want a grown up to know (write or draw):

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My Little Lifts Plan

Small things I do can help my mood a little, even when I do not feel like it.

Name: _____ **Date:** _____

1 My little lifts menu Tick the ones I could try. Small is fine

- [ ] Play outside
- [ ] Move or dance
- [ ] Draw or build
- [ ] Music I like
- [ ] Pet or animal time
- [ ] Call a grandparent
- [ ] Help someone
- [ ] Bake or cook
- [ ] Read a funny book
- [ ] Play with a friend
- [ ] Bath or shower
- [ ] Sit in the sun

2 My 7 day little lifts plan One small lift a day. Rate my mood before and after (0 to 10)

Day	My little lift (what and when)	Before	After
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

3 What I noticed After a week

The lift that helped most: _____

Next week I want to try: _____

4 For the grown up helper Warm, steady and watchful

Do the lift together when you can. Plan it first, because waiting to feel like it rarely works.
In kids, depression can look grumpy or irritable, not only sad. Notice changes in sleep, appetite, play and school.
If low or irritable mood lasts 2 weeks or more, or stops school, friends or play, call the pediatrician or school counselor.
Ask directly about thoughts of self harm. Asking does not put the idea in their head.
In the US, call or text 988 in a mental health crisis. In an emergency, call 911.

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Get it on Etsy

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