



Activities for Emotional Literacy

WEATHER WALL

Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging

Why?

Noticing and identifying how we are feeling on the inside (our 'internal weather systems') is really important for our emotional wellbeing. If we can express how we are feeling it can help us to understand sensations in our body, and to share with others who can help us to become more aware of how and why we do what we do.

How to:

Create a drawing like this: A3 or larger. The more participants, the larger the space you'll need. Make sure you show lots of overlapping weather systems, to represent mixed feelings and a wide variety of possibilities. Laminate or cover the picture to protect the surface from constant touching. Create tiny pictures (laminated and with blue tac) to represent each person participating with something they feel comfortable to put up (not everyone wants faces, but these work very well).

- Place it somewhere prominent and invite everyone to place themselves on the weather wall according to how they feel right at that moment.
- Remind everyone, including adults, to check in with how they feel across each day, and if they think they should move, then do.
- Keep the momentum, modelled and praised, for repeated cycles of checking in, moving, and talking about why if the person wishes to.



For more information about how we could work with you please contact:
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