



[PRINT AND READ FROM HERE WHILE YOU PROJECT THE VISUAL SUPPORT]

(flashcard 1) **It is easy to talk about the weather outside even if it changes all the time.**

(flashcard 2) **But it's hard to talk about the weather inside me. Sometimes it feels like people don't understand.**

(flashcard 3) **Do you feel like that too?**

(flashcard 4) **Some days my mind is full of sunshine and rainbows. I feel like I can do anything.**

(flashcard 5) **On other days my head is full of fog and clouds. It's hard to listen to what people are saying or to remember things.**

(flashcard 6) **I sometimes wake up feeling like it's windy and wild in my head. I feel tired and grumpy.**

(flashcard 7) **And sometimes it feels like it's raining inside me. It can be a drizzle making me feel sad or a storm making me feel angry.**

(flashcard 8) **Sometimes the weather inside me doesn't match the weather outside.**

(flashcard 9) **Sometimes my inside weather doesn't match how I want to feel or how I think I should feel.**

(flashcard 10) **Is that okay?**

(flashcard 11) **Yes, of course it is. The best thing to do when we feel like our inside weather is strange is to tell someone that we love and talk about it.**

(flashcard 12) **They've got inside weather too, and they'll understand.**