

My Inside Weather

by Book Dash





IT IS EASY TO TALK ABOUT THE
WEATHER OUTSIDE EVEN IF IT
CHANGES ALL THE TIME.

FOR TEACHERS TO READ



BUT IT'S HARD TO TALK ABOUT THE
WEATHER INSIDE ME. SOMETIMES
IT FEELS LIKE PEOPLE DON'T
UNDERSTAND.

FOR TEACHERS TO READ



DO YOU FEEL LIKE THAT TOO?

FOR TEACHERS TO READ



SOME DAYS MY MIND IS FULL OF
SUNSHINE AND RAINBOWS. I FEEL
LIKE I CAN DO ANYTHING.

FOR TEACHERS TO READ



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.

FOR TEACHERS TO READ



I SOMETIMES WAKE UP FEELING
LIKE IT'S WINDY AND WILD IN MY
HEAD. I FEEL TIRED AND GRUMPY.

FOR TEACHERS TO READ



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.

FOR TEACHERS TO READ



SOMETIMES THE WEATHER INSIDE
ME DOESN'T MATCH THE WEATHER
OUTSIDE.

FOR TEACHERS TO READ



SOMETIMES MY INSIDE WEATHER
DOESN'T MATCH HOW I WANT TO
FEEL OR HOW I THINK I SHOULD
FEEL.

FOR TEACHERS TO READ



IS THAT OKAY?

YES OF COURSE IT IS.

FOR TEACHERS TO READ



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.

FOR TEACHERS TO READ



THEY'VE GOT INSIDE WEATHER
TOO, AND THEY'LL UNDERSTAND.

FOR TEACHERS TO READ



