

Name:

Date:

# Weather Intensity Scale

## Sunny/Clear Sky ☀️

Intensity: 0-1 (Calm, peaceful, content)

How my body feels:

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Things that keep me feeling sunny:

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## Partly Cloudy 🌤️

Intensity: 2-4 (Annoyed, bothered, slightly irritated)

How my body feels:

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What triggers this feeling:

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Coping strategy I can use:

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Name:

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# Weather Intensity Scale

**Cloudy/Overcast** 

**Intensity: 5-6 (Frustrated, aggravated, upset)**

How my body feels:

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What triggers this feeling:

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Coping strategy I can use:

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**Rainy** 

**Intensity: 7-8 (Angry, mad, furious)**

How my body feels:

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What triggers this feeling:

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Name:

Date:

# Weather Intensity Scale

Coping strategy I can use:

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## Thunderstorm

Intensity: 9-10 (Explosive, Rage, Out-of-control)

How my body feels:

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What triggers this feeling:

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Trusted adult(s) I can talk to for help:


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## My Weather Forecast Commitment

This week, I will practice being my own "feelings meteorologist"!

"When I notice I'm feeling \_\_\_\_\_ (weather level),

I will try \_\_\_\_\_ (coping strategy)."

 **Remember: It's easier to clear clouds than to stop a thunderstorm! Use your strategies early.**