



# HELPING HAND

## Your inner weather.

Duration	10 minutes
Material	List of questions to ask students.
General workshop objectives	Learn to express emotions and notice sensations; Learn to validate your inner state of mind.

### Explanation to teachers

Like the weather, emotions and moods undergo many changes, with emotions fluctuating several times over the course of a day. They may also overlap for a while, and that's normal. Everyone experiences this kind of change.

Checking your inner weather means surveying your state of mind and noticing what's going on inside you at that precise moment. Weather is an interesting metaphor for addressing emotions with the students, since these two concepts have some things in common, such as change, variability and extremes. It could also be interesting to help the students understand that their emotions are temporary and don't fully define who they are. Mindfulness teaches us to learn to live comfortably with them (Kaiser-Greenland, 2016).

Giving each person the chance to briefly express their state of mind allows you to get a feel for the group, better understand the reactions of some people, and respect the fact that each person comes with their own baggage. The following activity will help the students to express their emotions in a straightforward way, without having to talk about them in detail, which could be uncomfortable for some.

### Why check your inner weather?

- To learn to identify your inner state of mind and cope with it better;
- To understand the many emotions you might feel;
- To respect other people's emotions.


### Good to know...

Unlike other animals, humans spend a lot of time thinking about what isn't going on around them: contemplating events that happened in the past, might happen in the future, or are currently happening.

### INSTRUCTIONS

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1. Ask the students to get comfortable and close their eyes. Take the time, as a group, to take a few deep breaths. Ask the students to notice how they are currently feeling.
  2. Tell the students that you will be asking them some questions; at the end of each one, they should show their answer with a thumbs up, thumbs down, or thumbs sideways. Tell the students to keep their thumb in position for a moment so everyone can see the different answers when they open their eyes between questions.
  3. Remind them that there are no right or wrong answers, that it's all about noticing how they really feel. Point out that everyone is free to express how they feel; tell them we sometimes feel the same way as others and sometimes we don't, which is perfectly normal. Encourage them to be honest and true to themselves, so they can come to terms with what they are feeling in the moment.
  4. Tell them to pay attention to the instructions about the thumbs, which will vary as the questions progress.
  5. Remind them that how they're feeling right now may change and doesn't determine the rest of their day.
  6. Use the list of questions provided in the complementary sheet to lead the activity and supplement it with your own questions to help gauge the group's mood. You can ask the same question at two different times during the exercise to see how quickly emotions can change.
  7. End the activity by explaining to the students that they can feel many different things in the same day and that their inner state of mind is constantly changing. It's completely normal.

#### Tip for facilitators

Regularly change the meaning of the direction of the thumbs, so that thumbs down isn't always negative and thumbs up isn't always positive.

#### DIGGING DEEPER

You can get the students thinking about how they already tend to express their inner weather in their own way. Encourage them to think about the emojis they scatter throughout their text messages. As the students walk into the classroom, you could ask them which emoji best represents what they're feeling right now.

## COMPLEMENTARY SHEET

1. Do you feel energetic or tired? If you feel energetic, thumbs down; tired, thumbs up; nothing in particular, thumbs sideways.
2. Do you feel like you're thinking about what's going on right now or is your mind elsewhere? If you feel present, thumbs up; elsewhere, thumbs sideways; in between, thumbs down.
3. Is it easy or hard to stay sitting in your chair right now? If it's easy, thumbs sideways. If it's hard, thumbs down. If you're indifferent, thumbs up.
4. Do you feel calm, nervous or upset? If you feel calm, thumbs up; nervous, thumbs sideways; upset, thumbs down.
5. Do you feel relaxed, tense or somewhere in between? If you feel relaxed, thumbs sideways. If you feel tense, thumbs up. If you feel somewhere in between, thumbs down.
6. Are you happy, worried or angry? If you feel happy, thumbs down; worried, thumbs up; angry, thumbs sideways.
7. Are you feeling lucky or not so lucky today? If you're feeling lucky, thumbs up. If you're feeling unlucky, thumbs down. If you're not feeling anything in particular, thumbs sideways.
8. Do you feel hungry, full or nothing in particular? If you're hungry, thumbs up; full, thumbs down; nothing in particular, thumbs sideways.
9. Do you feel alone, well supported or a little overwhelmed by others? If you feel alone, thumbs sideways. If you feel well supported, thumbs down. If you feel a little overwhelmed, thumbs up.

