

Inside Weather

EPISODE LENGTH: 14:51



SUMMARY: In today's episode, we introduce the Inside Weather chart! An Inside Weather Chart represents different types of weather and the feelings that might be associated with them: sunny, windy, rainy, foggy, wondrous, and more. Kids also get to imagine (and draw) their own weather. The episode starts with a dance and a moment to check the weather outside, then DrawTogether kid Ambuja, from India, explains the Inside Weather Chart to newcomers.

We draw and paint our own charts to hang in our home studios. Suso the dog's weather turns from sleepy to sunny!

SUPPLIES: paper, pen/pencil, coloring materials (crayons, markers, watercolors). For the optional mobile activity, a stick or hanger, string, scissors, and scraps or things to hang.

SOCIAL-EMOTIONAL LEARNING: naming emotions, making up and taking ownership over emotions

CASEL COMPETENCIES: self-awareness, self-management

CREATIVE SKILLS: fine motor skills (drawing, coloring, tying, and more); gross motor skills (cutting, taping)



Guiding Questions:

- How does it feel to name and recognize our feelings using the weather chart?
- How does the visual of the weather chart help?
- What type of weather did you imagine or make up?
- What feelings does your weather represent?
- When will you use the inside weather chart in the future?



Key Moments:

2:57 WendyMac talks about feeling a mix of all different kinds of weather, and how we can hold different feelings at the same time.

8:46 WendyMac creates her own weather, and asks everyone to imagine an inside weather/feeling that is meaningful to them.



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(continued)



Book recommendations:

- **How Are You Feeling** — words by Mudpuppy, pictures by The Indigo Bunting, Erin Jang
We love this book because it introduces self-awareness, empathy, and emotional literacy to younger kids. Plus it's interactive, engaging, and visually fun!



DT Kid, Ambuja

- **The FEELINGS Book** — by Todd Parr
It's a classic! It's vibrant! It's Todd Parr at his best, introducing quirky emotions and a big range of feelings.
- **The Day the Crayons Came Home** — words by Drew Dewalt, pictures by Oliver Jeffers
Who doesn't love talking crayons sharing their feelings? We often wonder how the crayons in this book would draw their inside weather as they talk to their "kid," Duncan.
- **The Color Monster** — by Anna Llenas
We relate to the confused monster whose emotions are all over the place. He gets help sorting out his feelings through color (and the support of a little friend).
- **In My Heart: A Book of Feelings** — words by Jo Witek, pictures by Christine Roussey
A sweet, poetic, and beautiful exploration of the range of emotions in our hearts and how they make us feel physically.

Older Kid Riff: Inside Weather Data Merge

Poll friends, classmates, and family members on their "inside weather" and share what you find. How many are stormy? Sunny? Windy? Do "inside weather" patterns change depending on the day of the week (Mondays are a

little more foggy, perhaps). This can also be a great way to practice organizing data and simple algebra — think pie charts, bar charts, percentages.

But Wait, There's More!



PODCAST CONNECTION: EMOTIONAL DOODLES:

SCRIBBLE IT OUT (page 66) and **EMOTIONAL DOODLES: SLOW AND STEADY** (page 67) are great ways to draw and process our feelings, whether we need to warm up or slow down.

ACTIVITY: make-your-own inside weather mobile sculpture using odds & ends

EXPLORE MORE: check out wacky weather patterns and dream up your own

CLASSROOM POSTER: DrawTogether inside weather chart by WendyMac



LET'S MAKE AN INSIDE WEATHER MOBILE!

A mobile is a sculpture that is made of shapes that hangs in the air and moves with the wind.

THINGS YOU MIGHT NEED:



1 Grab some cardboard and cut out some weather shapes.





2 Decorate your shapes! *and ASK...*



3 Hang your shapes with string from a clothes hanger.



4 Hang your inside weather mobile and watch it move with the wind!



Draw Wacky Weather



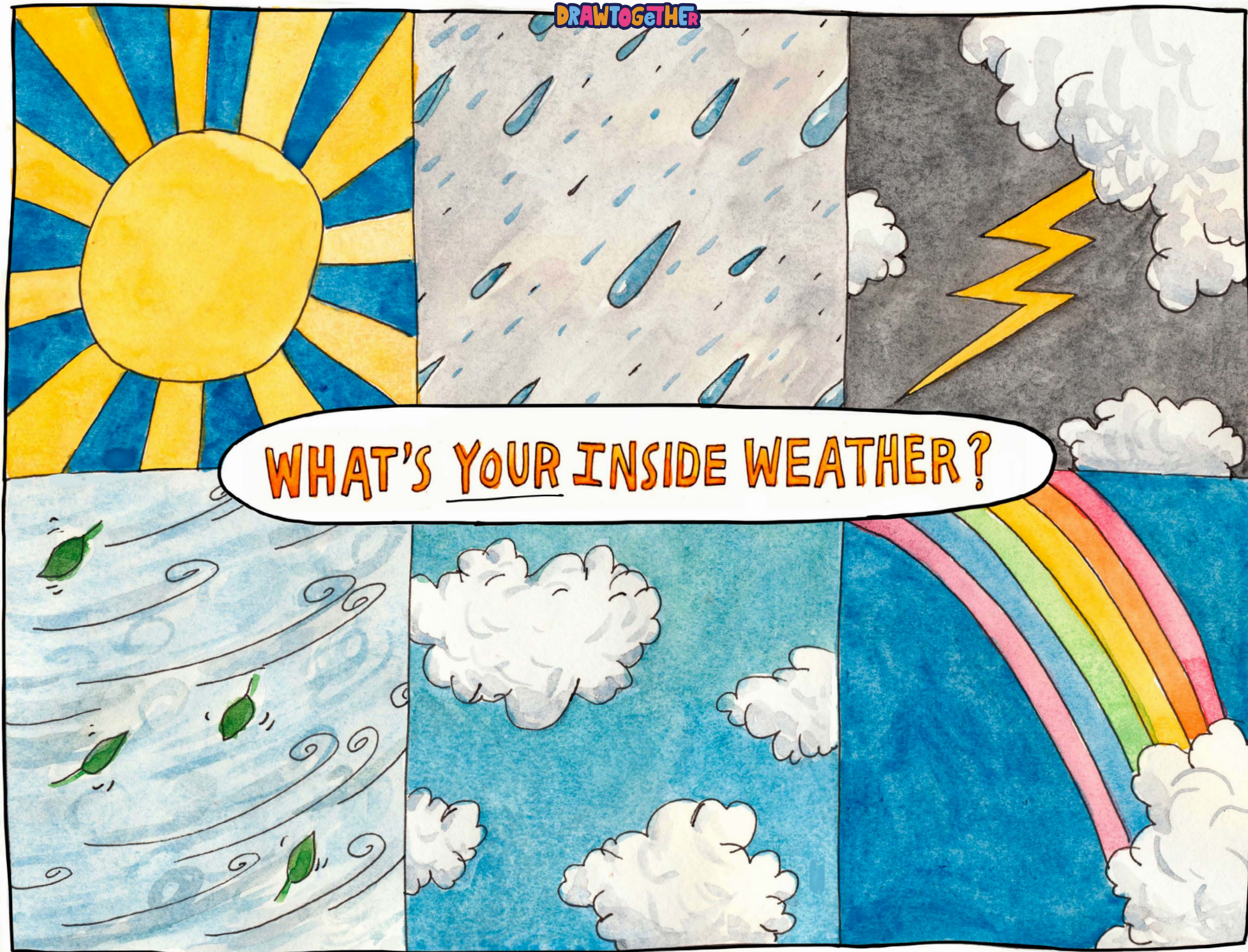
What's the weirdest weather you've ever seen? How did it make you feel? If you could invent a kind of weather, what would it be? And what would it look like? Try drawing it and connecting it with an "inside weather" feeling.

For a little inspiration, here are some of our wacky weather favorites:



- **Snow donuts** are super rare hollow snowballs formed by just the right amount of wind and a good hill. Resist the urge to gobble them up!
- **Dust devils** are twirling, whirling and swirling masses of air that form in deserts when hot air rises quickly into a pocket of cooler air above — and can even be seen on the surface of Mars.
- A **Brocken bow** is an eerie and magical weather phenomenon that occurs on a misty day, when the sun falls on water particles in the air in *just the right way* and creates rainbows around shadows.
- **Frost flowers** bloom above water bodies in the extreme cold. What is even cooler (haha!) is that many tiny microorganisms live within each flower.





WHAT'S YOUR INSIDE WEATHER?

