MY INTERNAL WEATHER REPORT

Just like the weather changes outside, our thoughts and emotions change in our body. Take your weather	-nu-
report by answering the following prompts:	0,0,0,0,0
Scanning my body I notice:	
Observing my mind I notice:	
Checking in with my heart I notice:	
Draw/write about the current weather you are expe	eriencing.
What might I do if I want to change my weather? Ho	ow and when will I do that?