

Weather Inside Me

Learn together, one small step.



Look closely

If feelings were weather, what kind of weather might Xiaohe have today?



Story 1 / 3



Xiaohe had waited all week for a picnic, but rain meant they had to cancel. She left her backpack by the door. 'Today is awful!' Dad did not tell her to cheer up. 'Are you disappointed, or a little angry too?' he asked. 'Both,' she said.

Pause and ask: What feelings might come with a cancelled picnic?

Story 2 / 3



They drew a gray cloud on paper. Then her little brother brought a funny picture book. Xiaohe smiled, but she still missed the picnic. 'How can I smile and still feel sad?' Dad said, 'Two feelings can be here together, like rain and sunshine.'

Pause and ask: Can a person smile and still feel sad?

Story 3 / 3



Xiaohe drew a small sun beside her cloud. The picnic was still cancelled, and her disappointment had not vanished. She decided to have some water and talk about another outing. She did not need to erase the cloud before she could care for herself.

Pause and ask: What can Xiaohe do without erasing her cloud?

A Buddhist idea

Notice the feeling.
Choose one caring action.



Talk together

Did a smile mean Xiaohe was no longer disappointed?

What helped her talk to Dad?



Try an activity

Draw a character's weather map.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

