Emotion Weather Map

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person feels excited and worried before a move.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Represent mixed emotions as changing weather without ranking any weather as bad.

3. How can two feelings share one forecast?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.