Activity #8
Emotional Forecast

- ✓ visual arts
- ✓ movement & body awareness
- ✓ writing & storytelling
- ✓ sound

Prompt:

Just like the weather, our emotions shift and change — sometimes clear and calm, other times stormy, foggy, or unpredictable. This activity invites you to explore your inner weather today using color, imagery, movement, and reflection. Instead of labeling your emotions with words alone, try expressing how they feel through symbolic weather — clouds, sun, wind, rain, storms, fog, or snow. Try exploring through the different modality prompts.

Create:

Visual Arts:

- Draw or paint the weather that best represents your emotional state right now.
- It might be a thunderstorm, partly cloudy skies, a still snowy field, or layered, changing conditions.
- Use markers, pencils, watercolor, collage scraps, or even digital tools.
- You may want to add textures, lines, or symbols to deepen your expression.

Tip:

Let your body respond to your emotions — gently, safely, and with curiosity.

Movement: Embody Your Mood

- Close your eyes and imagine walking through the image you created.
- How would your body move in this space?
- Try a 1-2-minute movement sequence or breathwork based on your “forecast.”

Sound: Music & Rhythm

- Think about what music or sounds match your weather.
- Choose 1–2 songs to play while you reflect or draw or create your own weather soundscape — soft drumming for rain, hand claps for thunder, humming for wind.

Use this space to create your Emotional Forecast

Write & Reflect:

- After creating your image, write a short weather report, story, or journal entry.
- How does it feel to “forecast” your emotions rather than judge or resist them?

Today’s emotional forecast includes….