



# Weather: Noticing Feelings

Wellbeing Activity from The Art Room



# Weather: Noticing Feelings

## What weather do you feel like today?

This project supports children to understand and express their feelings through the theme of weather. We all experience the weather, but it means something different to each of us. The two activities in this project encourage children to use weather to represent their emotional states, and notice how they change.

**Activity One** invites children to match how they feel with different types of weather by making a personalised Weather Watch with hands. This can be used as a tool to identify and share feelings with others. The activity facilitates understanding of emotional changes and patterns that can occur over time.

**Activity Two** entails imagining and creating a window that looks at the weather experienced inside oneself. *Window to My Weather* explores how the real weather is experienced differently by each of us. It uses the metaphor of weather to help children express their internal emotional states, which may hold a variety of different experiences at once.

### Materials

- Paper, card, a recycled box, or any surface to work on
- Coloured pens, pencils, paint, crayons, and/or pastels

### Optional

- Recycled magazines/ newspapers / coloured paper
- Glue and/or tape
- Scissors

### Activities

This project includes two art activities, each with a video for inspiration made in collaboration with Xavier Leopold, the artist behind Xavi Art. Listen to Xavier read a poem, and

watch him make his own 'Window to My Weather' activity as inspiration for making your own art.

### Inspiration

While you make your art, you might like to listen to some of the music in our 'Weather: Noticing Feelings' [Playlist on Spotify](#). [🔗](#)



## Share your creations

We'd love to see your artwork!  
Share photos of your creations  
with us on social media:



## Activity 1:

# Weather Watch



## Imagine

To get inspired watch this animation of our 'Weather in Me' poem, read by artist, Xavi Art.

It is here on [YouTube to watch](#)

While making your art you can [listen to our 'Weather: Noticing Feelings' Playlist on Spotify](#)

### Activity aims

- Make a weather watch to understand feelings and notice how they can change over time.
- Develop a visual language to represent and express feelings.
- Use the weather watch as a tool to share feelings with others.
- Notice how feelings impact our view of the outside world, including the weather, and vice versa.

## Create

### You will need:

- A paper plate or a piece of paper and circular object

### If you've got them, you could also use:

- Recycled magazines/newspapers or coloured paper to cut and paste with (for collaging)
- Glue and/or tape

- A choice of something to draw or colour with such as coloured pens, pencils

- Scissors

### But don't worry if you don't have these!

### Creative activity steps:

1. Find a paper plate or draw a large circle onto paper/ card and cut it out. This can be done by tracing around a circular object or using a compass.
2. Divide your circle into 4-8 sections and think of a type of weather for each one.
3. Draw two arrows, like those found on a watch, which you can point or place on

the types of weather that best fits with how you are feeling.

4. If you would like your arrow to turn, then pierce a hole at the centre of your weather watch and the bottom of your arrow. Place the arrow in front of your weather watch and put in a folding pin or stick through the holes.



## Explore

- The weather in the poem changes from day to day affecting how the poet feels. What is the weather like for you today and how does it make you feel?
- There are lots of different kinds of weather in the poem. Rain, sunshine, fog, wind... Can you think of any other types of weather? What's your favorite kind of weather?
- Sometimes wet and stormy weather doesn't have to be a bad thing. Is there anything that you find fun about weather that is often described as bad?

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## Activity 2:


# Window to My Weather




## Imagine

Read this story, 'My Inside Weather' by Jen Thorpe, Lara Berge, and Emma Beckett.

It is here on [YouTube to watch](#) 

You can watch this video of Xavier Leopold , the artist behind Xavi Art, making his version of the activity.

While making your art you can [listen to our Weather: Noticing Feelings Playlist on Spotify](#) 

## Activity aims

- Create a window showing what you imagine the weather to look like inside you.
- Understand a range of emotions and how they can be viewed 'differently' over time. (Some feelings may be stronger than others, appearing closer rather than farther away from the window)
- Look at weather more deeply to understand and explore mixed emotions.

## Create

### You will need:

- A piece of paper, card or the inside of a recycled box.

### If you've got them, you could also use:

- Recycled magazines/newspapers or coloured paper to cut and paste with (for collaging)
- Glue and/or tape

- A choice of something to draw or colour with such as coloured pens, pencils, paint, crayons, and/ or pastels

- Scissors

**But don't worry if you don't have these!**

### Creative activity steps:

1. Draw the outline of a window onto paper or card.
2. The window can be divided into sections, have curtains or shutters at the side – it is up to you just so long as there is space for a view.
3. Fill the window with a view of what you imagine the weather would be like on the inside of you. There could be different types of weather at once, or just one type of weather to match the way you feel.

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## Explore

- The story uses different types of weather to describe feelings. If there were a window that looked at the weather inside of you, what might you see? Perhaps the weather close by differs from that in the distance. For example, there may be rain against the window, but a thin ray of sunshine in the background.
- There are times when the weather we see outside doesn't match the weather we feel inside. Can you think of a time when that happened for you?
- What does your window frame look like? Is it open or shut? Can others see through it like you can?




# Whatever the weather, keep creating!



## End of project reflection

- If someone else were to look at your weather creation/s, what do you think they would notice about them?
- Sometimes there are patterns in the weather. Would there be any patterns to the weather in your art? Like the wind getting stronger at the same time of day or soft clouds appearing for activities you enjoy.
- Does the real weather outside match anything you created in your activities?

## More from The Art Room

Have you seen our other Activities from The Art Room? [Visit the Activities from The Art Room website](#)  to see our other projects for families and teachers, including projects on Growth, Superheroes, Calm, Colour, Animal Homes, Space and Seasons. They are free to download and can be done at home or in the classroom!

## More from Xavi Art

Xavier Laurent Leopold, known artistically as Xavi Art, is a self-taught contemporary visual artist based in London. Xavi's work draws inspiration from his lived experiences, relationships and world view.

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