

A Mindfulness Practice: The Weather Report

We all need to take a moment to get centred at the beginning of a class, it grounds and connect us all if we are feeling scattered at all.

This can be done using several different methods as well as a simple breathing practice. With this age group they like share and can be quite chatty. They enjoy the chance to express their feelings and opinions and enjoy holding space for one another and offering support. This enables them to bond, focus and be more present for the rest of the class.

Cultivating this awareness helps them to learn and begin to understand that we are in fact not our feelings which is in turn super empowering. The 'internal weather report' is a fun mindfulness practice that facilitates this experience by using the weather to help them to describe emotions. How are you feeling today are you having a bright sunshine filled day or a dark stormy one? Being light and playful with this is essential and it is a great way to share with one another how we are feeling.



Your personal weather report: Sit comfortably and close your eyes if that feels comfortable for you. Begin to tune in and notice how you are feeling right now. How is the weather for



you today? Maybe you are feeling relaxed and sunny inside, or perhaps it is rainy and overcast? Do you feel there is a storm brewing? There is no need to change how you feel once you have tuned in the same way we know we cannot change the weather outside. In this moment this is how you are feeling, but later today your weather may be different again but this is it for now and that is OK! Moods can change, blow over and we do not need to act or identify with them, 'I may feel stormy but I am not the storm, You, are not your feelings but you are having them'. What is truly important is to **FEEL HOW YOU FEEL!**

Not only is our mood and feeling different every day but so is our energy level. On a scale of 1-10 how is your energy level today? See if you can feel that in this moment. Now opening the eyes gently and if you are comfortable to share let us go around the circle. With one word describing your weather and then on a scale of 1-10 your energy level today. This informs us on how they are feeling emotionally and energetically that day too.

With circle time a safe sharing space can be created and a talking stick can be introduced. When the talking stick is held that person can share freely whilst everyone listens respectfully. This sharing space can either be led by a question or not.

If we have a theme or topic for the class this is the time that we may like to introduce this and follow with a discussion around the theme to provide the opportunity for others to contribute.