RAINY DAYS HAPPEN

Goal
To explore how to manage different moods, just like how we sometimes have to make the most out of rainy days. This activity provides a way to engage in conversation about the different moods we might have, what things might trigger these different moods, and what we can do to get through rainy days.

Time Needed
- Approximately 20-30 minutes

Supplies Needed
- Paper
- Writing Utensil (pen, pencil, markers, or crayons)

Conversation
What is a mood?
How are moods like the weather?
Do you notice when your moods change?
What changes them?
What does a “bad mood” look like to you?
What helps you when you are in a “bad mood”?
How can we help each other if we are having a “bad mood”?

Instructions
Just like the weather, moods change. A mood reflects how a person feels on the inside; like sad, nervous, guilty, or scared. You could be having happy, fun, sunny days, and then all of a sudden a dreary, rainy, feel-bad day comes along.

1. Draw a picture of something that makes you feel like a dreary, rainy, feel-bad day
2. Next, draw what makes you feel better when you are in a “bad mood”

Adapted by Ele’s Place from:
© 2020 National Alliance for Grieving Children | ChildrenGrieve.org Page 6 In Partnership with New York Life Foundation Adapted from the NAGC’s “When Someone Dies: A Child-Caregiver Activity Book”