



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

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

Supplies Needed

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”

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