

Remember...

- There are no right or wrong answers.
- You know yourself best.
- We are on the same team.

The Weather inside looks like

Working together to help understand how you feel and what feels helpful

How to use this...

- Fill it in together.
- Use pictures, words or colours.
- Take breaks.
- You are in charge of what you share.

Instead of this...

(Questions that can feel like a test)

Do you have suicidal thoughts?

How often do you self-harm?

On a scale of 1-10, how bad is your anxiety?



Let's try this instead...

(Activities that help us understand together)



Maps



Draw



Stories



Choices



Pictures



Feelings

1. The Storm Scale

If how you felt was like the weather choose the picture that shows how things feel right now.



Drizzle

Things feel a little tricky.



Cloudy

Things feel heavy or unsure.



Storm

Things feel overwhelming.



Hurricane

I feel like I'm struggling to cope.



Tornado

I feel out of control / Everything feels impossible.

What is happening for you right now?



2. What could help you move down the storm scale.

Not all the way. Just one step.

What could help you move to the next weather?



My ideas:

-
-
-



3. What's underneath the storm?

Sometimes what we see is just the tip. What might be going on underneath?



- | | |
|--|---|
| ☐ Worries | ☐ Pressure |
| ☐ Sadness | ☐ Sensory overload |
| ☐ Anger | ☐ Uncertainty |
| ☐ Trauma | ☐ Grief / loss |
| ☐ Feeling alone | ☐ Something else: |

4. What usually helps me?

What people, places, things or activities make even a small difference?



People



Places



Activities



Music



Objects



Nature



Time alone



Other

5. Who is on my team?

Who helps me feel safe and supported?



6. What do I need from the people around me?

How can adults help in ways that are actually helpful?

- I need you to...
- It helps when you...
- It doesn't help when...
- I wish you knew...
- Something else...



7. Our plan - Together

What will we try?

What are our next steps?

How will we know it's helping?

When will we check in again?

