

Tracking the weather- both inside and out.

Use the following pages to create journals for observing and tracking weather patterns.

Have the students pick a time of day to go outside and observe the sky every day for a period of time-5 minutes is good. Even if it is raining have them stay out in the rain for a minute (if there is no lightening). The chart allows for 7 days, but this exercise can also be last two weeks. Have them draw, write or describe the weather in the sky, or the sky according to what they see during the five minute observation.

- Encourage them to talk about what they are seeing, feeling, observing.
- Ask them what is it like to observe the sky. If possible, spend 5 minutes lying on the ground and experience the sensations.
- You can spend some time learning new weather words like barometric pressure, or the names of different clouds and how it affects the weather.

During the same week pick a different time of day, have the students “observe” their own inner weather- help them give it a weather name, and they can draw weather related pictures or colors to describe what the weather is.

- Ask them in the last hour what was your inner weather like.
- It can be “all blue, not a cloud in sight” for neutral, or gray if feelings are “showing up” in their inner sky. Have them draw or describe what they weather was. (If your inner weather was a color, what would it be?)
- Ask them how the weather feels on the inside- tense, heavy, light, airy? They can write or draw these words in the other column.

To follow up or even during the exercise-

- Point out how their weather changes- it passes with out their effort. Sometimes it changes because you got distracted, or something new happened. Sometimes it feels heavy or hard, and like it will never go away.
- Ask who they are? Are they the storms that they feel? Are they the same or do they change?
- Ask- what does it mean to be a person who can observe the weather?
- Do they fell a part of the weather, or like they are the weather.
- What is it like to know that it won't stay the same or last forever?
- Did it help to notice your weather?



Tracking the weather- both inside and out.

Date	What does the sky look like? What do you see? Write or draw what you see- clouds, birds...	What does the weather feel like? How does your body feel? Hot, breeze tickles skin. Wet on my skin. How did it sound?

I am like the sky • Companion Resource by Tara Concelman

©2026 Tara Concelman • iamlikethesky.com

Personal and classroom use only



Tracking the weather- both inside and out.

Date	What does your inside sky look like? What do you see? Write or draw what you see- stormy, angry, anxious, or sad? What weather is your inside feelings like?	What does the inside weather feel like? How does your body feel? Hot, cold, tense, loose, bubbly, pressure. Tense hands, fists, loud voice, tears, tired.

I am like the sky • Companion Resource by Tara Concelman

©2026 Tara Concelman • iamlikethesky.com

Personal and classroom use only

