

EXPRESS YOUR EMOTIONS PLAYFULLY
AND AUTHENTICALLY

EMOTIONAL WEATHER FORECAST





WHY WEATHER FORECAST

A daily touchpoint for intimacy,
understanding, and support
Emotional awareness and a habit of
check-ins, which positively impacts your
emotional bonds.





INSTRUCTIONS

Choose a time

1

Pick a regular time each day for your "Emotional Weather Forecast."
It can be over dinner, during a walk, or before bedtime.
Whatever fits your routine best

Share Your Weather

2

Take turns sharing your "forecast" for the day using weather terms to represent your emotions

Respond with Support

3

The other partner responds empathetically and supportively



SNOWY AND PEACEFUL



– A quiet, reflective mood;
feeling emotionally distant
but in a calm, meditative
way





WINDY BUT REFRESHING

A hectic or busy day, but it
feels energizing rather than
draining



CLEAR SKIES AND WARM SUN

Feeling content, peaceful, and
at ease; a good day with no
significant worries



**MAY YOUR SKIES BE
CLEAR AND YOUR
JOURNEY FULL OF
SUNSHINE**

