



UNIT: How's the Weather Inside and Outside?

TOPIC: Weather/ Feelings

INTRO: This unit was created by Kelly Peck during movement exploration at the Middle Way School. Students use art, song, conversation to connect with their inner refuge, their awake and stable mind. This steady calm mind can free us from negative emotions and behaviors. On a practical level, when students understand this concept, they have a better chance of self-regulating in challenging times.

AGE: Can be adapted. This was taught to preschool-3rd grade

UNIT: Refuge (but works for Impermanence, Interconnection)

BIG IDEA: Our emotions and feelings are like the weather, ever changing and dependent on many causes and conditions. However, there is always a blue sky above the clouds. You can't change the weather but you can change how you react to it and use tools to protect yourself: if it's raining you could wear a rain jacket. If you need a moment, you can move into child's pose for protection.

DURATION: Flexible; this can be a one-week theme or something that extends throughout the year.

TAGS: emotions, weather, impermanence, interconnection, sky

ESSENTIAL QUESTION: How does observing the weather help us understand our emotions?

GUIDING QUESTIONS:

How do you feel?

What does the weather feel like inside of you?

What is the weather like outside?

How do you react if you don't like the weather? Do you find protection? Do you stay in it and know it will change soon?

How do you react if you like the weather? Do you enjoy it and stay in it? Do you invite friends or family to come join you?

What are some words to describe the weather?

What are some words to describe your feelings?

Are feelings permanent?
Where do feelings exist?

Unit Objectives:

<p>Know At the end of the unit, all students should know...</p>	<p>Understand At the end of the unit, all students should understand that...</p>	<p>Do During this unit, students will...</p>
<p>The names of different kinds of cloud formations</p> <p>Names of the four seasons</p> <p>Name different weather patterns from another culture.</p> <p>Name feelings with new vocabulary.</p> <p>Culturalization for describing feelings.</p> <p>Strategies to help manage emotions</p>	<p>You can always take refuge in your sky-like mind.</p> <p>You are not your feelings, you have them.</p> <p>Clouds change depending on the weather just like feelings depend on circumstances.</p> <p>Sometimes it rains/we cry; sometimes it's sunny/we are happy.</p> <p>Not everyone feels the same about the weather or about different situations. Perspective.</p>	<p>Study the clouds each day, continue throughout each season. Discuss and compare the difference.</p> <p>Draw and write observations of clouds.</p> <p>Keep a weather diary</p> <p>Apply regulating strategies for emotions.</p> <p>Make a weather report about internal emotions.</p>

	<p>How weather effects your lifestyle.</p> <p>Weather cycles and how our emotions have cycles and how does that affect our environment</p>	<p>Discuss how and why feelings change from the beginning of the day to the end.</p>
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Pre-Assessments:

What do you know about the weather?

What is your favorite season and why?

What do you do when you have a strong emotion? (sadness, anger, frustration, excitement)

How many emotions can you name?

Learning Activities:

1. Cloud Experiment [<https://onelittleproject.com/shaving-cream-rain-clouds/>]
2. Predict the weather for later in the day. Predict how you may feel later in the day.
3. During winter: Create different names for the snow/create different names for your feelings. Set up a chart in the classroom.
4. Set up a weather station for feelings in classroom or home.
5. Create a space for movement and artwork. Gather books with cloud pictures (see book reference) display them on the art table for inspiration. Have paper and drawing materials (crayons, colored pencils, pastels and markers) ready. Have the students come in and find a spot in the open space. Explain you will take them on a cloud journey (Anytime Yoga). They can lay down and close their eyes if they feel comfortable. After the journey have everyone come together for a sun circle (The Kids Yoga Deck). Now play some of the songs from the playlist and the students can freely move. Guide the creative movement. Describing clouds; floating, puffy, full, heavy, circling, what happens to the clouds after a rainstorm? Show what that would look like in your body,

how would that feel? Pause the music and ask the students to find a cloud shape. Keep the music playing and end this activity by drawing their experience.

6. Creative movement; play Vivaldi's Four Seasons. Can anyone guess what season the composer is representing? Ask: *Why? How do you feel about that season? What music would you choose?*
7. Art; hand out a piece of paper and ask the students to draw or write anything that comes to mind. Let the whole page be filled up, over lapping and layering. Start to observe how each new thought creates more substance in the drawing. Now have them close their eyes and image they put the piece of paper on a cloud and it floated away then ask them to turn the paper over. Letting go (storm) of the attachment to the thoughts creates an open mind/sky.
8. Make an emotional chart wheel [<https://hope4hurtingkids.com/emotions/understanding-emotions/color-wheel-emotions/>]. These can be fastened with a brad and an arrow and posted on their fridge at home so they can inform family how they feel.

Audio, video, links and other resource (for early education)

Yoga/ Movement/Meditation books:

Sitting Still Like a Frog, By Eline Snel [LINK to Kelly's review]

Anytime Yoga, by Ulrika Deze (Into the sky)

The Kids Yoga Deck, by Annie Buckley

Feeling books

Sometimes I feel like a Mouse, by Jeanne Modesitt

Charlotte and the Quiet Place, by Deborah Sosin

When Sophie gets Angry, by Molly Bang

Cloud Books

Sky Color, by Peter Reynolds
Outside, Inside, by Carolyn Crimi
What Kinds of Clouds by Nadia Higgins
Cloud Dance by Thomas Locker
Cloudette by Tom Lichtenheld
It Looked Like Spilled Milk by Charles Shaw
The Cloud Book by Tomie dePaola
The Cloud by Hannah Cumming

Songs

Sky Inside [<https://middlewayeducation.org/resources/audio-sky-inside/>]
Blue Skies, by Ella Fitzgerald
Singing in the Rain, by Gene Kelly
Sunny Day, by Elizabeth Mitchell
Night Mantra, by Renee & Jeremy
Vivaldi Four Seasons
Raga (winter raga <https://www.youtube.com/watch?v=ymBc8iSAOGQ&list=PLTC4n4HNsx-tFi2ffj8zHeB28LE2BNi4O>)
Planet drum, by Mickey Heart
Native American snow song: <https://www.youtube.com/watch?v=-g6OIsENbRk>

Art

<https://www.thesprucecrafts.com/cloud-crafts-for-kids-4128732> - 10 Cloud Crafts for Kids

For Teachers

Article about Raga Music and Seasons:

https://vmis.in/ArceCategories/music_in_context_innercat/14

<https://www.zmescience.com/science/types-of-clouds/>

https://www.beezone.com/steve_roth_karmapa/ - A very interesting account about a lama who could change the weather.

Domains

Science	<p>Design and create a barometer</p> <p>Cloud Experiment.</p> <p>Identify different clouds.</p> <p>Predict the weather for later in the day. Predict how you may feel later in the day. Science of emotion Brain study: amygdala, pre-frontal cortex (See Mind Up books) https://mindup.org/category/videos/mindful-lessons/</p> <p>Seasons/planetary movement</p>
Humanities	<p>History of when people started to tell the weather.</p> <p>Universal language of feelings and weather.</p> <p>How to say the different seasons in different languages. Universal language of feelings and weather.</p> <p>How to say the different seasons in different languages.</p>
Embodiment	<p>Cloud shape: during cloud observation students trace the cloud shape with different body parts. Show how you feel, during creative movement.</p> <p>Example; can you draw the line with your elbow or how about your knee.</p> <p>Show how you feel, during creative movement.</p> <p>Rain Dance, how do you move in the rain? How do you move to make the rain come? Use rain sticks during this</p>

	<p>activity. Rain Dance, how do you move in the rain? How do you move to make the rain come? Use rain sticks during this activity.</p> <p>Sun circle (look to yoga deck)</p> <p>What's above the clouds...eagle pose (look to yoga deck)</p>
Art	<p>Draw the sky.</p> <p>Show me what feelings look like, explore what colors go with emotions.</p> <p>Create a cloud world.</p> <p>Draw your inner weather report.</p> <p>Make rain sticks.</p> <p>Clay clouds.</p>
Contemplative/ Dharma	<p>Cloud Meditation.</p> <p>There is always a blue sky above the clouds; you can connect with your inner true self anytime.</p> <p>Each day starts again.</p> <p>"I see how my mind is creating my experience, and how experience is my mind"</p> <p>Each day starts again.</p>