

**Session Topic:** Social Skills/Interactions (Emotional Weather Report)

**Developmental Level:** Middle School

**Purpose:** To assist members in becoming more aware of the emotions and thoughts that underlie their behavior.

**Materials Needed:** "Emotional Weather Report" handout, pens/pencils

**Description of Session:**

1. Say that before they even got to group today, they probably dealt with quite a few people. Those dealings may have been positive experiences or unpleasant ones. They might not be in the habit of thinking about or remembering the feelings they have had. Explain that a big part of taking control of behavior is first seeing what feelings are underneath the behavior. To do that, we have come up with something called the Emotional Weather Report.
2. Go over the list of emotions that are examples so that the members are clear about the meaning of the words. This will build their emotional vocabulary.
3. Give the students time to fill out their Emotional Weather Report handout.
4. Take time to share what experiences they used for their weather reports. Spend extra time on the last question, what they could learn from the situation.

**Discussion Questions:**

1. How can you use the Emotional Weather Report in your daily life when facing tough emotions?
2. Was there anything that stuck out for them while completing it?

Reference: Casarjian, B and Casarjian R. (2003). *The Power Source Facilitator's Manual*. Boston, MA: The Lionheart Foundation.