

December MindUp Challenge

I am sure that you have noticed the change in weather recently. I know that I have, especially as I am driving to school in the morning when it is extremely dark and gloomy. The weather can sometimes affect our mood. The most well-known example is winter SAD or the "winter blues" — a depressive mood felt only during the shorter days of the winter. Sometimes people can also feel very down during a downpour of rain. Other people could feel quite relieved while it is raining as this could represent crying. I know that I feel better after a good cry sometimes! To simply put it, we all experience the weather, but it means something different to each of us. In fact, according to research people tend to fall in one of these four categories:

Summer lovers: Your mood improves in warm and sunny weather.

Summer haters: Your mood declines in warm and sunny weather.

Rain haters: Your mood declines on rainy days.

Unaffected: Weather doesn't affect your mood much.



The activity below will support you to understand and express your feelings through the theme of weather.

Miss Shah



In this activity you will be using weather to represent your emotional states, and notice how they change.

In this first activity you will be invited to match how you feel with different types of weather by making a personalised Weather Watch with hands. This can be used as a tool to identify and share your feelings with others. This is where you will notice and understand the emotional changes and patterns that can occur over time.

In the second activity you will imagine creating a window that looks at the weather experienced inside yourself. The second activity will be in the January MindUp challenge so watch out for that!

Activity

Whatever the weather, keep creating!



Watch this clip to get you inspired- [Weather: Noticing Feelings | Weather in Me - YouTube](#)- you can find it on YouTube.

Weather: Noticing Feelings | Weather in Me

2K views 1 yr ago ...more

Create

You will need:

- A paper plate or a piece of paper and circular object
- A choice of something to draw or colour with such as coloured pens, pencils

If you've got them, you could also use:

- Recycled magazines/ newspapers or coloured paper to cut and paste with (for collaging)
- Scissors
- Glue and/or tape

But don't worry if you don't have these!

Creative activity steps:

1. Find a paper plate or draw a large circle onto paper/ card and cut it out. This can be done by tracing around a circular object or using a compass.
2. Divide your circle into 4-8 sections and think of a type of weather for each one.
3. Draw two arrows, like those found on a watch, which you can point or place on the types of weather that best fits with how you are feeling.
4. If you would like your arrow to turn, then pierce a hole at the centre of your weather watch and the bottom of your arrow. Place the arrow in front of your weather watch and put in a folding pin or stick through the holes.

