

I Am The Mountain, Not The Storm

Overview: Emotional Identification & Regulation

Hello Parent,

***I Am The Mountain, Not The Storm* is an Emotional Identification and Emotional Regulation Skill that helps children recognize and label their emotions through exploring different weather events. It also teaches children they are NOT their feelings by teaching children that feelings are like the weather - we cannot change it, but we can get through it, observe it, and it will pass.**

This lesson uses the illustration and a visualization exercise of being a mountain to experience the weather and encourages children to access this visualization when feelings are stormy or BIG.

This skills helps children and parents be curious about their feelings, and reminds children that even the BIGGEST feelings will pass - just like storms. It also emphasizes that all feelings are part of a good life for everyone!



**THANK YOU AND ENJOY LEARNING,
*Mindful Wellness Classroom***



I AM THE MOUNTAIN, NOT THE STORM

“*I AM THE MOUNTAIN, NOT THE STORM*” IS AN EMOTIONAL IDENTIFICATION & EMOTIONAL REGULATION SKILL THAT WILL HELP YOUR FAMILY RECOGNIZE AND LABEL EMOTIONS THROUGH EXPLORING DIFFERENT WEATHER EVENTS. THIS EXERCISE USES WEATHER EVENTS AS A FUN SHORTHAND WHEN TALKING ABOUT EMOTIONS. IT ALSO TEACHES CHILDREN THEY ARE NOT THEIR FEELINGS, AND THEY CAN CREATE DISTANCE FROM OVERWHELMING EMOTIONS WHEN THEY NOTICE THEY ARE ALWAYS THE MOUNTAIN, AND NOT THE STORM (EMOTION).

THE MAIN POINTS

1. Children will be introduced to the idea that feelings are like weather events, and we can not change them but we can get through them.
2. Children will practice identifying and observing their *weather events* through a visualization exercise and drawing.

WHAT YOU NEED

1. PDF: Weather Events/Feeling Poster
2. PDF: I Am The Mountain Poster
3. PDF: Weather Events/Feeling Worksheet (*Two Separate ones for different ages.*)
4. PDF: I Am The Mountain Coloring Sheet
5. Coloring Materials

GETTING STARTED

1. Have children in a comfortable space.
2. Tell children that today we are going to talk about our feelings as weather events.
3. If there is a window nearby, ask children to look outside and prompt them with the question: *Has anyone ever thought about how our feelings are like the weather?* Identify the weather outside and prompt a connection before listening to answers and engaging with responses. (*It's raining outside right now, and I think of rain as sad and dark. What do you think?*)
4. Tell children: Today we are going to learn about identifying our feelings, that means **naming/labeling what we are feeling**. We are going to do this using different weather events! We are also going to learn how labeling our feelings using the weather can help us with/manage BIG feelings!

FAMILY SKILL LEARNING

1. Parent holds up PDF: Weather Events/Feelings Poster and explains the following:
 - a. We can use the weather to help identify what we are feeling. For example, we can identify good feelings with sunny days and difficult feelings with stormy days.
 - b. Sometimes, our feelings can be more complicated than sunny or stormy. Even if we don't have words for our feelings, the weather can help us find the words for what may be hard to name.
 - c. Review the PDF: Weather Events/Feelings Poster with everyone by naming each weather event and giving examples; and/or asking for examples from others of times when they may have felt this way.
 - d. Instruct everyone to close their eyes and notice three deep breaths. Now ask everyone to identify the weather event that best matches how they are feeling right now. *Do you feel sunny, a bit cloudy, stormy, or windy?* After a minute, have everyone open their eyes, invite sharing as time allows and engage with responses.
2. Tell children: Now that we have practiced naming our feelings with weather events, we are going to *talk* about how we *experience* the weather.
3. Tell children: **Feelings are like the weather, we cannot change it. It may not be what we want on a particular day or time, but we can get through it, it will pass. Just like the weather, our feelings come and go no matter how big they may be!**
4. Hold up PDF: I Am The Mountain Poster. Tell children: **It is also important to remember that we are NOT our feelings, just like a mountain isn't the storm, but the mountain can feel and see the storm that comes and goes throughout the day. We are like the mountain, we can notice our feelings and remind ourselves we are not our feelings, and that our feelings will pass and change just like the weather.**
5. Invite everyone to stand up and ask them to plant their feet firmly on the ground while standing straight and tall. Ask everyone to close their eyes, and imagine they are a mountain. *"You are a mountain whose top reaches far into the sky, and whose base goes low into the valley and streams. Feel your weight and strength as you stand tall."*
6. Continue with visualization by prompting everyone to notice the weather event that best represents their feelings now. **Notice if it is stormy for you right now, maybe it's raining, or sunny, or windy. Whatever you notice, be curious about how you feel it as the mountain...reminding yourself it will pass and change, that all feelings and weather events are part of a good life.**
7. Continue with visualization by telling everyone that **some emotions can feel really BIG, like a stormy day with thunder and lightning! We can remind ourselves that BIG FEELINGS WILL PASS, just like big storms, by practicing being the mountain that stands firm and doesn't move during a storm.**
8. Ask everyone to notice a storm now as their feet are planting firmly on the ground and they are tall as a mountain. Then prompt everyone to say to themselves **I AM THE MOUNTAIN, NOT THE STORM.** Invite the room to repeat it together aloud as well.
9. Instruct everyone to open their eyes and allow time for sharing about the visualization and engage with responses.

CREATIVE FAMILY FUN

1. Hand out PDF: Weather Events/Feeling Worksheet, coloring materials, and PDF: I Am The Mountain Worksheet for everyone to practice independently.
2. Allow time for children to engage/draw/color with different weather events and feelings before instructing students to color the mountain worksheet with the weather event they are experiencing right now. Walk around and support work, parents participate and complete worksheets as well for collaborative skill learning and modeling.

REVIEW & SKILL PRACTICE

1. We can use the weather to help identify what we are feeling.
2. Feelings are like the weather, we cannot change it! It may not be what we want on a particular day or time, but we can get through it, and it will pass. Just like the weather, our feelings come and go, not matter how BIG they may be.
3. We are like the mountain, we can notice our feelings and remind ourselves we are NOT our feelings, and that our feelings will pass and change just like the weather.
4. When we remind ourselves: I AM THE MOUNTAIN, NOT THE STORM, we can slow down our feelings and remember they will pass.
5. Invite everyone to practice being a mountain and checking their weather. Invite the children to use weather events to identify emotions to themselves and each-other.



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QUICK SKILL SHEET

"I AM THE MOUNTAIN, NOT THE STORM"



We can use the weather to help identify what we are feeling.

For example, we can identify good feelings with sunny days and difficult feelings with stormy days. Sometimes our feelings can be more complicated than sunny or stormy. Even if we don't have words for our feelings, the weather can help us find the words for what may be hard to name.



Feelings are like the weather, we cannot change the weather and we cannot change our feelings.

It may not be what we want on a particular day or time, but we can get through it, and it will pass. Just like the weather, our feelings come and go no matter how big they may be.



We are not our feelings. We are like a mountain.

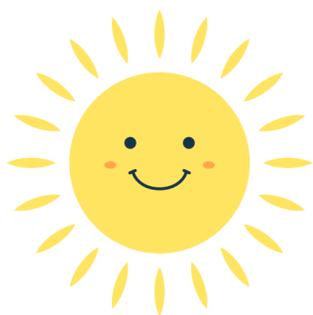
The mountain can feel and see the storm or wind that comes and goes throughout the day, but it isn't the storm. We can notice our feelings and remind ourselves we are not our feelings, and our feelings will pass and change just like the weather.



**Some feelings can feel very powerful.
We can remind ourselves:
I AM THE MOUNTAIN, NOT THE STORM
to help slow down our feelings
and remember they will pass.**

How are you feeling today?

Our feelings can be like the weather. They can change at any time. Think about how you're feeling right now, and what kind of weather it relates to.



Sunny



Breezy



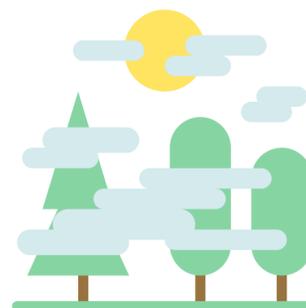
Rainbows



Cloudy



Rainy



Foggy



Windy



Lightning



Stormy

You ARE the Mountian, NOT the Storm.

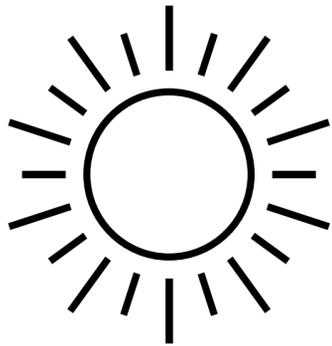
Feelings are like the weather, we cannot change our feelings just like we cannot change the weather. It is important to remember we are not our feelings. Just like a mountain can feel and see the storm that comes and goes throughout the day but isn't the storm. We are like the mountain, we can notice our feelings and remind ourselves that they will pass just like the weather.



NAME: _____

How are you feeling today?

Color the different weather events that can represent your feelings.



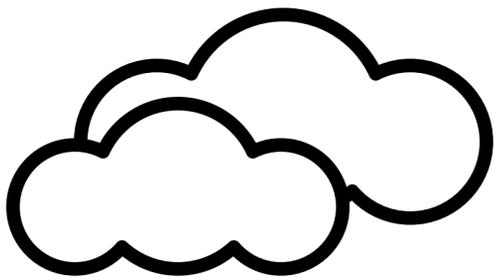
Sunny



Breezy



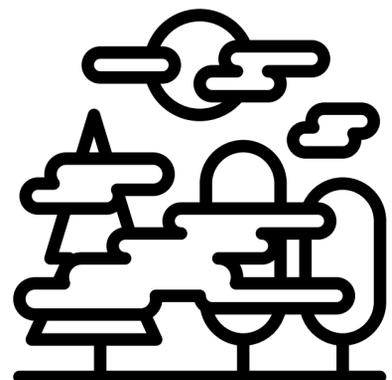
Rainbows



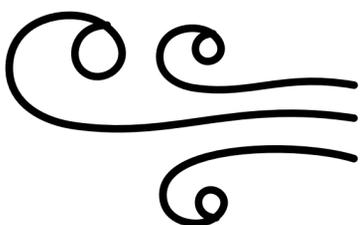
Cloudy



Rainy



Foggy



Windy



Lightning

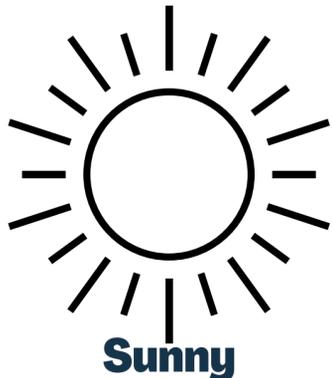


Stormy

NAME: _____

How are you feeling today?

Color the different weather events that can represent different feelings. Write the feeling underneath the weather that you think goes best with each one.



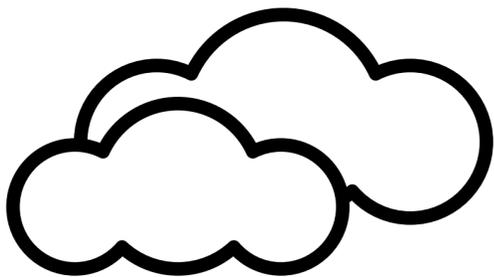
Sunny



Breezy



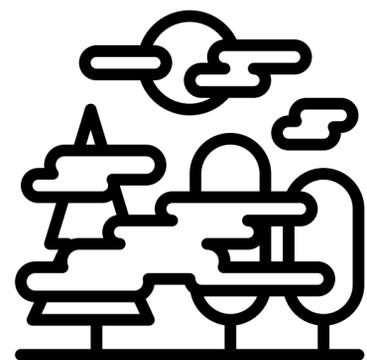
Rainbows



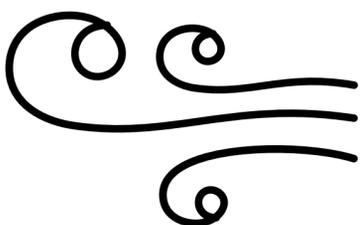
Cloudy



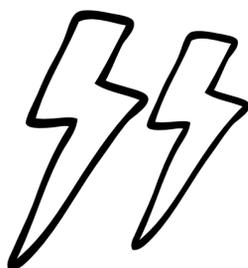
Rainy



Foggy



Windy



Lightning



Stormy

NAME: _____

I am the Mountian, NOT the Storm.

Draw the weather event that best matches how you are feeling right now.

