



Some Days I'm The Wind

Discussion and Activity Guide

DISCUSSION QUESTIONS

Understanding the Story

1. The little girl in the book compares her feelings to the wind, the sun, the sea, and more. What does that tell us about how our emotions can change?
2. A **metaphor** is when we say something is something else to help us understand it better. For example, if someone says “I am a storm,” it doesn’t mean they are really a storm — it means they might feel angry or upset, like the stormy weather outside. The story uses metaphors like weather and nature to describe feelings. Why do you think those are good comparisons?
3. Why do you think the little girl says, “all days, I’m me” — even when she experiences lots of different feelings?

Making Connections

4. Can you think of a day when you felt like a “cyclone” or a “breeze”? What happened that made you feel that way?
5. Do you ever feel more than one way in a single day? What are some feelings you had today?
6. How do you know when your feelings are changing? What do you notice in your body or thoughts?
7. How can you tell how someone else may be feeling? Other than asking them (the best way!), how does their body language and/or facial expression offer a clue?
8. How can we support our friends or classmates when they’re feeling different emotions, like shy, frustrated, excited, or embarrassed?



Some Days I'm The Wind

Written by Rebecca Gardyn Levington

Illustrated by Dinara Mirtalipova



Illustration © by Dinara Mirtalipova
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ACTIVITY: WEATHER REPORT FEELINGS

Invite kids to draw or write a “feelings forecast” for the day, just like a weather report. Have them answer the following questions:

- What kind of weather matches how you feel today? Why?
- What’s your forecast for tomorrow? Why?
- What do you like to do when you’re having a stormy or cloudy day?

ACTIVITY: MAKE A SUN CROWN

Materials needed:

- Scotch tape
- Blank piece of paper
- Scissors
- Colored pencils or markers

Invite kids to illustrate how they’re feeling on the face of the sun. You can share with them the endnotes of the book, where an array of different facial expressions are depicted, for inspiration.

Instructions:

- Have the kids draw how they’re feeling on the face of the sun.
- Once they’re finished drawing, the kids can cut out the outline of the sun.
- Take a second, blank sheet of paper and cut two long strips, about 1 inch wide each, from the long side.
- Tape the ends of the strips together to form a band that fits around the child’s head like a crown.
- Finally, tape the sun to the front of the band to complete the sun crown!

Let kids wear their creations and share how their sun reflects their feelings.



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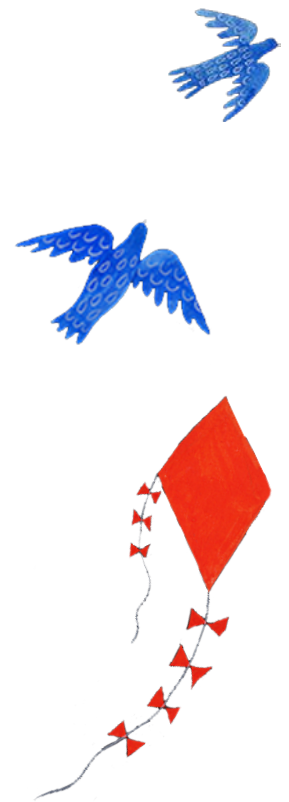


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