

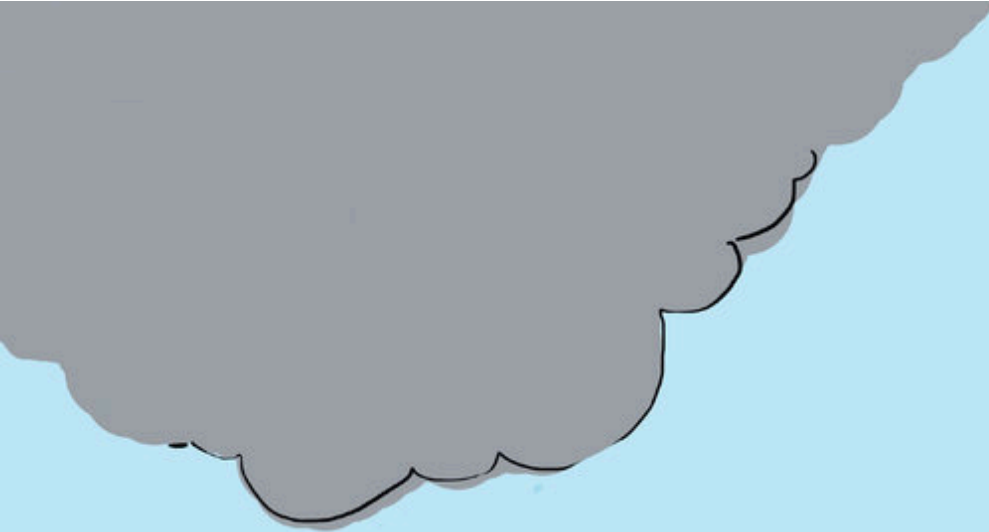


# My Inside Weather

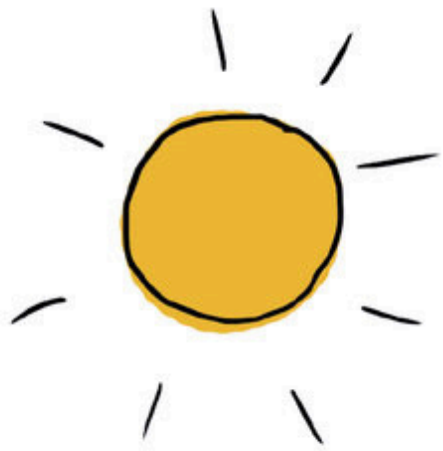
**Author:** Jen Thorpe

**Illustrator:** Lara Berge

Level 2



It's easy to talk about  
the weather outside, even if it changes  
all the time.



But it's hard to talk about the weather inside me. Sometimes it feels like people don't understand.



Do you feel like that too?




Some days my mind is full of  
sunshine and rainbows. I feel like  
I can do anything.



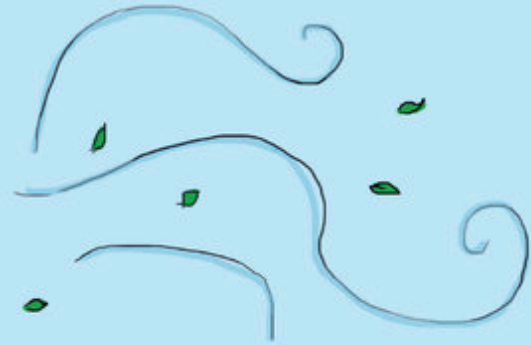




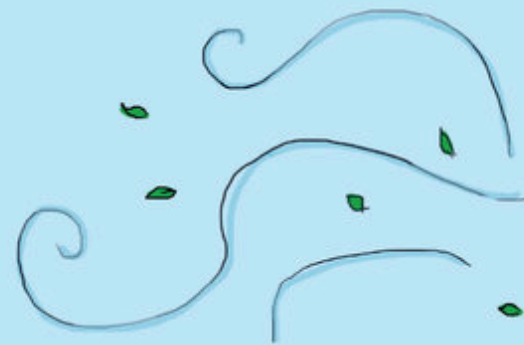


On other days my head is full  
of fog and clouds. It's hard  
to listen to what people are saying  
or to remember things.





I sometimes wake up feeling like  
it's windy and wild in my head.  
I feel tired and grumpy.







And sometimes it feels like it's  
raining inside me. It can be  
a drizzle making me feel sad,  
or a storm making me feel angry.






Sometimes the weather inside  
me doesn't match the  
weather outside.







Sometimes my inside weather  
doesn't match how I want to feel  
or how I think I should feel.



Is that okay?

Yes, of course it is.



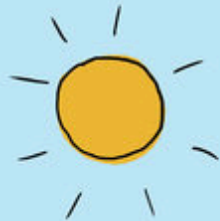
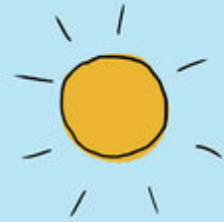
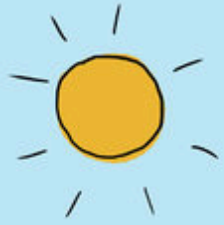
The best thing to do when we feel  
like our inside weather is strange  
is to tell someone we love,  
and talk about it.



They've got inside weather too,  
and they'll understand.









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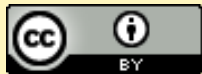
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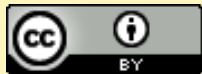
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