







Weather Zones	What It Means	Parent Goal
 Sunny	Regulated, flexible	Maintain connection
 Partly Cloudy	Mild irritation or overwhelm	Offer support early
 Rainy	Sad, tired, discouraged	Comfort + co-regulate
 Windy	Restless, impulsive	Movement or sensory input
 Stormy	Meltdown, panic, shutdown	Safety + zero demands
 Clearing	Recovering	Repair + reflect gently

Parent Language That Helps

- “What’s your weather like inside right now?”
- “Is this a drizzle or a thunderstorm moment?”
- “Do you need an umbrella (support) or space to let the storm pass?”
- “Is your body feeling windy or calm?”
- “What would help your sky clear a little?”

Quick Strategy for Parents

1. Name the Weather
“Looks like your weather is getting windy.”
2. Normalize It
“Everyone has stormy weather sometimes.”
3. Offer a Regulation Tool
“Want a movement break or a quiet corner to calm the wind?”
4. Reconnect After
“Your sky looks clearer. You rode that out really well.”