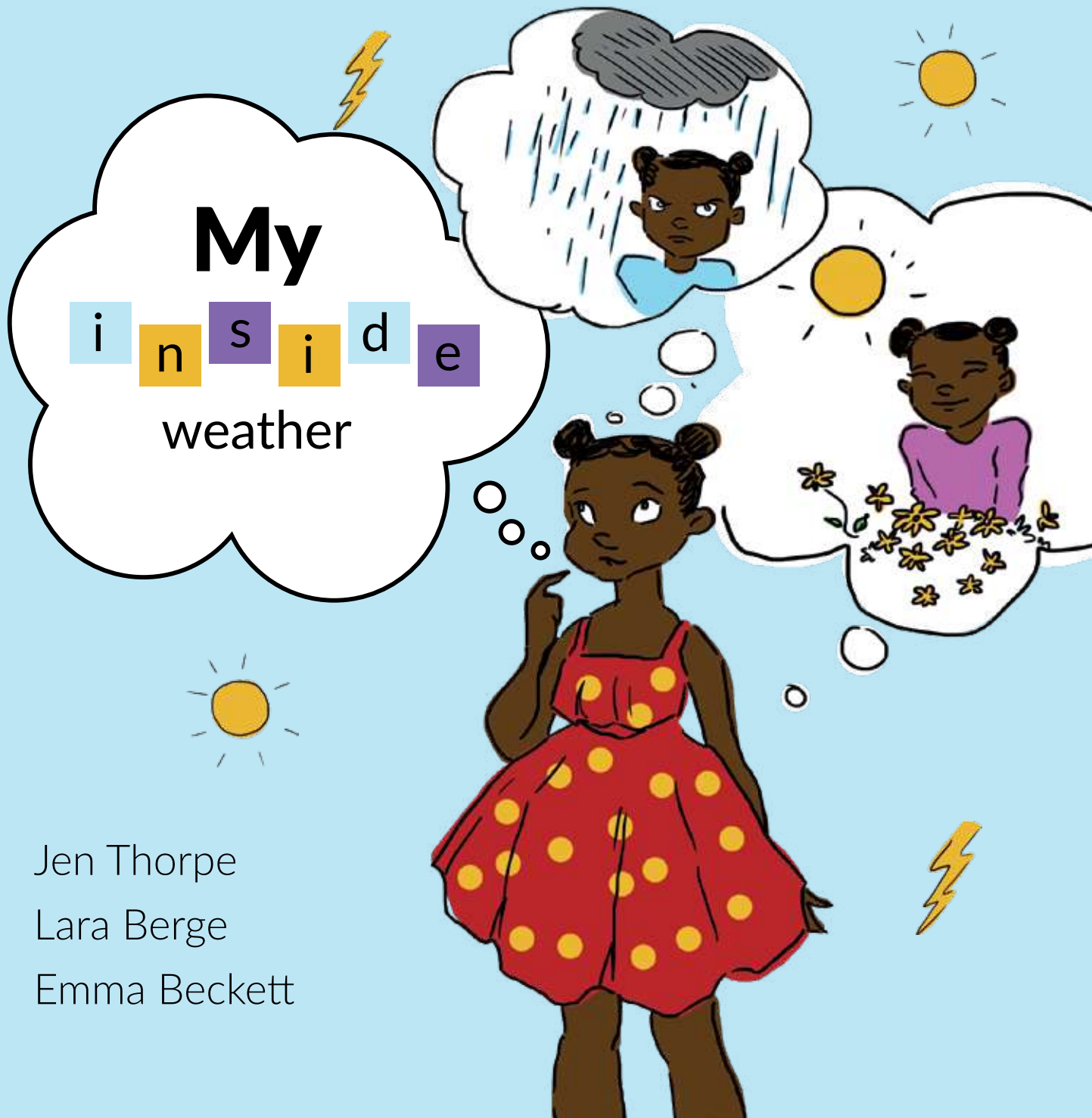




Jen Thorpe

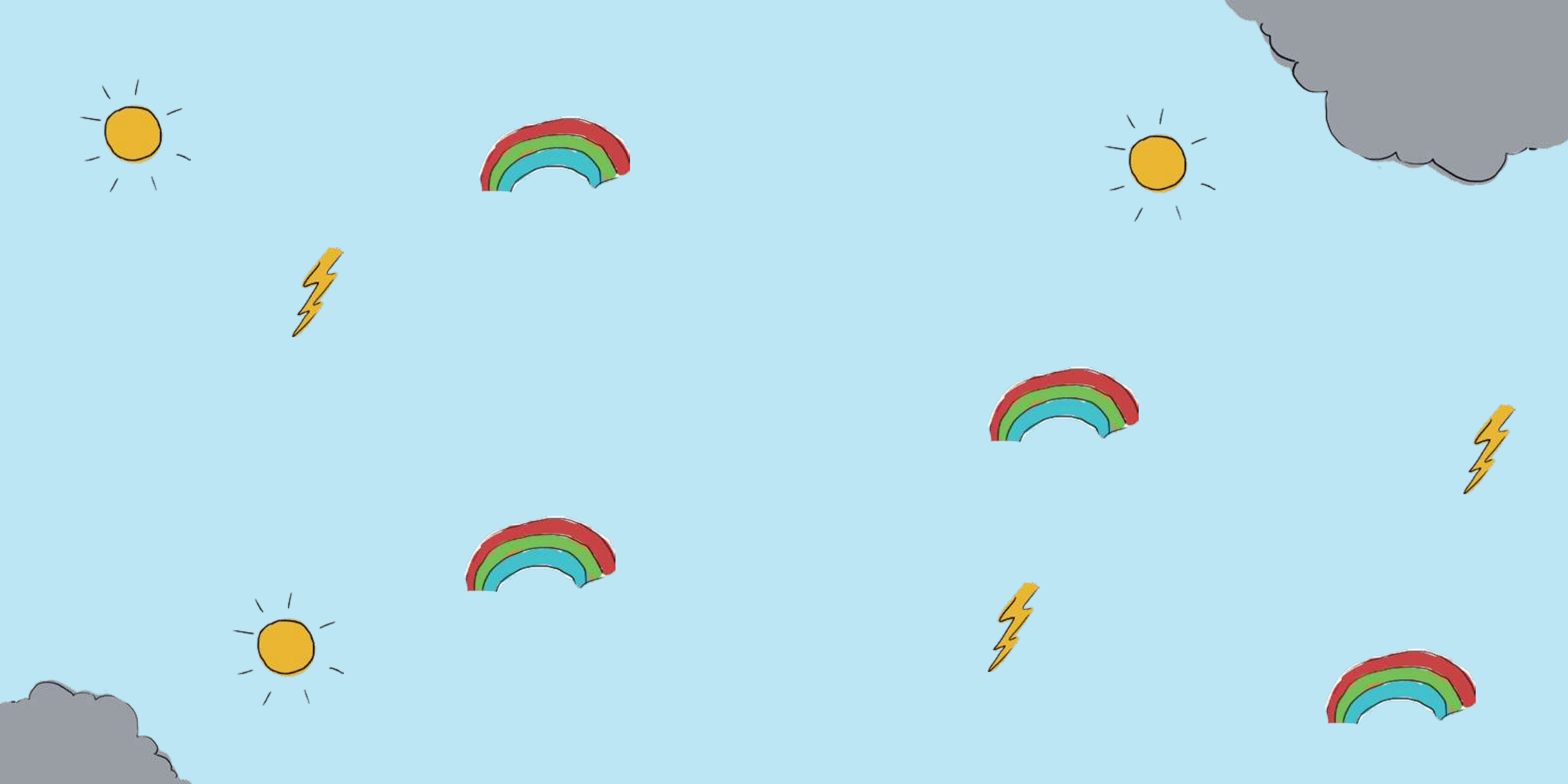
Lara Berge

Emma Beckett

My inside weather

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My inside weather

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with the help of the Book Dash participants in Cape Town on 2 December 2017

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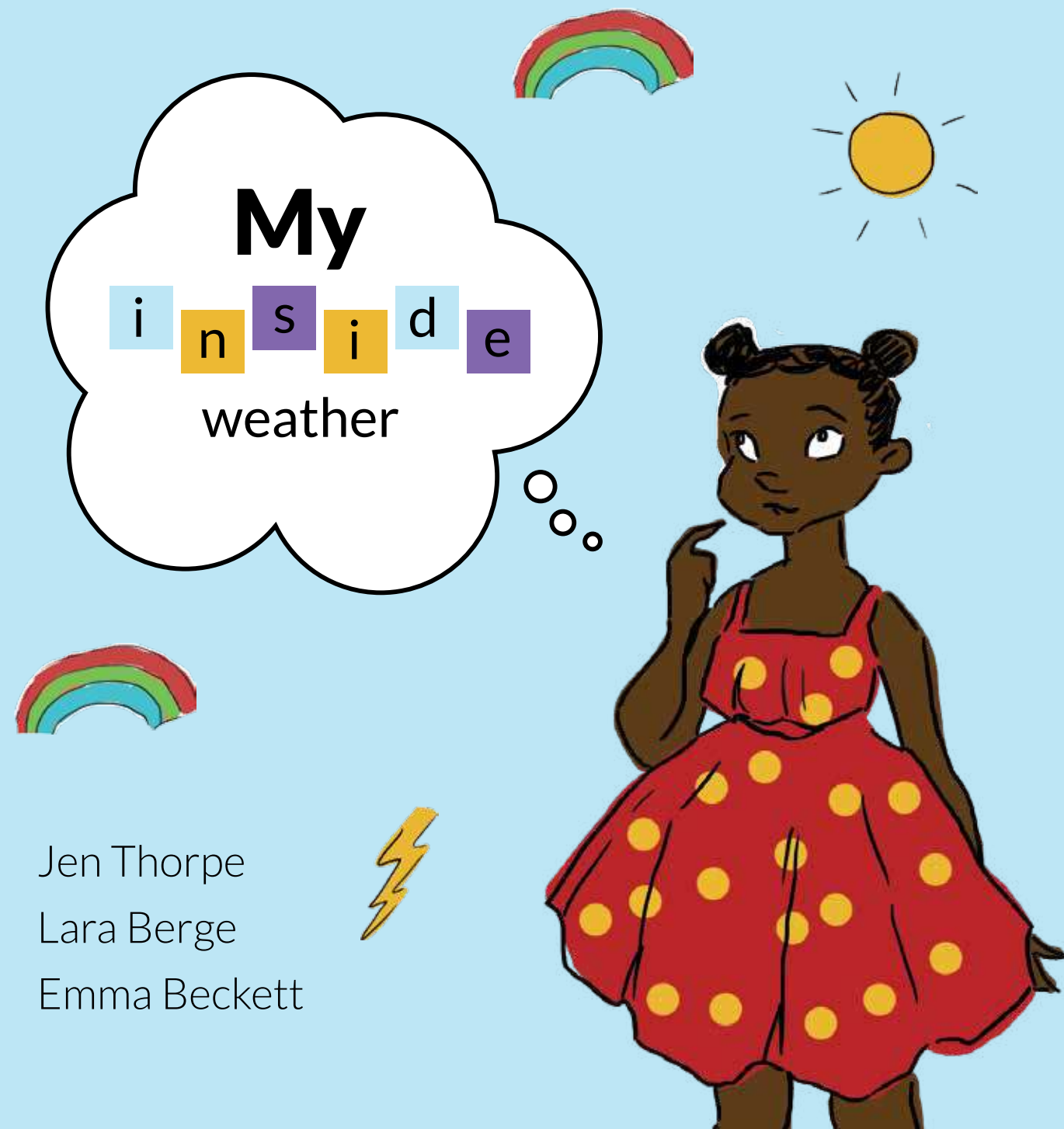
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Jen Thorpe

Lara Berge

Emma Beckett

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.



