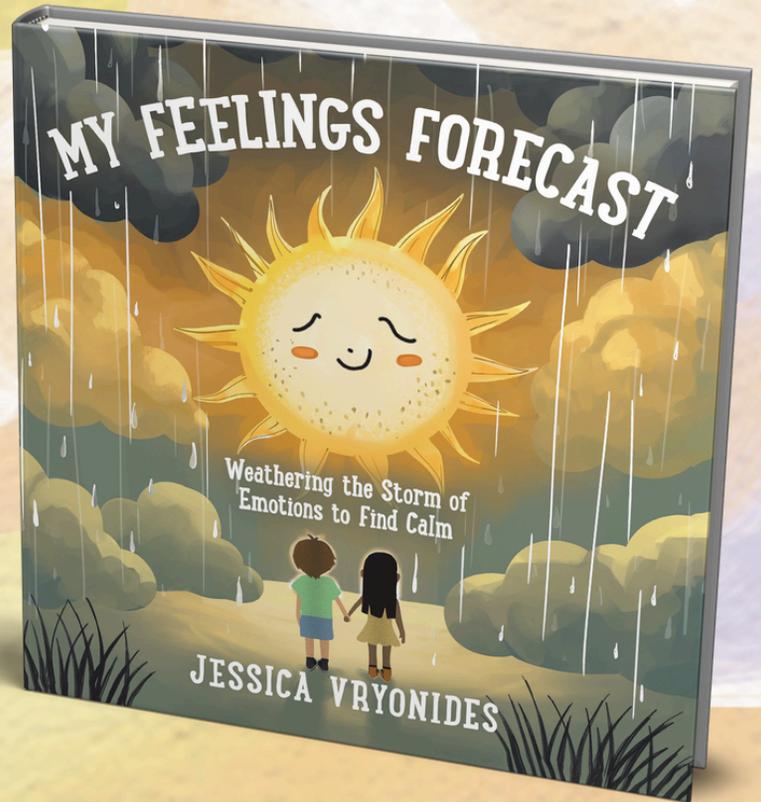


About the Book

My Feelings Forecast: Weathering the Storm of Emotions to Find Calm takes you on a journey through your emotions, using the language of weather to help you recognize, understand, and manage what you are feeling. From sunny skies to stormy days, this beautifully illustrated book reminds you that all emotions are valid—and that with the right tools, you can find your calm again.

Written by a registered and board-certified behaviour analyst, and inspired by real-life parenting moments, this relatable and supportive story offers practical strategies for emotional regulation, making it an essential resource for parents, educators, and therapists supporting children's emotional growth.

Perfect for homes, classrooms, and therapeutic settings, **My Feelings Forecast** is a must-have tool for raising emotionally aware and resilient children.



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About the Author

JESSICA VRYONIDES is a Registered Behaviour Analyst R.B.A (Ontario), Board-Certified Behaviour Analyst (BCBA), and mom of two energetic boys. Blending her clinical expertise with real-life parenting, she creates engaging resources that help children understand and manage their emotions. Inspired by everyday moments, Jessica is passionate about making emotional learning relatable and empowering for kids and their families.



A Look Inside



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