

Your Creativity, Your IMPACT

The Weather Inside Me

15 minutes to reset your classroom.

By [Yamila Porini](#)

elevate
education to empower



Yamila Porini



Bio

Educator. English Teacher (UTN), Yoga and Mindfulness Coach, SEL and Positive Discipline Certified.



Educational Institution: I am a freelance teacher and teacher trainer, and I implement these practices in workshops with kids, and I also share them in teachers' training sessions



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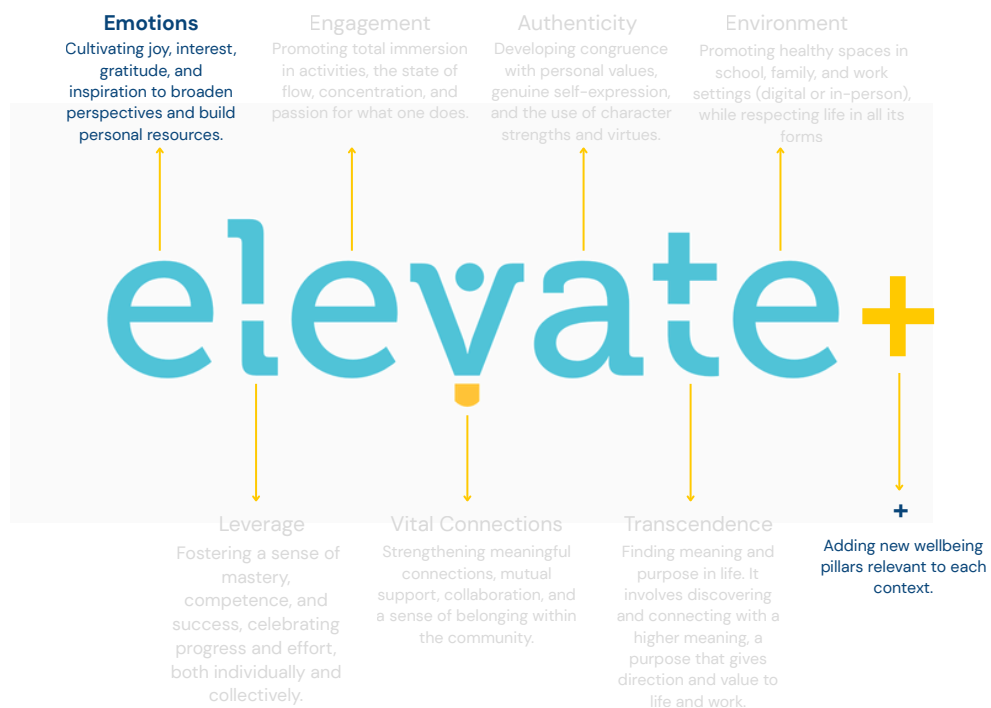


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The ELEVATE+ Activity

Which ELEVATE+ Pillar(s) does this address?



Objective:

- Self-awareness, emotional validation, mindful introspection

Time Allotted:

- 3 minutes

Step-by-Step Description:

This exercise combines English vocabulary (weather) with mindfulness introspection.

The Stop: The teacher rings a bell or bowl (or says, "Freeze like a statue").

The Breath: "Close your eyes. Place your hands on your belly.

Feel the air: In... and Out. Like the waves of the ocean."

The Observation: "Check your weather inside. Is it sunny and calm? Is it rainy and sad? Is it windy and nervous? Just look at it; you don't need to change it."

The Return: "Take one last deep breath and open your eyes. Now we are ready to listen."

Why it's powerful for your session:

For the student, it teaches them to identify their emotional state using English in a meaningful way.

For the teacher: These 60–90 seconds give you time to slow down, observe the group, and reset your energy before continuing.



Impact & Reflection

Student Impact:

After repeating this exercise in every class, students began to feel calmer, and a sense of readiness permeated the classroom. Some students were reluctant at first, but after a few sessions, they began asking me to do this exercise more often, and even some of them wanted to lead the activity themselves, which was a huge surprise for me.

Teacher's Reflection:

"It helped me a lot to start the class with a good note and a fresh mind. After doing this exercise with them, I had the feeling that we built a stronger bond and a sense of trust and kindness was frequently present in the majority of the classes. This situation made me feel more relaxed and aware of my own needs as well as my students." — Yamila

A Tip for Others:

My recommendation is that you first do this exercise on your own, at least every day for a week, so you can experience by yourself all the benefits of the practice.

Call for Submissions!

Do you have an activity that brings the **ELEVATE+** pillars to life? Whether it's a 5-minute check-in or a full-hour project, we want to see it!

Submit your activity [here](#)

let's elevate education together!



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