

My Mood Stars



GAMES TO PLAY



SHY
STAR



SAD
STAR



SCARED
STAR



HAPPY
STAR



CROSS
STAR



SURPRISED
STAR



SILLY
STAR



SLEEPY
STAR



Identify the Emotion

Simply tell the child which expression you would like them to find. Where's the happy star? Where's the sad star?



Explain the Emotion

An advanced version of game 1. Explain which star you would like the child to find, based on an explanation of when this expression would be used:

Ben fell over and cut his knee and it really hurt! What star do you think Ben would be? Or

It's my first day at school and I don't know anybody. Or
When I talk in front of a lot of people sometimes I get really quiet.



Which Star is Missing?

Lay all the **My Mood Stars** next to each other and give the child 30 seconds to observe them. Place all the stars under a small towel or sheet, removing one star. When you remove the cover to reveal the remaining **My Mood Stars** the child must identify which star is missing. Take it in turns so that the child has a chance of removing a star too!



True or False

Pick up a star and portray either the correct emotion or a different one. If it is false, ask the child to pick up the correct star.



Today I Feel...

This activity allows the child to take control of their emotions and express how they feel throughout the day. Each morning using the **My Mood Stars** and the **My Mood Stars** board as part of their daily routine, allow the child to choose which star they are feeling that day. If it is a negative star, the child will see this as a challenge to end the day with a positive star. If the child feels they are in complete control of their emotions, they will want to 'win' the 'game.'

Other ideas for using **My Mood Stars** to talk about feelings:

Talk to the child about an upcoming event where they may experience different feelings, for example, a funeral, first day at school, going on an aeroplane for the first time etc. Explain that feeling worried, scared, sad or angry is normal and that lots of people will be experiencing different emotions. This will encourage them to express their own emotions as well as feeling empathy for others.

