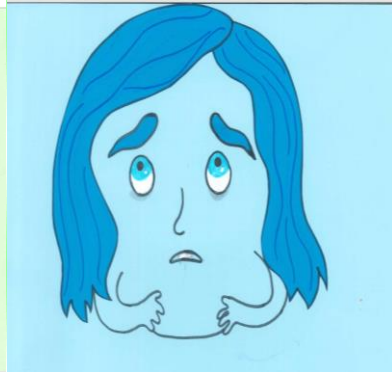
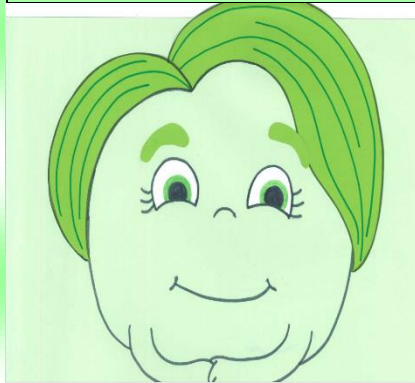


Meet the Mood Monsters. Which one are you today?

happy	sad	scared	angry
calm	tired	excited	unkind
ready to learn	lonely	silly	unsafe



Top 10 tools to get into the green zone

1. Identify which mood monster
2. Talk about the words linked to that mood monster
3. Find a quiet place/ have some thinking time
4. Breathe slowly and deeply
5. Count to 10
6. Clench and unclench fists
7. <https://family.gonoodle.com/channels/flow> 'go noodle' bring it down' FLOW
8. Listen to the mood monsters favourite stories (see separate poster)
9. Mindfulness colouring
10. Talk to a trusted person.