

Mood Menu with Madame Gazelle

Adult Instructions

You will need:

- Mood Menu Emotion Cards
- Mood Menu Example Poster
- My Mood Menu Template
- Mood Menu Strategy Cards

Instructions:

- Talk through the Mood Menu Emotion Cards with the children.
- Discuss how they know they are feeling like this - how does their body feel? What do they do?
- Talk about some ideas that can help when they are feeling this way.
- Show children the Mood Menu Example Poster.
- Discuss the strategies used for different emotions and explain that everyone has different strategies.
- Support children to use the Mood Menu Strategy Cards or to draw their own pictures to create their personalised mood menu with the My Mood Menu Template.

