

Mood Menu 0-3 Adult Guidance

You will need:

- Mood Menu Emotion Cards
- Mood Menu Example Poster
- Mood Menu Body Scan
- Mood Menu Strategy Cards

Instructions

- Talk through the Mood Menu Emotion Cards with the children.
- Discuss how they know when they are feeling like this:
 - how does their body feel?
 - what do they do?
- Support children to complete the Mood Menu Body Scan using the template.
- Talk about some activities they might try 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.