

MOOD MAT

How are you feeling?

The mood mat consists of 20 emoji icons arranged in a diamond pattern, each with a corresponding emotion label below it. The emotions are: Overwhelmed, Rage, Afraid, Unsafe, Frustrated, Sick, Cheeky, Disappointed, Mad, Excited, Proud, Unsafe, Sad, Happy, Tired, Worried, Calm, Lonely, Scared, Nervous, Stressed, Judged, and Guilty.

**MOOD
MAT**

activities

ACTIVITY 1

The purpose is for the children to name their feeling, and if there is a secondary feeling that goes along with it.

Provide a worksheet that has room for them to write a word, draw the emoji face, and show what size that feeling is for them.

Start by identifying a primary feeling in the centre of the mat where the four coloured segments are, if they choose a pink, orange, purple or blue feeling, then move to the part of the mat that is that colour, and choose a secondary emotion,

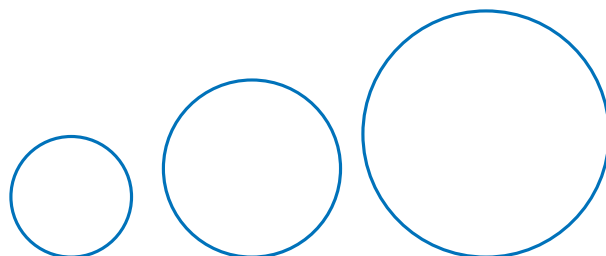
Eg I am feeling happy and I am feeling playful

Or I am feeling angry and I am feeling frustrated.

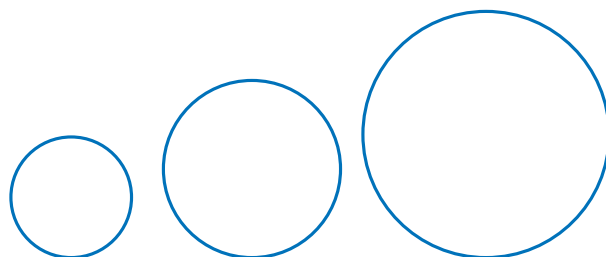
Younger children can draw a picture that illustrates this feeling, what happened to make them feel this way.

Older children can write about what happened to make them feel that way, what physical signs they have eg feeling hot or butterflies in their stomach.

I am feeling _____



And I am feeling _____



ACTIVITY 2

Throw a counter on the mat, Look at what emoji it lands on.

Describe a time when you have felt that way or

Tell a story about a character who felt that way

ACTIVITY 3

Look at each of the four colours, choose an emoji and describe or draw what your body feels like when you have that feeling, eg hot cheeks, heart beating, eyes wide open, hands shaking.

ACTIVITY 4

When you are reading a book to your children, stop and ask them to look at their mat and choose a feeling that the the main character is feeling at that time.

Think of a time something similar happened to you / you were treated that way. How did it make you feel? What did you do?

ACTIVITY 5

Cut out photos from magazines that illustrate different feelings from the mat.

Describe the facial expressions or body language that show this feeling

ACTIVITY 6

Pick an emoji from the mat and share a time you felt that way at home/at school

ACTIVITY 7

Choose a feeling off the mat, and mime how it feels (no words or sounds), have the other children or siblings or you guess which feeling you are acting out (adults and children can do this, and with facial expressions)

ACTIVITY 8

Choose a feeling and describe what colour does this feeling make you think of? What animal?

Which character on a TV show or a book.

ACTIVITY 9

What do you do to calm down when you are feeling _____?

ACTIVITY 10

What is the opposite of the feeling _____ ?

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