Going back to school can make us feel a lot of different emotions. See how each member of the Mood Crew feels about starting the new school year.

**Angry**

I have way more fun outside with my friends and now I have to sit in a classroom all day?!

Angry is unhappy to return to school. Can you tell her times that you’ve had fun at school?

**Calm**

Ahhhh, school is one of my favorite places to learn about far away places...

Calm feels peaceful while she sits at her desk. What helps you focus while you learn new things?

**Confident**

One of my favorite things is helping my friends feel like they can get through challenging times!

Confident feels secure in the classroom. What do you feel confident about?

---

**TIP**

Using a fidget spinner, coloring, or doing a puzzle can help redirect negative thoughts and calm our bodies while we think of new ways to respond to something that makes us angry.

**TIP**

Taking in a deep belly breath through your nose and blowing the air out though your mouth can help calm your body and mind.

**TIP**

Posing like a superhero, taking deep breaths, and saying to yourself, “I’ve got this!” can help you feel more secure.
**Excited**

**YOU MEAN I GET TO BE WITH MY FRIENDS ALL DAY AND DO AND LEARN NEW THINGS?!?!!?**

Excited can’t wait to go back to school! What’s something you’re looking forward to?

---

**Worried**

**BUT...WHAT IF I FORGET MY SCHOOL SUPPLIES? OR IF SOMEONE DOESN’T LIKE ME? OR, OR, OR...**

Worried is anxious that things will go wrong. Are you worried about going back to school? What helps you calm your fears?

---

**Scared**

**BUSES ARE SCARY! AND MY TEACHER WILL GET MAD AT ME IF I DO THINGS WRONG!**

Scared feels overwhelmed. Can you help Scared by telling him fears you’ve overcome?

---

**Embarrassed**

**I JUST KNOW I’M GOING TO TRIP OVER MY SHOELACES OR SAY SOMETHING STUPID TO ONE OF MY CLASSMATES.**

Embarrassed doesn’t feel confident. Can you tell him about a time you were embarrassed in school and how you got through it?

---

**TIP**

If you can’t think of anything you’re excited about, what has been exciting in the past or what are you excited to tell your classmates about?

**TIP**

Find an adult you trust and talk about what parts of your worries are true and what parts might be untrue.

**TIP**

Squeeze all of your muscles for ten seconds and then release all of them at the same time until you feel like a noodle. Relaxed muscles help us feel calm.

**TIP**

Sharing stories with your friends about times you made mistakes or felt foolish helps yourself and others realize that it’s part of human nature.

---

©2021 Depression and Bipolar Support Alliance

DBSA
Depression and Bipolar Support Alliance

©2021 Depression and Bipolar Support Alliance
<table>
<thead>
<tr>
<th>Mood</th>
<th>Description</th>
<th>TIP</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sad</strong></td>
<td>Thinking about summer being gone and having to do homework makes me unhappy.</td>
<td><strong>TIP</strong></td>
<td><strong>What are things that make you sad?</strong></td>
</tr>
<tr>
<td><strong>Happy</strong></td>
<td>We get to spend all day with our friends and learn new things?! What a joy!</td>
<td><strong>TIP</strong></td>
<td><strong>What are five things about school that make you smile?</strong></td>
</tr>
<tr>
<td><strong>Lonely</strong></td>
<td>It feels so hard to make friends and I don't always feel comfortable around people.</td>
<td><strong>TIP</strong></td>
<td><strong>What are the qualities in people that help you feel comfortable? Look for those same qualities in others to help make new friends.</strong></td>
</tr>
</tbody>
</table>

Allowing yourself to feel sad when something gets you down is ok and helps the feeling pass, but talk to a trusted adult if you feel like the sadness won't go away.

TIP

There are parts of school that may not make you happy and that's ok. Write down the parts that make you feel grateful.

TIP

Lonely can be shy at times. Can you tell him times you’ve felt lonely or shy?