

Meet the DBSA Mood Crew®

Instructions for Parents and Caregivers

The DBSA Mood Crew is an emotional literacy program created to help you teach your child more about emotions.

Emotional literacy refers to one's ability to understand their own emotions, listen and empathize with others, and communicate emotions productively. The DBSA Mood Crew helps children develop skills and a vocabulary around emotional literacy, so they can better understand and express what they are feeling day to day.

Front (L-R): LONELY, SAD,
ANGRY, CALM, SCARED
Back (L-R): WORRIED, EXCITED,
CONFIDENT, HAPPY, EMBARRASSED



TIPS FOR TALKING ABOUT Feelings & Emotions

- When we talk about emotions, we don't want to label them as 'good' or 'bad.' Instead, explain that everyone feels a wide range of emotions, and it is okay to feel your feelings, whatever they may be.
- Although some emotions may be more challenging than others (for example, it's preferable to feel happy over sad), we want to be sure to talk about how we are feeling, even if they're not pleasant.
- Feelings and emotions are temporary. We can learn new ways to respond to them so that we don't feel stuck.
- We need to take care of our feelings just as we would take care of physical pain. Just as we go to a doctor to check on our bodies, we also can check in with a doctor about our feelings.

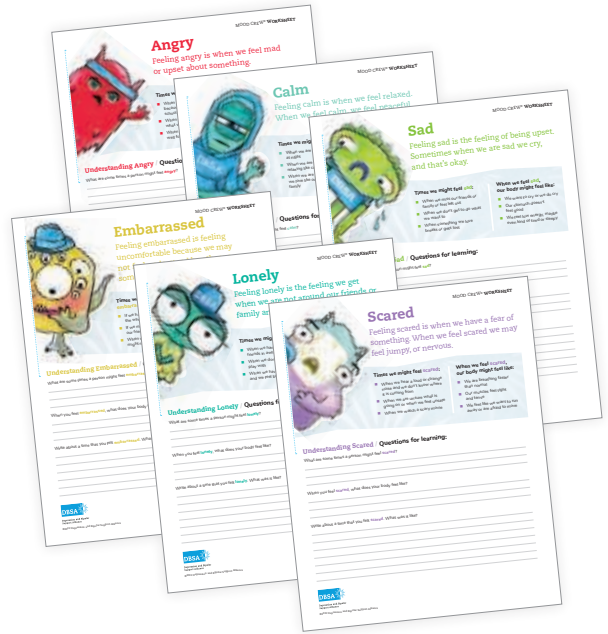
How to Use the Mood Crew

WORKSHEETS

Mood Crew worksheets are a great way to introduce your child to each member of the Mood Crew and the emotion they represent.

Each worksheet explains times when one might feel each emotion, as well as how one might experience that feeling in their bodies. You can then discuss with your child times they have felt that particular emotion, as well as provide examples of times someone else might feel that emotion.

When developing emotional literacy, it can be helpful to focus on what an emotion feels like in the body because it can often be easier for children to understand and identify a physical sensation than it is to speak clearly about a feeling or emotion. (This can be hard for adults to do as well!)



GAMES

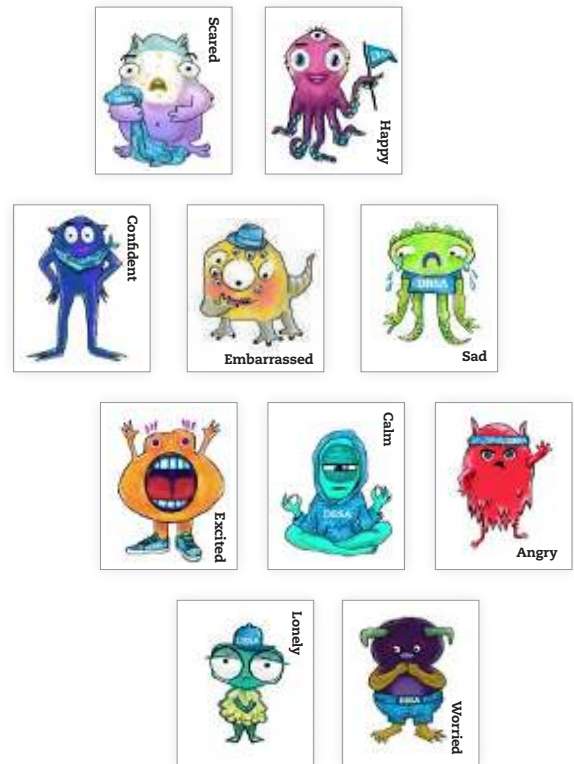
The DBSA Mood Crew games can help you get creative with understanding emotions. Each game comes with specific instructions, but we'll outline the benefits of each game below.

Moods in Motion

Moods in Motion teaches children to creatively explore what our emotions feel like in our bodies. Through a combination of acting, writing, and drawing, children build the mind-body connection they'll need to better identify their emotions and how they're feeling.

Matching Moods

Similar to other card-based matching games, Matching Moods lets children have fun by matching members of the Mood Crew! After making a match, children can discuss and explore the specific feeling, or play fun activities like making funny faces to match that member of the Crew.



STORIES

The DBSA Mood Crew stories are dialogues between the characters.

Reading through these stories with your child can be a great way to for your child to understand each emotion through the familiar context of a story. Each story also includes question prompts to help you and your child process each scenario and have a continued conversation about each emotion.

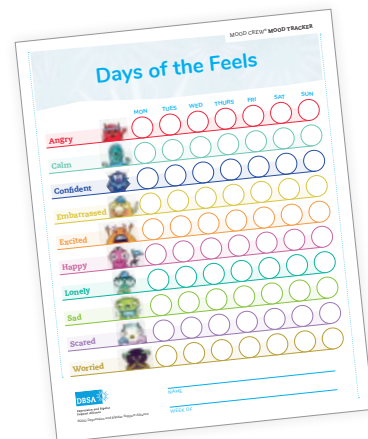


THE DAYS OF THE FEELS

The Days of the Feels is a weekly mood tracker that you can use with your child each day.

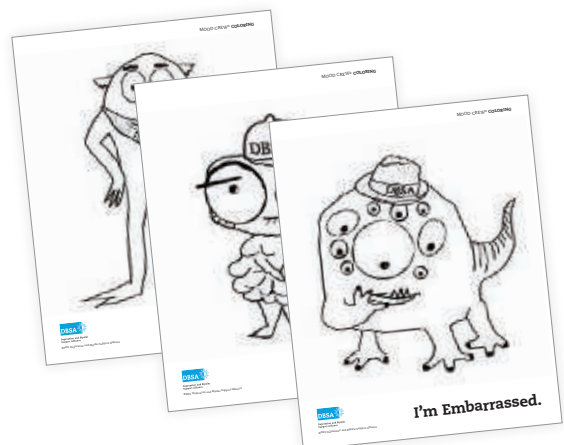
At the same time each day, (for example, after school), you can have your child mark how they're feeling that day. You can sit down and fill out each day with your child or have them do it themselves. Help them stay curious by asking them to explain what happened that might have caused the feelings they identified.

If you begin to notice a pattern where your child is feeling angry, worried, scared, sad or lonely in excess, you may want to work with a healthcare provider to see if additional help might be needed.



THE COLORING SHEETS

The coloring sheets are a great way to start conversations about emotions. Especially for children who may be more introverted, allowing them some quiet time to color each Mood Crew character can help them think about feelings. You may want to try printing multiple color sheets and seeing which sheet they select to color, and asking them why they chose that particular emotion to color in.



About DBSA

WHO WE ARE

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-focused mental health non-profit whose mission is to provide hope, help, support, and education to improve the lives of people living with mood disorders. DBSA, at the national level, supports more than 500 support groups and over 120 local affiliate chapters. Each year, DBSA reaches more than a million individuals with support, educational resources, and tools to help individuals living with mood disorders lead productive and fulfilling lives. Additionally, through our advocacy efforts, we amplify peers' voices and work toward systemic change in the delivery of mental health care.

DBSA offers peer-based, wellness-oriented support, empowering services, and resources. These are available when people need them, where they need them, and how they need to receive them. DBSA is available online 24/7, in local support groups, in audio and video casts, in printed materials, and in mental health care facilities across America.

OUR VISION

The Depression and Bipolar Support Alliance (DBSA) envisions wellness for people living with mood disorders (depression and bipolar disorder).

OUR MISSION

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Find Community. Find Wellness. Find Hope.



Depression and Bipolar
Support Alliance

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This resource is made possible by a
generous grant from the American
Legion Child Welfare Foundation.