



HI!  
**I'm Angry.**

MY FAVORITE COLOR IS RED  
AND I LOVE TO PLAY TENNIS.

HEY,  
**I'm Calm.**  
I LOVE TO TAKE DEEP BREATHS...



HELLO!  
**I'm Confident.**

MY FAVORITE FOOD IS  
TUNA SANDWICHES!



YAY!  
**I'm Excited.**

I LOVE ROLLERCOASTERS!!!!  
(AND FUNNEL CAKES!!!)

Meet the  
DBSA MOOD CREW®

# How Are You Feeling?



WELP, HELLO!  
**I'm Scared.**

YOU'LL NEVER CATCH ME  
WITHOUT MY BLANKET!



HEY THERE,  
**I'm Lonely.**

ONE OF MY FAVORITE  
THINGS TO DO IS READ.



HI,  
**I'm Worried.**

MY FAVORITE FOOD  
IS BREAD.



HELLO!  
**I'm Happy.**  
I LOVE TO MAKE NEW FRIENDS!



HEYYY  
**I'm Embarrassed.**

I LIKE BIRDWATCHING.



OH, HI,  
**I'm Sad.**

MY FAVORITE FOOD  
IS CHOCOLATE.



Depression and Bipolar  
Support Alliance

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Bipolar Support Alliance

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## About the Mood Crew®

The DBSA Mood Crew is an emotional literacy program that can help parents and caregivers work with children to understand their feelings. The DBSA Mood Crew has free worksheets, stories, games and activities all meant to help you talk to children about their emotions!

Scan this code for more  
about the Mood Crew:



[DBSAAlliance.org/MeetMC](https://DBSAAlliance.org/MeetMC)