

# Mood Crew® BACK TO SCHOOL



## Angry



### 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.

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?

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## Calm



### TIP

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

AHHH, 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?

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## Confident



### TIP

Posing like a superhero, taking deep breaths, and saying to yourself, "I've got this!" can help you feel more secure.

ONE OF MY FAAAAAVORITE 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?

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Excited



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?

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?

Three horizontal lines for writing.

Worried



TIP

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

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?

Three horizontal lines for writing.

Scared



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.

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?

Three horizontal lines for writing.

Embarrassed



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.

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?

Three horizontal lines for writing.



### Sad



#### TIP

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.

THINKING ABOUT  
SUMMER BEING GONE  
AND HAVING TO DO  
HOMEWORK MAKES  
ME UNHAPPY.

Sad has a hard time with change.  
**What are things that make you sad?**

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### Happy



#### 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.

WE GET TO SPEND ALL  
DAY WITH OUR FRIENDS  
AND LEARN NEW  
THINGS?! WHAT A JOY!

Happy is thrilled to go back to school!  
**What are five things about school that make you smile?**

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### Lonely



#### TIP

What are the qualities in people that help you feel comfortable? Look for those same qualities in others to help make new friends.

IT FEELS SO HARD TO  
MAKE FRIENDS AND  
I DON'T ALWAYS FEEL  
COMFORTABLE  
AROUND PEOPLE.

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

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