Mood Crew®
BACK TO SCHOOL

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?!

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.

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

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

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

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!

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

Confident feels secure in the classroom. What do you feel confident about?
Excited can’t wait to go back to school!
What’s something you’re looking forward to?

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

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

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

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?

Happy

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?

Lonely

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?

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.

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

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