

MOOD CREW®

Moods in Motion

Moods in Motion is a game for children and adults to explore ten core moods:

Happy • **Excited** • **Calm** • **Scared** • **Confident**
Worried • **Lonely** • **Sad** • **Angry** • **Embarrassed**

Act

Acting out an emotion gives kids (and adults) a chance to feel what happens in their bodies when specific emotions arise. Connecting mind to body while an emotion is occurring can be grounding, which helps us choose to respond to something rather than react.

MIRROR, MIRROR

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:

Mirror, Mirror is a chance to help each player see what their bodies do when they're acting out an emotion. In this game, the player will pick a card and demonstrate their interpretation of what the specific emotion looks like. The other players will mirror them by doing the same movements.

Note to Adults:

Since each player will have their own interpretation/movement for a given emotion, ask the kids how it feels in their body to create the movement or mirror the other players to increase their awareness of how they're moving.



Depression and Bipolar
Support Alliance

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BIG TO SMALL

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:

In Big to Small, the player will pick a card and demonstrate what an emotion looks like when it's big and then contrast it with what it looks like when it's small. While each player is in a version of the emotion (big or small), they have to say what their body is physically doing (arms in the air, bouncing legs, tapping feet, etc).

Example:

If a player picks "Excited," a demonstration of big might be jumping up and down with hands in the air as though they're at a baseball game. A demonstration of small might be expressed with wide eyes and a delightful smile.

Note to Adults:

If the young player isn't able to notice what their body is doing, help them by stating the movement and if possible, mirror them so that they can see.



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Draw & Write

Drawing and writing is another way of making a mind/body connection. Though the movement is small while writing and drawing, the body and mind are creating something together, which increases awareness.

DRAW ALL THE THINGS

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

Gather blank paper and writing/coloring utensils: pencils, crayons, markers (if age appropriate).

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:

In this activity, each participant takes a card and draws a picture of something that makes them feel the emotion of the card they chose. After each player is finished, ask them to talk about what they drew and why.

Note to Adults:

With curiosity, point out attributes of the picture, ie. colors, size, shapes, etc.



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WRITERS WRITE

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website. Cut out cards.

Gather blank paper and writing/coloring utensils: pencils, crayons, markers (if age appropriate).

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:

In this activity, each participant takes a card and writes a short story about the emotion they chose. When finished writing, share your stories with each other.

Note to Adults:

Every child is different and has varying levels of writing abilities. If the child wants to write a couple words, they can still share the story they have about the emotion without writing out the full story.



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