

## *nurturing potential*

---



### Session: 'Mood Cards for Younger Children

#### Pre-session Preparation

Set of Relax Kids 'Mood Cards'

#### Learning Objective

Understanding how we can make ourselves feel better through our thoughts, as suggested by the cards, and body language, through acting out the cards suggestions.

Ideal Time – approx 30 minutes, plus relaxation at the end.

Explain that these are magic cards. Whichever one is pulled from the pack will make you feel happy and confident.

With the group ask individuals, one at a time, to pull a Mood Card from the pack. Ask them to read the card to the rest of the group.

Discuss what the card means, and ask them to demonstrate what it looks and feels like if they were to act it out.

Discuss how their body changes and how they feel.

Repeat with new cards for the rest of the session.

**Relaxation – Last 5-10 minutes**

**Close session and thank participants for their time and contribution.**