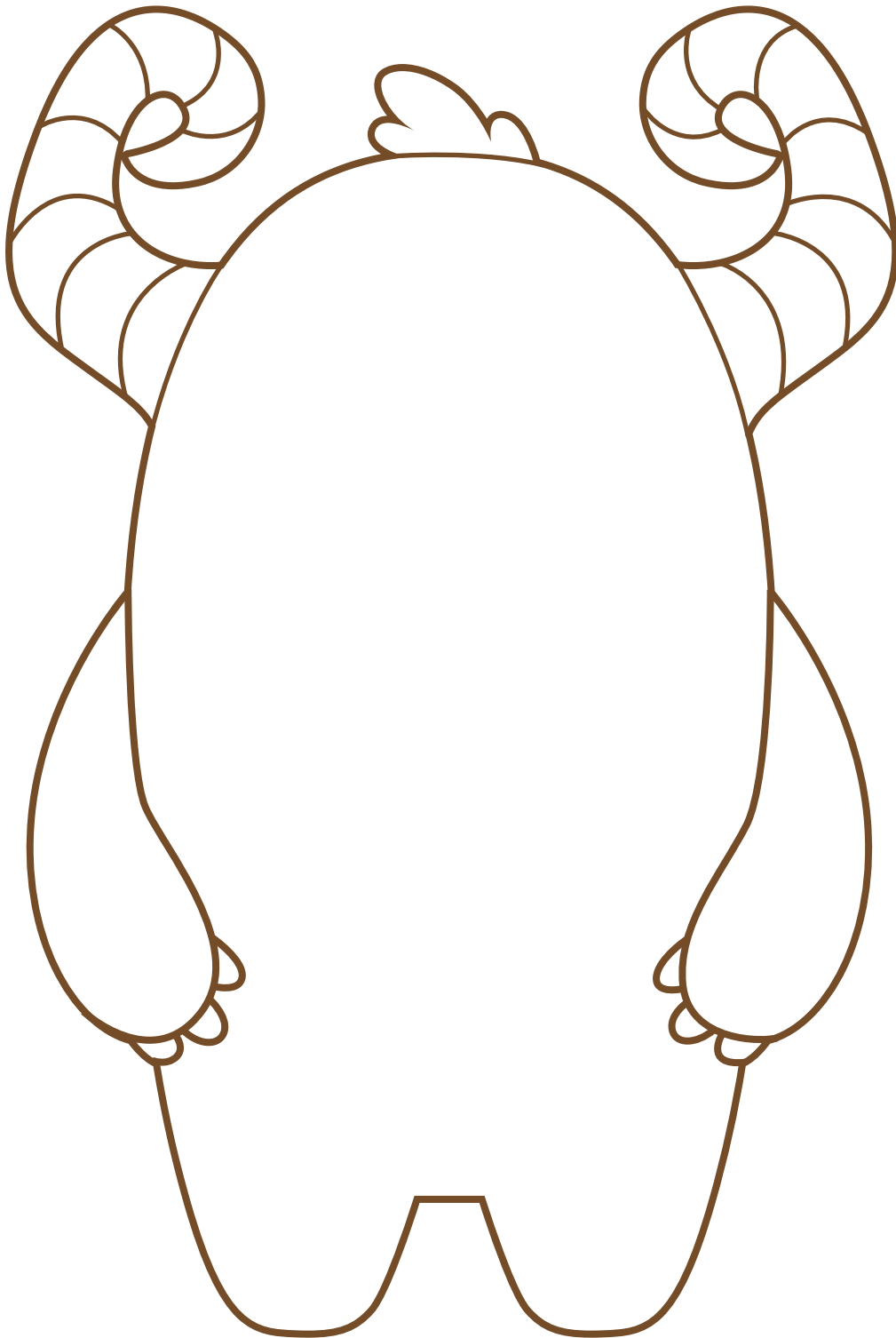


Mood Monster

One morning, the color monster woke up feeling confused.
His emotions were mixed up! Draw your mood on the monster's face and color it
using one of the colors (blue, green, red, yellow) that best matches how you're feeling.



Emotion Fortune Teller

Cootie Catcher



Color Emotion Match-Up



SLEEPY

BLUE



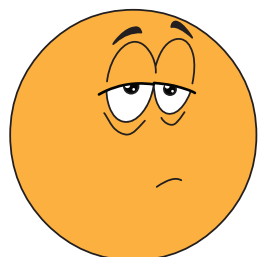
SAD

BLUE



SICK

BLUE

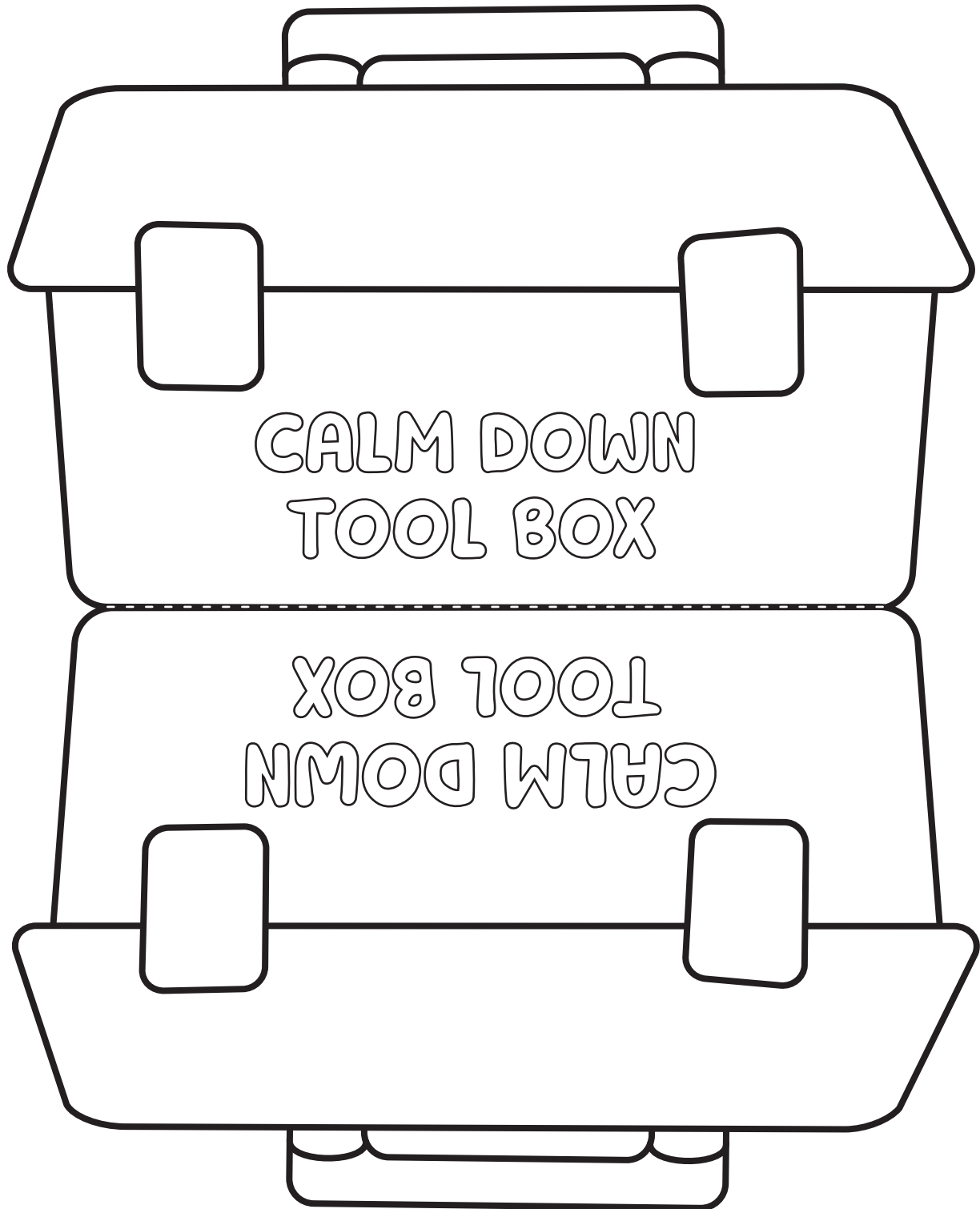


BORED

BLUE

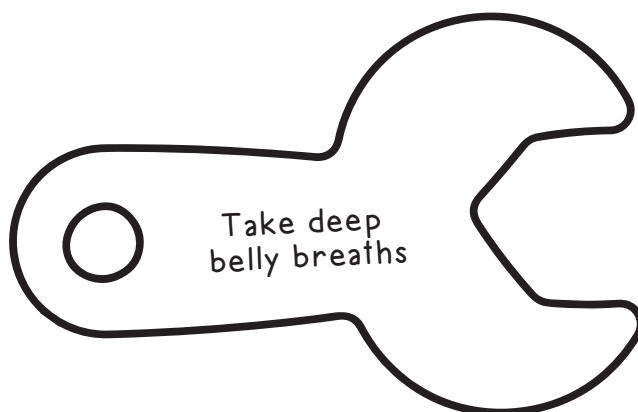
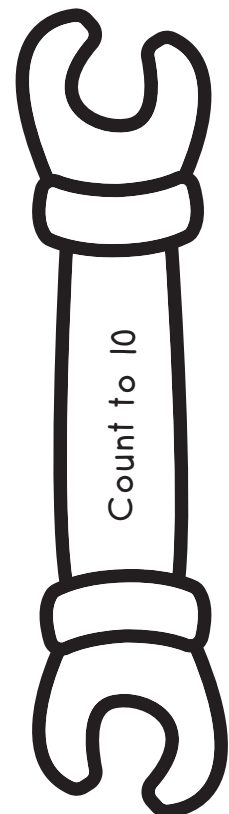
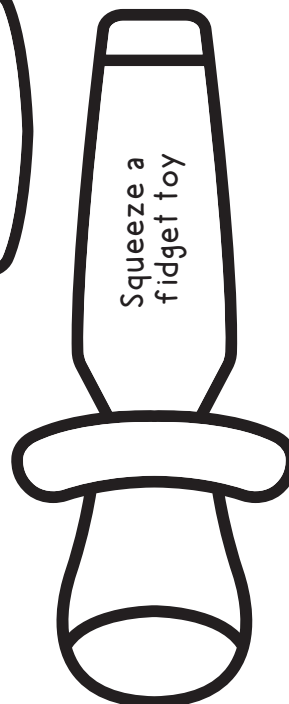
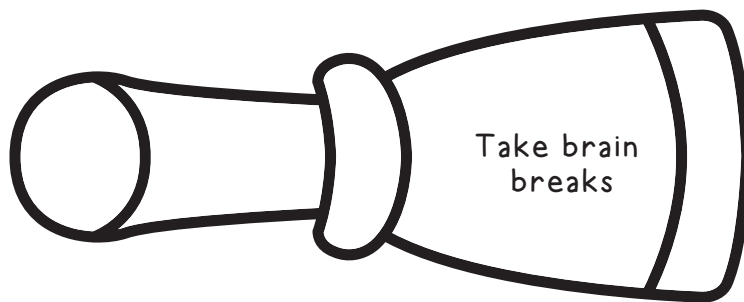
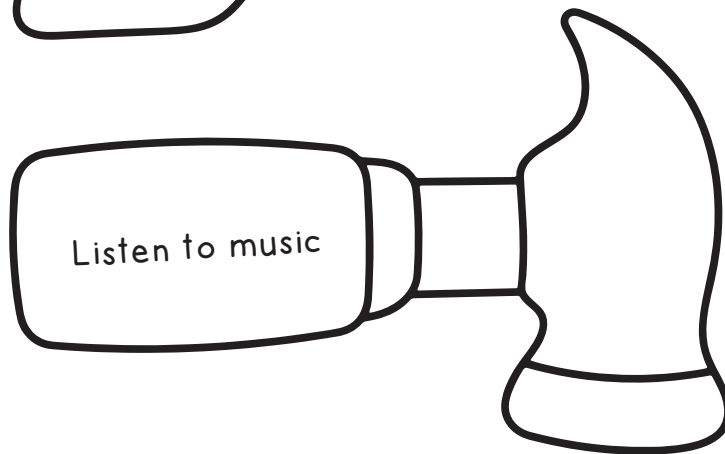
Calm-Down Toolbox Craft

Color and cut your toolbox and the tools. Fold and glue/tape the edges to create a pocket where you can store your tools.



Calm-Down Toolbox Craft

Color and cut your toolbox and the tools. Fold and glue/tape the edges to create a pocket where you can store your tools.



Color Emotion Match-Up



HAPPY

GREEN



CALM

GREEN



FOCUSED

GREEN



READY
TO
LEARN

GREEN

Color Emotion Match-Up



FRUSTRATED

YELLOW



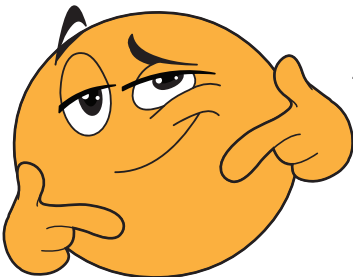
WORRIED

YELLOW



EXCITED

YELLOW



SILLY

YELLOW

Color Emotion Match-Up



ANGRY

RED



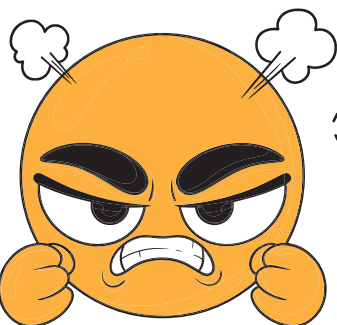
TERRIFIED

RED



YELLING

RED

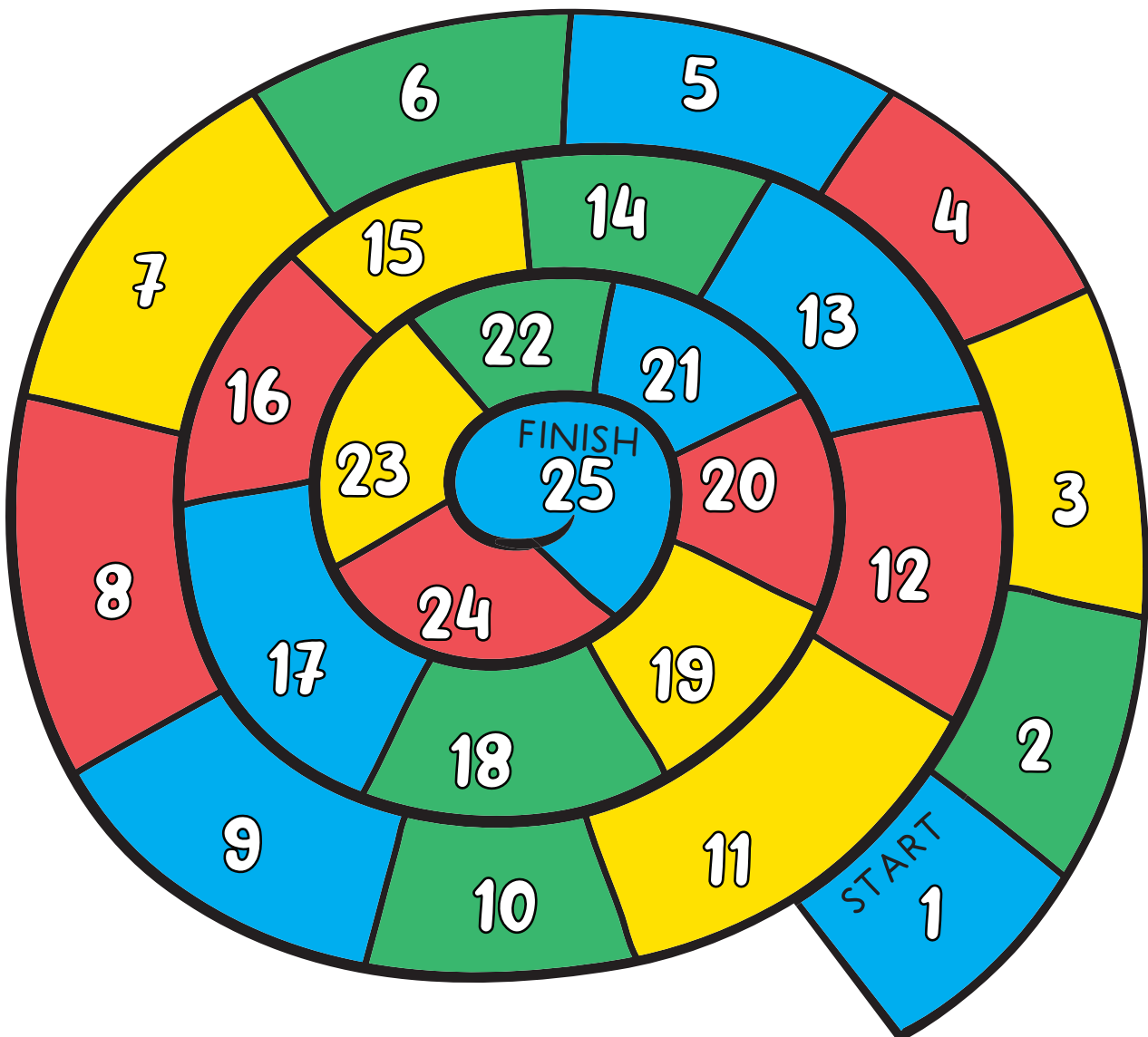


OUT
OF
CONTROL

RED

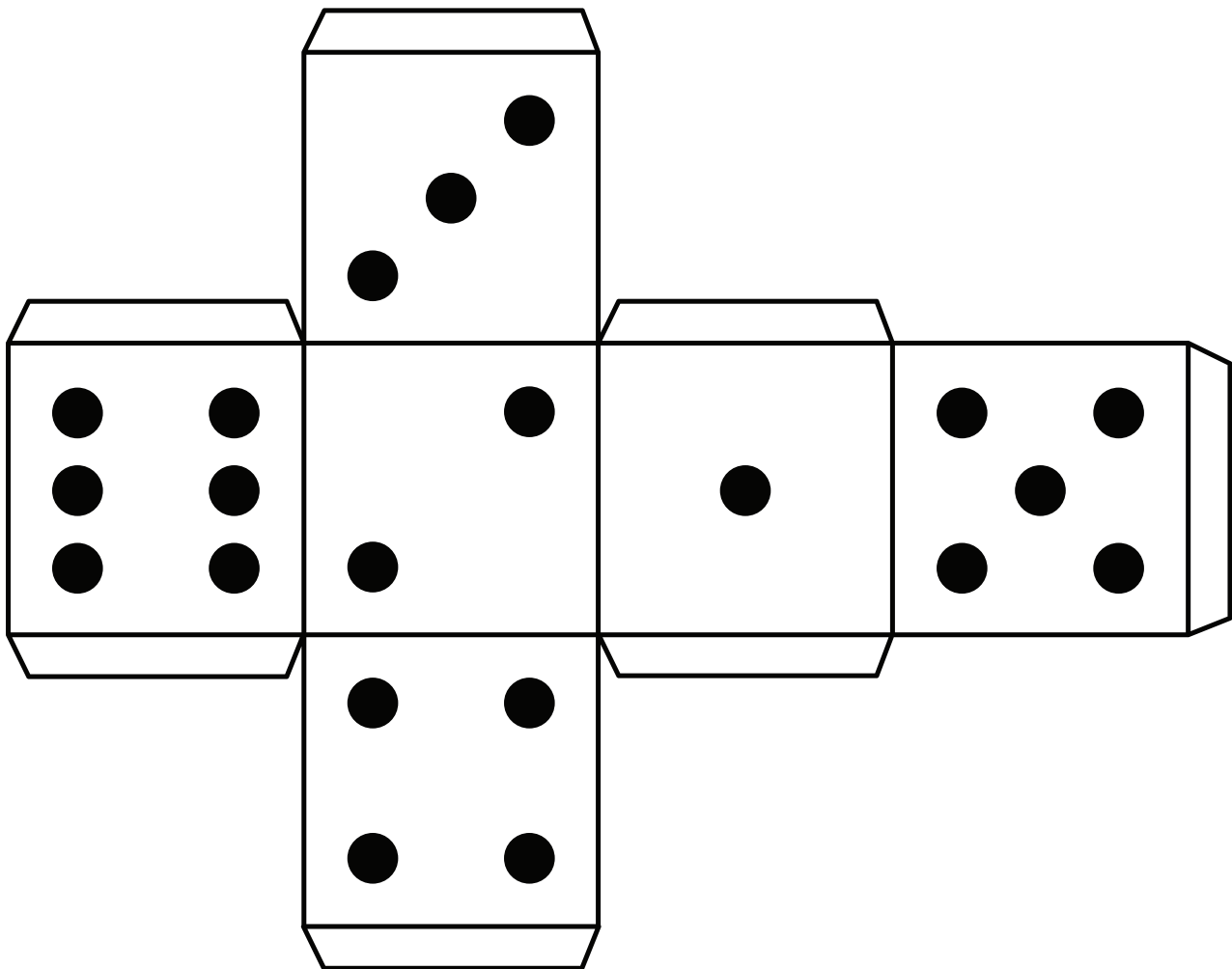
How Would You React Board Game

In this game, players will take turns rolling the dice to move along the spiral board. Each space on the board represents a mood color which are Blue, Green, Yellow, or Red. When a player lands on a space, they must pick a situation on the list that matches the mood's color. After reading the situation, the player must explain how they would respond or regulate their emotions in that scenario. Each situation has assigned points based on the difficulty of regulating that emotion. Players record their points on the record sheet. The game continues until all players reach the finish line, and the one with the most points wins!



How Would You React

Board Game Dice and Record Sheet



PLAYER	TALLY	TOTAL POINTS

How Would You React

Board Game Situations

SITUATION	POINTS
You wake up feeling sick and don't want to get out of bed.	2 POINTS
You miss your best friend who moved away.	3 POINTS
You lost your favorite toy and don't feel like playing.	5 POINTS
It's a rainy day, and you feel bored because you can't go outside.	5 POINTS
You tried to do a puzzle but couldn't finish it, so you feel disappointed.	5 POINTS
You had a long day and feel too tired to do your homework.	10 POINTS
You got home after a fun trip and now feel exhausted.	10 POINTS
You are working on an art project and feel focused	2 POINTS
You just finished reading a great book and feel happy.	3 POINTS
You're playing a fun game with friends and laughing.	5 POINTS
You helped your little sibling tie their shoes, and you feel proud.	5 POINTS
You're sitting quietly, listening to music, and feeling relaxed.	5 POINTS
Your teacher praised your good work, and you feel confident.	10 POINTS
You just finished a healthy snack and feel energized.	10 POINTS
You're about to take a test and feel butterflies in your stomach.	2 POINTS
You lost a game and feel frustrated.	3 POINTS
Someone keeps talking loudly, and it's making you feel annoyed.	5 POINTS
You are waiting for your turn in a game, and you feel impatient.	5 POINTS
You are about to meet a new teacher and feel nervous.	5 POINTS
It's your birthday tomorrow, and you can't sit still.	10 POINTS
Your mom is running late to pick you up, and you feel worried.	10 POINTS
Someone knocked over your tower of blocks, and you feel really mad.	2 POINTS
You got into an argument with your best friend and feel like yelling.	3 POINTS
You're trying to do your homework, but it's too hard, and you want to cry.	5 POINTS
A classmate keeps taking your things, and you feel like pushing them.	5 POINTS
Someone blamed you for something you didn't do, and you feel furious.	5 POINTS
You're in a loud, crowded place, and it feels overwhelming.	10 POINTS
You lost your favorite toy, and now you feel like screaming.	10 POINTS

Calm-Down Toolbox Craft

Color and cut your toolbox and the tools. Fold and glue/tape the edges to create a pocket where you can store your tools.

