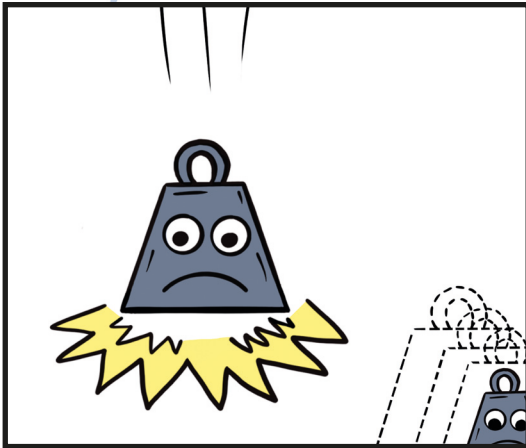




UNDERSTANDING FEELINGS

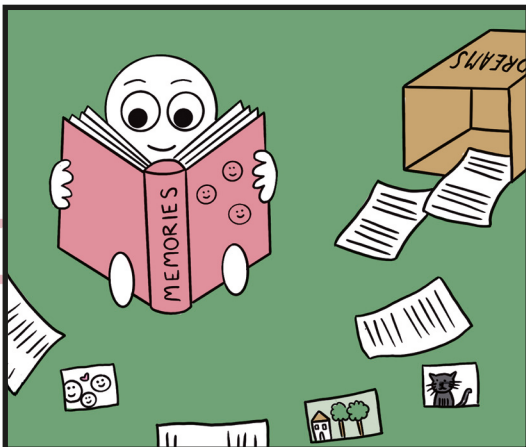
Mood is feeling sad.



Accompanying Prompts/Questions

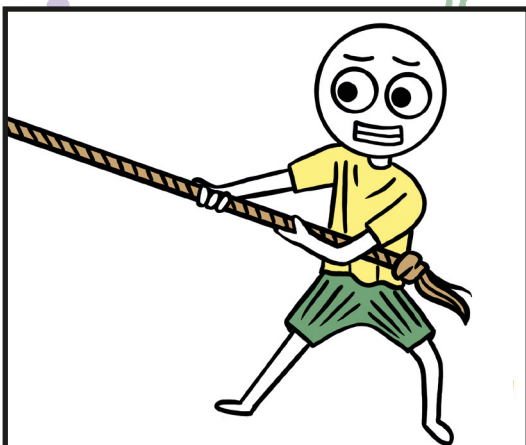
- What could you do to help him?
- What do you like to do when you're feeling sad?
- Mood likes to play a game, sing a song or paint a picture. Do you like that too?
- It's ok to feel sad sometimes. Maybe you could just sit with Mood and be there for each other.
- You can also wrap your arms around your belly and give both of you a big, warm hug.

Mood is daydreaming.



- What do you like to daydream about?
- What daydreams make you happy?
- Would you like to draw a picture of your favourite daydreams?

Mood is feeling anxious.

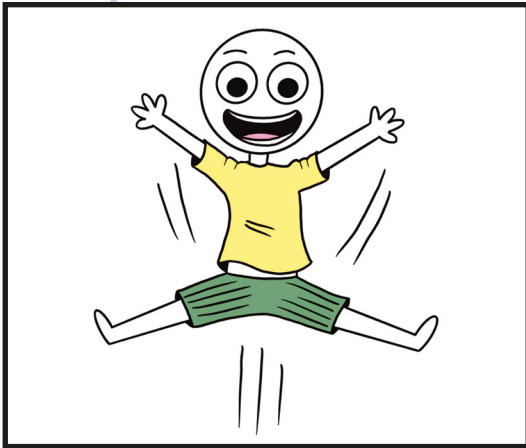


- It's normal to feel anxious about things from time to time.
- What questions could you ask Mood to find out what he's anxious about? Talking about it sometimes makes him feel better.
- Sometimes instead of talking he likes to think about other things. What question could you ask to distract him? Would you like to tell him about your favourite toy?



UNDERSTANDING FEELINGS

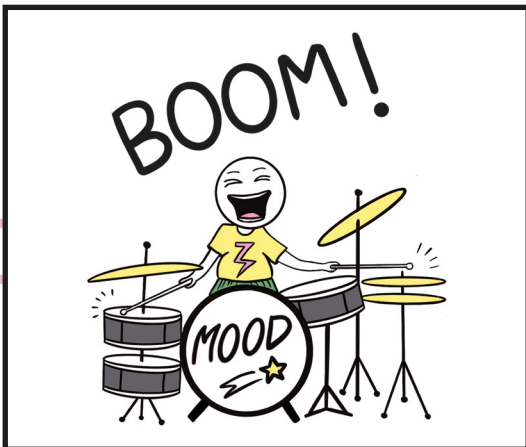
Mood is excited.



Accompanying Prompts/Questions

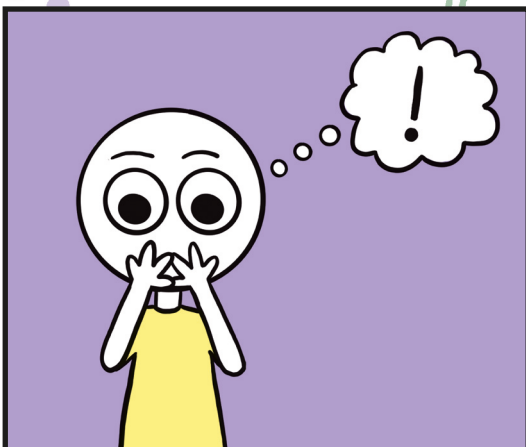
- What do you do when you're excited?
- How does it feel to be excited? Do you feel lots of giggle bubbles bouncing off your belly?
- Feeling excited is a great feeling. Would you like to talk about what makes you excited?

Mood is nervous.



- When Mood is nervous he bangs his drums. You might feel the banging in your body.
- Sometimes it's nice to shake those feelings out. Maybe you could do some star jumps or run on the spot really fast?
- Remember though, it's okay to feel a bit nervous. Maybe you could chat with Mood or an adult about it, because talking helps.

Mood is feeling shy.



- Do you ever lose your words or not want to speak?
- That's ok, you can always talk to Mood. Think of some fun things like...
"If you could have any animal in the world as a pet, what would it be and why?"
"If you could have a super power, what would it be?"