

Create your own mood board for this emotion - you could do a collage, draw images, or use patterns and colours

HAPPINESS



the conversation...

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FEAR



the conversation...

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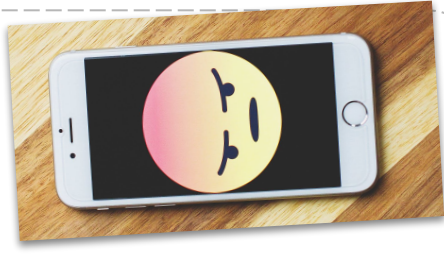
SURPRISE



the
conversation...

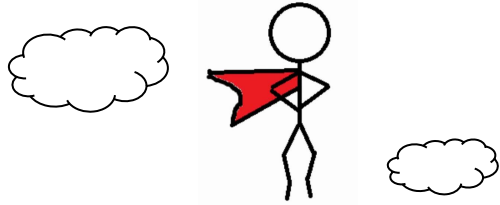
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ANGER



the
conversation...

BELIEVE IN YOURSELF



HOW DO YOU KEEP PHYSICALLY ACTIVE?

It is proven that even 10 minutes of quick walking can dramatically change your mood

HOW DO YOU EXPRESS YOURSELF CREATIVELY?

Creative activities help us to relax and manage stress

WHAT MAKES YOU LAUGH?

Laughter triggers endorphins, the body's feel-good hormones

WHAT DO YOU WANT TO LEARN?

Learning can grow our confidence and help us connect with others

WRITE DOWN A COMPLIMENT YOU HAVE RECEIVED

It's easy to focus on the negative but focusing on the good things people say to you builds your self-confidence

WHAT HAVE YOU DONE FOR SOMEONE ELSE RECENTLY?

Helping someone else gives us a sense of purpose and self-worth

WHAT IS YOUR FAVOURITE HEALTHY SNACK?

Eating the Right foods can improve your brain function

