



Positive Emotions-Mood Booster Activities

Mood booster activities

Here are some simple but effective ways to boost the mood of your class.

Create a personal mantra

Create a mantra that you believe in and repeat often. For example, when you're brushing your teeth in the morning and at night - book ends for the day. It's much more effective to say I'm good, I'm worthy and I'm kind. It's so much more powerful than saying I'm crap, I'm useless, I'm worthless. It sounds really obvious but if we say it again and again and again, eventually it does hold.

Shooting goals

Encourage students to write down three goals that they are going to strive to achieve before the end of term. These goals don't have to be school-related - they can be anything that students would like to achieve in their personal life. Identify key checkpoints during the term where as a class you will check in on how people are going.

Joke telling

We've all heard the saying laughter is the best medicine! Well why not bring some laughs into the classroom. Ask each student to share a joke with the rest of the class. You might pre-warn the class that you are going to be sharing jokes in the next lesson - or you might just do it spontaneously!

Music for inspiration

Music can provide great inspiration and a mood boost when your feeling a bit flat. So again, when the class is a bit flat use music to re-engage and reinvigorate. Create a "playlist" of music that students find inspiring and invigorating and ask students to be DJ for a day - providing the playlist for the lesson!

Song lyrics can also provide inspiration and a mood boost. Ask students to share their favourite song lyrics with the class. You could even publish favourite lyrics and display them in the classroom as a reference point during lessons!

Mood boosting books

Just as music can inspire so can a great book. Ask students to share with the class an inspiring book that they have read recently. Challenge students to read a book that someone else in the class has found inspiring.

Exercising your mood

Physical activity plays a key role in managing our moods. Physical activity has been shown to be more effective in managing some types of depression than medication. So why not get active with your class/group and get those endorphins flowing.

- Explain to students that exercise is a great way to lift mood and relieve some symptoms of depression
- Allocate each student/participant with a pedometer. Explain to students that they are going to be using the pedometers to measure their activity levels during the lesson and then are going to compare that to their mood.
- Walk class/group through a series of activity stations that have been set up. Explain any safety considerations. Divide students into teams of 6 and allocate each to an activity station(total of 10 minutes). They record their

total steps taken on their **Exercise Your Mood handout** (insert link) as well as recording their mood or how they felt about the activity (excited, happy, bored, exhausted, anxious).

- Once students/participants have completed all of the activity stations ask them to discuss and complete the following questions on their handout and discuss as a group:
 - Which activity made you feel the 'best'?
 - Was this the activity with the most steps?
 - What influence does enjoyment have on the level of activity and change in mood?
 - What do you think are the most important things to consider when deciding how to exercise your mood? E.g. likes, skills, whether you feel successful at the activity, whether your friends will do it with you? How regularly you can do it?

Set students/participants a homework task of planning and participating in 30-60 minutes of physical activity every day for the next week and ask them to record their steps, activity and mood on their handout.

This activity is taken from the HeadStrong curriculum resource.