**Mood Booster**

Application

Description automatically generated with low confidenceA picture containing icon

Description automatically generatedChart, funnel chart

Description automatically generated

These cards are intended as a quick choice of ideas to help lift someone’s mood.

Each card has an activity that may help a child feel a little brighter if they are having a sad day.

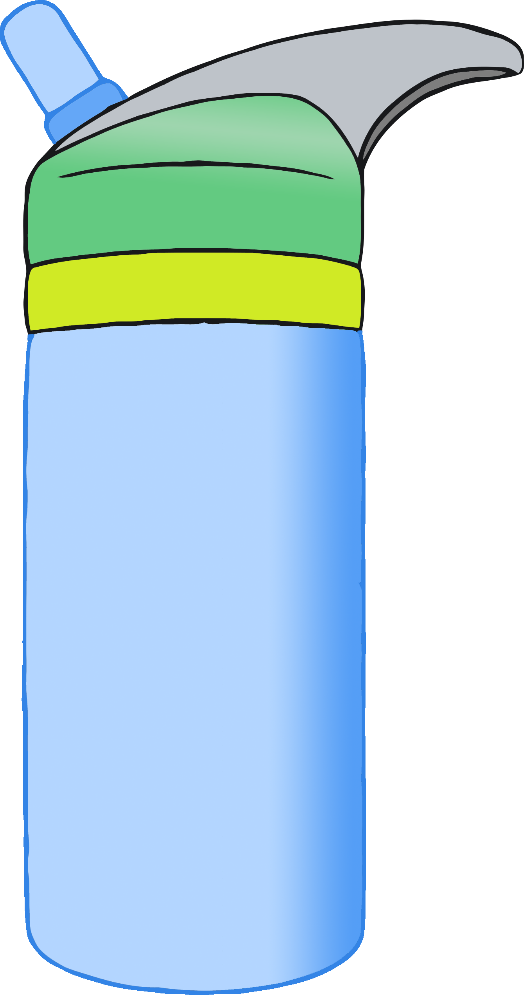
Everyone is different and each child may respond differently to each activity.

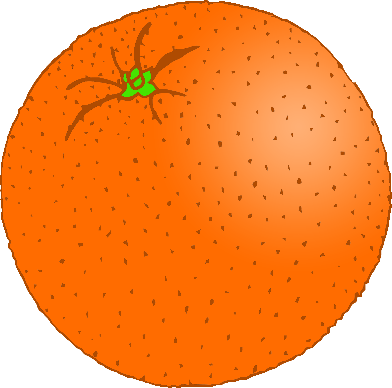
We hope this helps!

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Cards

Chart

Description automatically generated with low confidenceShape

Description automatically generatedA picture containing icon

Description automatically generatedDiagram

Description automatically generated with low confidence

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Eat a healthy snack!

**Mood Booster**

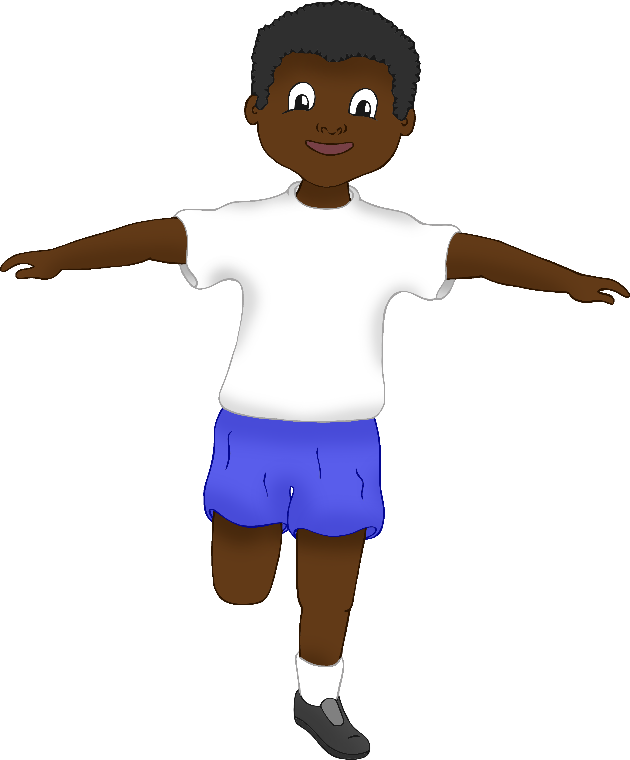
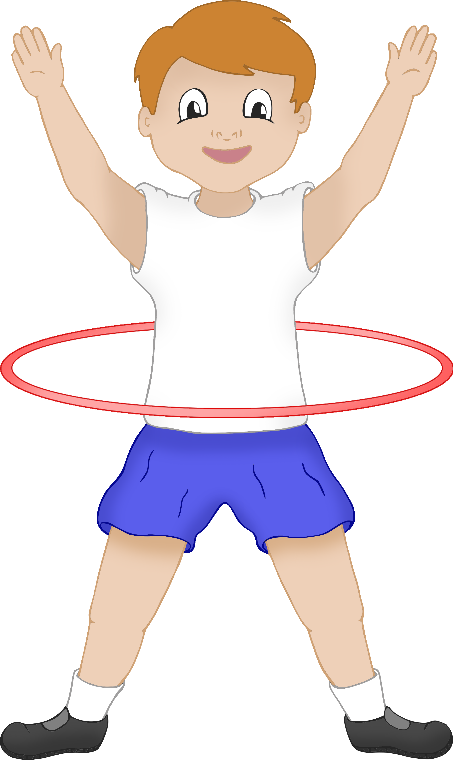
**1**

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Drink some water!

**Mood Booster**

**2**

A picture containing icon

Description automatically generated

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Go for a walk!

**Mood Booster**

**3**

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Do some exercise!

**Mood Booster**

**4**

A picture containing icon

Description automatically generatedA picture containing logo

Description automatically generated

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Read a book!

**Mood Booster**

**5**

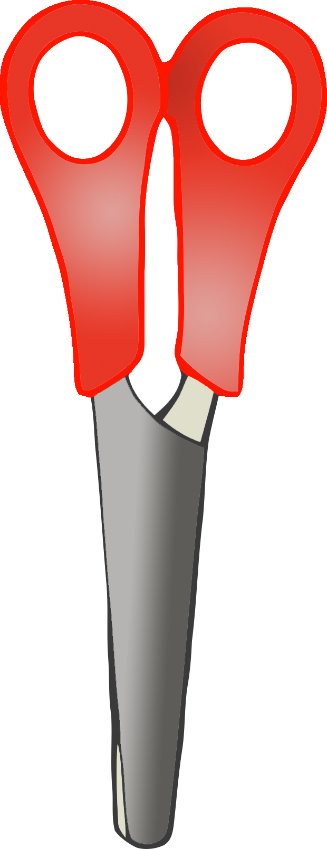
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Role-play a character!

**Mood Booster**

**6**

Icon

Description automatically generated with medium confidenceShape

Description automatically generated with low confidenceShape, circle

Description automatically generated

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Paint a picture!

**Mood Booster**

**7**

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Make a model!

**Mood Booster**

**8**

A picture containing icon

Description automatically generatedIcon

Description automatically generated with medium confidenceA picture containing logo

Description automatically generatedA close-up of a crescent moon

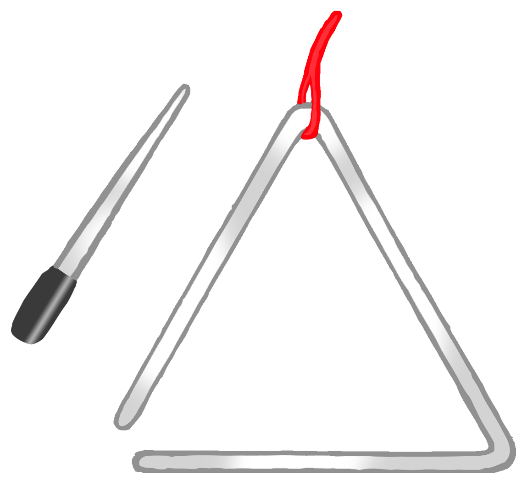
Description automatically generated with low confidenceIcon

Description automatically generated with medium confidenceA close-up of a spoon

Description automatically generated with low confidenceIcon

Description automatically generated with medium confidenceA picture containing logo

Description automatically generatedIcon

Description automatically generated with medium confidenceA picture containing white, drum

Description automatically generated

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Sing a song or make some music!

**Mood Booster**

**9**

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Listen to some music!

**Mood Booster**

**10**

A picture containing plant

Description automatically generatedA yellow flower with a black background

Description automatically generated with low confidence

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Get in the sunshine!

**Mood Booster**

**11**

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Get outdoors into nature!

**Mood Booster**

**12**

A picture containing text, vector graphics

Description automatically generatedA picture containing text

Description automatically generated

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Have some quiet time.

**Mood Booster**

**13**

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Do some yoga stretches.

**Mood Booster**

**14**

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Help someone else with something.

A kind act!

**Mood Booster**

**15**

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Think of the things you are thankful for.

**Mood Booster**

**16**

A picture containing toy, doll

Description automatically generatedA planet in space

Description automatically generated with low confidence

Icon

Description automatically generatedA cartoon of a person

Description automatically generated with medium confidenceA picture containing honeycomb, dome, soccer

Description automatically generatedA picture containing icon

Description automatically generated

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Talk with a friend or family member.

**Mood Booster**

**17**

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Do something you really enjoy!

**Mood Booster**

**18**

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**Mood Booster**

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**Mood Booster**