

# Mood Booster Cards

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.

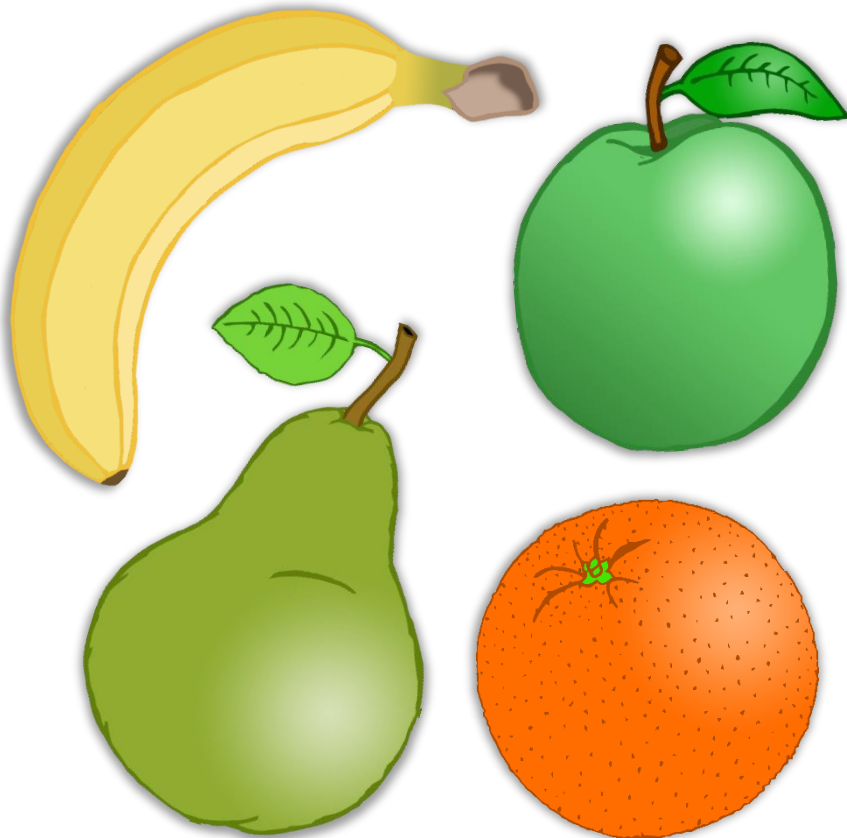
**We hope this helps!**



# Mood Booster

1

Eat a healthy  
snack!



# Mood Booster

2

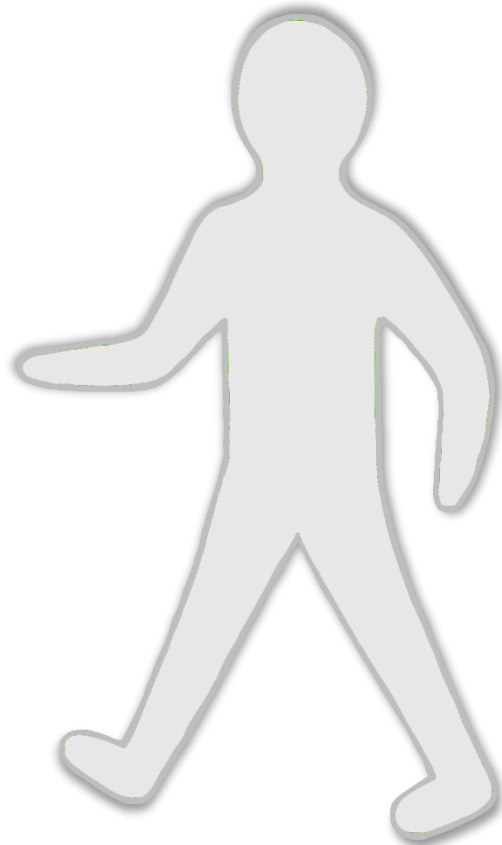
Drink some  
water!



# Mood Booster

3

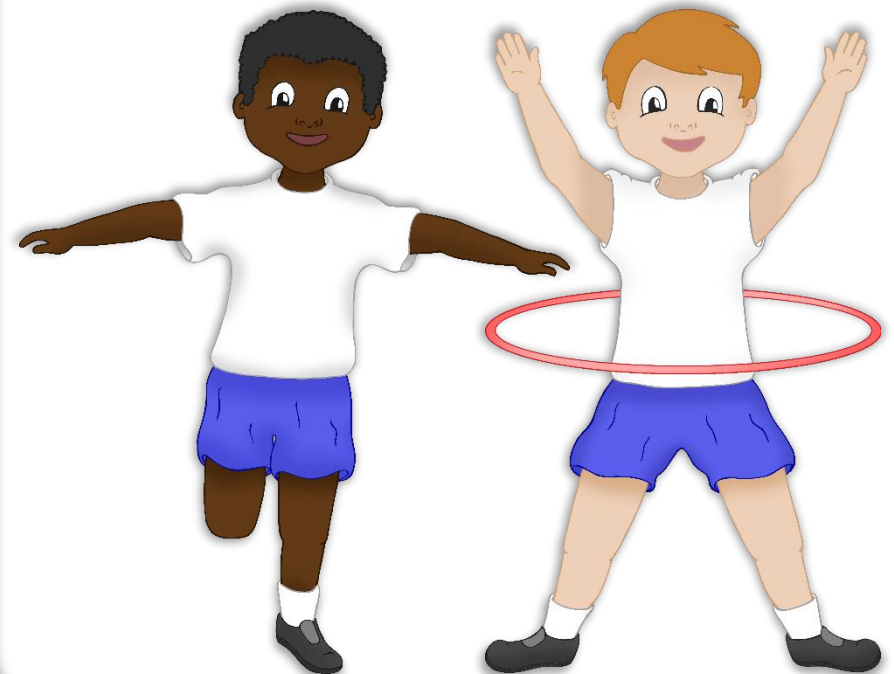
Go for a  
walk!



# Mood Booster

4

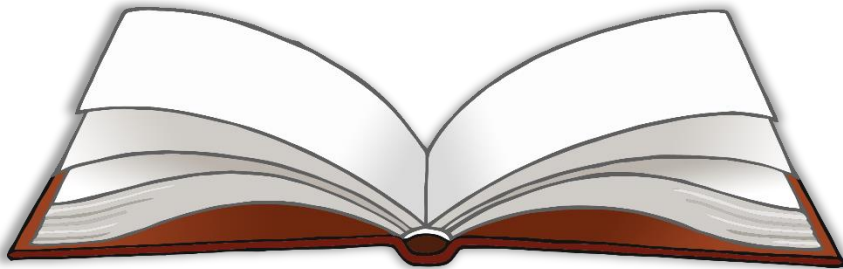
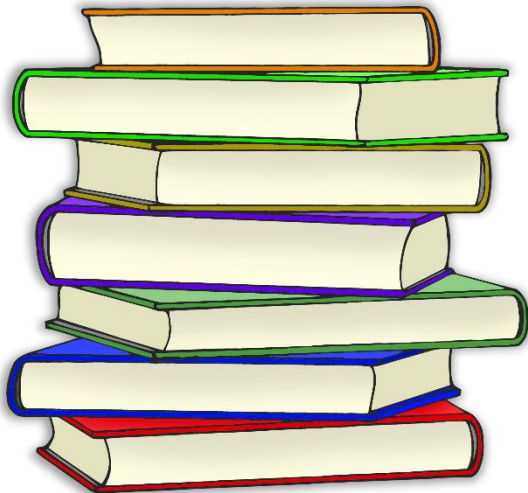
Do some  
exercise!



# Mood Booster

5

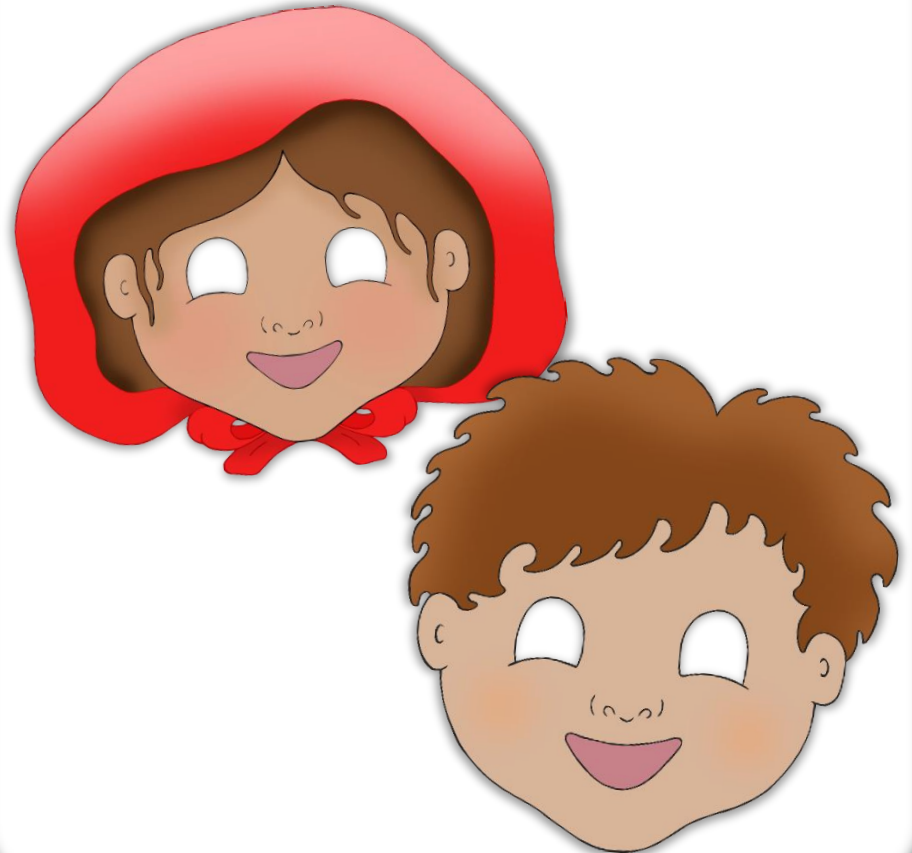
Read a  
book!



# Mood Booster

6

Role-play a  
character!



# Mood Booster

7

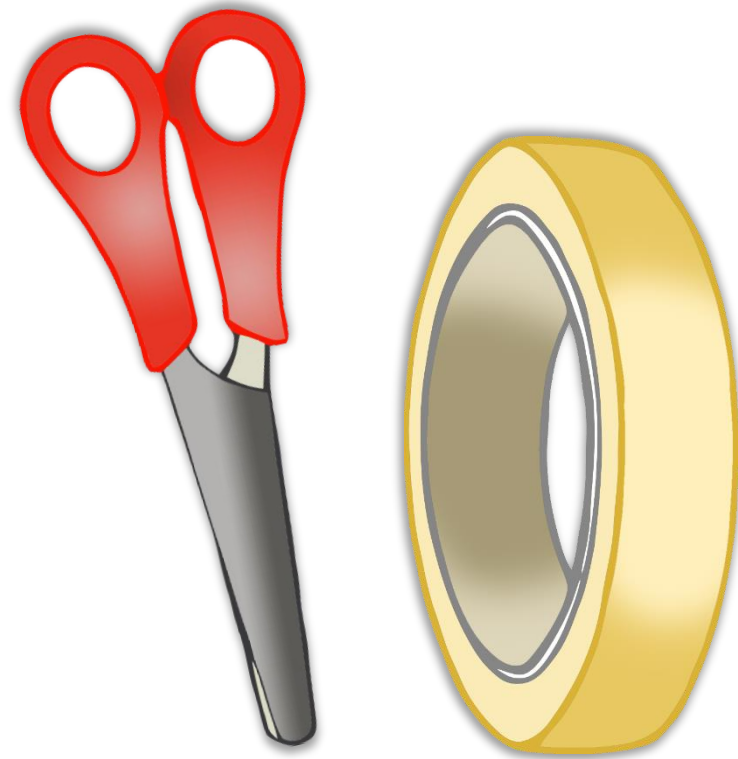
Paint a picture!



# Mood Booster

8

Make a model!



# Mood Booster

9

Sing a song or  
make some music!



# Mood Booster

10

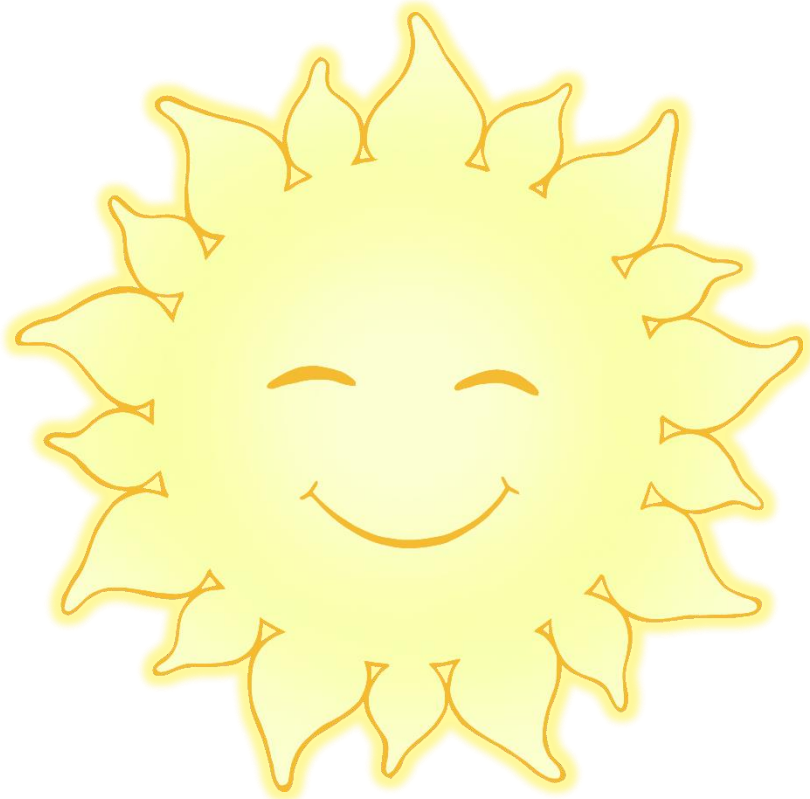
Listen to some  
music!



# Mood Booster

11

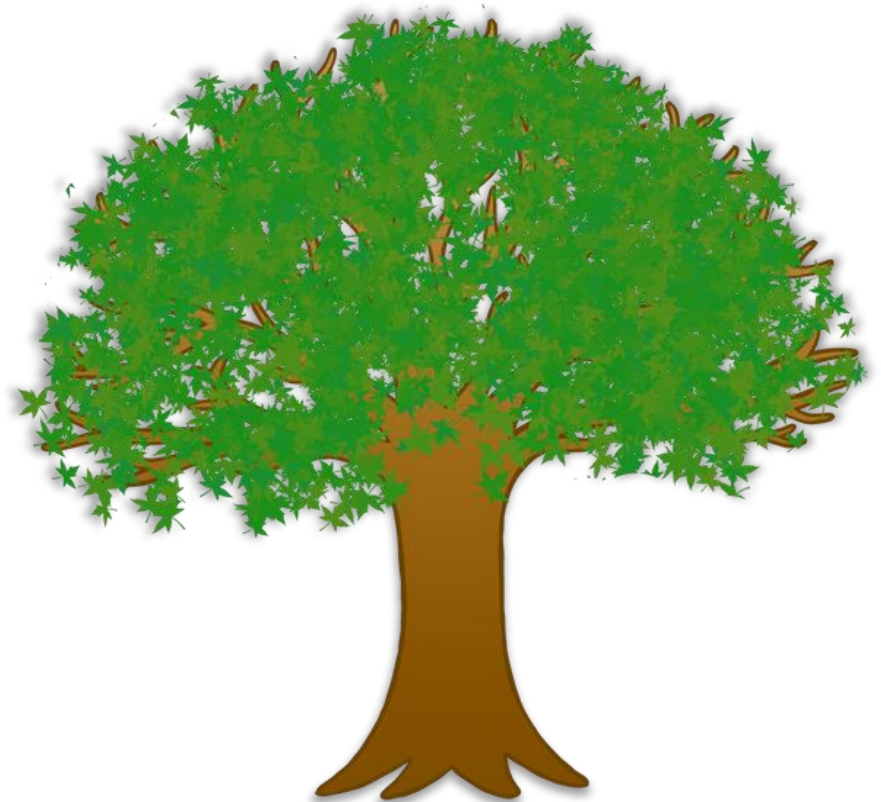
Get in the  
sunshine!



# Mood Booster

12

Get outdoors  
into nature!



# Mood Booster

13

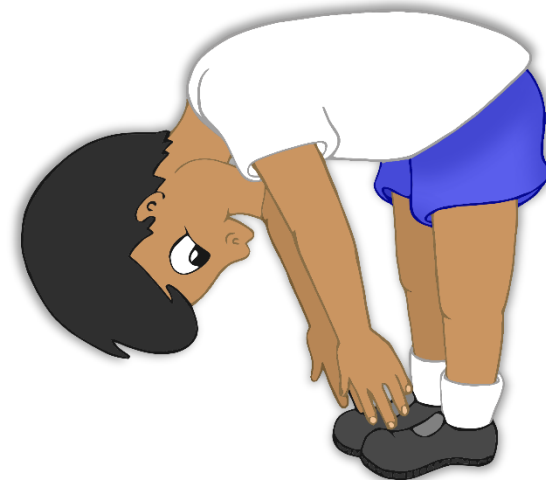
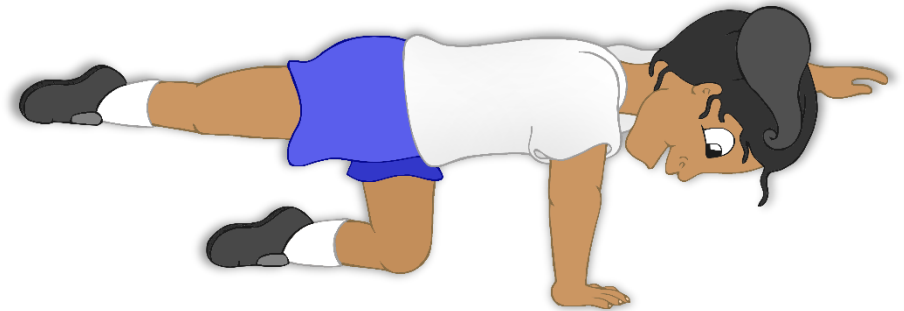
Have some  
quiet time.



# Mood Booster

14

Do some yoga  
stretches.





# Mood Booster

15

Help someone else  
with something.

A kind act!



# Mood Booster

16

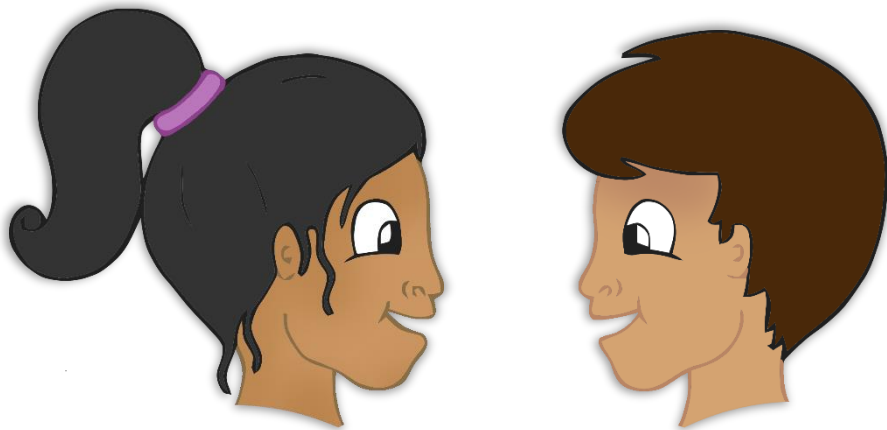
Think of the  
things you are  
thankful for.



# Mood Booster

17

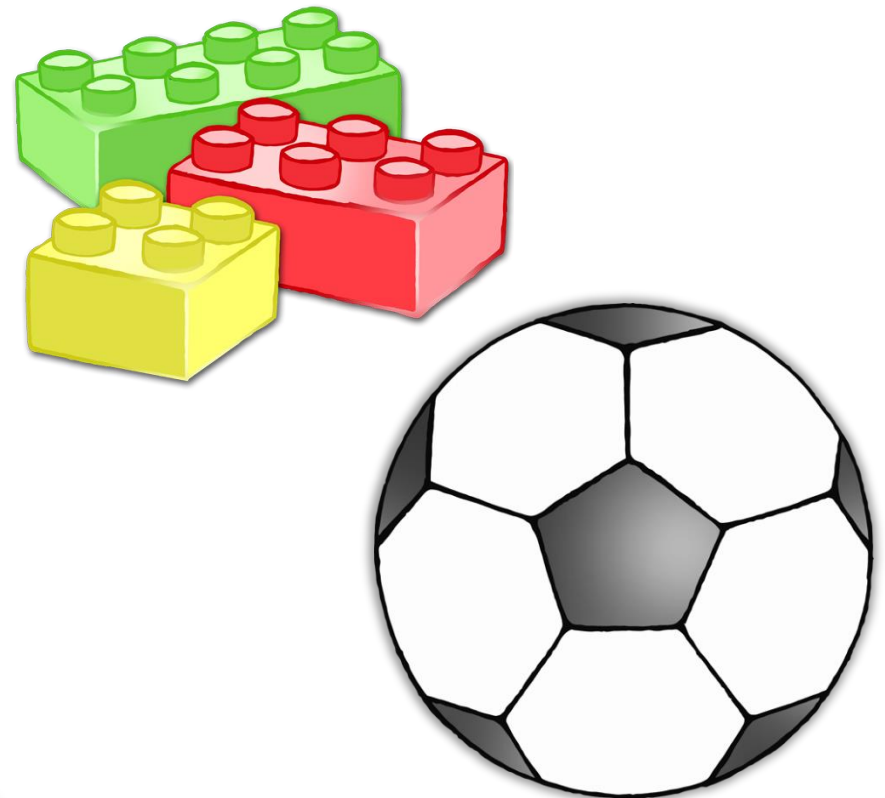
Talk with a friend  
or family member.



# Mood Booster

18

Do something  
you really enjoy!



# Mood Booster

# Mood Booster