



## What you'll need:

Pieces of paper.

Pencils or textas.

## What to do:

- 1** As a family, discuss the things in your lives that bring you joy, make you smile, and contribute to your happiness. Think about activities such as laughing, bike riding, dancing, reading or colouring in as examples that can uplift your spirits.
- 2** Reflect on how engaging in these activities can positively impact your mood, especially during times when you're feeling down or flat.
- 3** Share with each other four specific things that consistently bring you happiness. Discuss how these can serve as tools to improve your mood when you're feeling sad, angry, frustrated, annoyed or upset.
- 4** Have each family member write or draw their favourite mood changers.
- 5** Choose a spot in your home to display these mood changers. They can serve as visual reminders and prompts to engage in activities that promote emotional wellbeing.

