

MARVELLOUS MOOD

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Session 1: Understanding Mood

- Defining what mood is and identifying different feelings.
- Exploring what factors can change our mood.
- Activities: Mood drawing, sorting positive/negative feelings, and discussion.

Session 2: Recognising and Improving

- Understanding how low mood affects us physically and mentally.
- Learning the cycle of sadness and happiness.
- Discovering a wide range of activities to help improve mood (connecting with others, being active, relaxing, spending time outdoors).
- Task: Keeping a Mood Diary/Tracker to increase self-awareness.

Session 3: Tool kit and Resilience

- Recap and review progress. Creating a "Mood Care Bag" and "Affirmation Pebble" as personal tools.
- Reflecting on learning and planning for the future.

Strategies to use in conjunction with the workshop

- Breathing and grounding techniques 5 ways to wellbeing
- Mindfulness
- Mood trackers
- Positive affirmations

Marellous Mood Workshops

Discover fun and practical ways to boost your mood, build resilience, and improve emotional well-being.

Group 1 : Wednesdays: 22 July, 29 July & 5 August

Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 12 August, 19 August & 26 August

Time: 11:00am - 12:00pm



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UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF