

MY MOOD TODAY

– use a selection of pictures to report your current mood

The aim of the 'My Mood Today' exercise is to gather participants together and to create a good atmosphere for today's session. The pictures give associations with happiness, sorrow and other feelings. My Mood Today gives the educator some insight into participants' mood and whether an individual needs special attention.



Approximately 15-20 minutes, 1 -2 minutes per participant



37 picture cards, good table space and possibly an extra table that participants can gather around.



Group



The same type of exercise as 'Who Am I?' and 'My Exercise'

STEP BY STEP

1. The educator introduces the aim of the exercise: To show that it is quite alright to share your feelings with others.
2. The picture cards are spread out on the table that participants either sit or stand around.
3. The educator introduces the exercise by saying that participants should take 1-3 cards that reflect their mood or feelings. If some other participant takes a picture that you would like to have had, it is all right to use it when it is your turn.
4. Participants each take 1- 3 cards that reflect their mood.
5. The educator illustrates the exercise by taking a number of cards and using them to report on his/her own mood.
6. The educator concludes by thanking participants for sharing their moods with each other.
7. If a participant shows or says that he or she feels unwell that day, it is important for the educator to speak to them about it later on.