

Happy Mood Board

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students create a bulletin board on which they can place images, words, photos, poems, and other items that make them smile when they see them.

Why Do It?

Visualizing or looking at images of things that bring you joy can help you maintain or regain a more positive mind.

How Do We Do It?

Students create a personal "bulletin board" on which they place images, words, photos, poems, and other items that make them smile and feel happy when they see them. They can use poster paper, poster board, or other large piece of paper.

Students contribute to their board over time.

Ask a few volunteers share their Happy Mood Boards. Have them share what they have chosen to display, and how they use the board, with the class as inspiration to others.

What Else Do We Need?

- Glue
- Internet access
- Magazines, newspapers
- Paper
- Scissors
- Writing utensils

How Do We Get Creative?

Create one large board for the entire class or school to contribute to.

A teacher or student leader can model a board for other students.

Make your Happy Mood Board using social media, such as by digitally pinning items on an online bulletin board or adding photos to other social media.

Create a class hashtag to tag uplifting photos in social media.