MOOD MOVES

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Give each student a penny or token.
- Privately share one of the Mood Moves prompts below with one student. That student will have 1 minute to silently act out that mood for the class. The first student to guess the mood prompt "wins" the acting student's penny or token. If no one guesses within the time frame, the acting student keeps their penny or token.
- Repeat with the next student, selecting a new Mood Moves prompt for them to silently perform. Keep going until all students have had a turn to perform a prompt, or until time runs out.
- The student with the most coins or tokens at the end of the workout is declared the Mood Moves winner.
- Increase the challenge by shortening the time students have to guess the Mood Moves prompt.
- When repeating this class, try different mood prompts or have students offer their own mood prompts when it is their turn to act.
- Encourage distance learners to join in from home,

Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today's Brain Play is "Mood Moves." To start, I'm going to give each of you a (penny/token)**. Next, I'm going to secretly share a mood with** (name of student)**. Then** (name of student) **will silently act out that mood for all of us. The rest of the class has 1 minute to guess what that mood is. The first student to guess the mood correctly "wins" that round and** (name of acting student)**'s** (penny/token)**. But if no one guesses the mood before time is up,** (name of acting student) **keeps their** (penny/token)**! We'll keep going, taking turns acting out different moods as long as time allows.The student with the most** (pennies/tokens) **at the end is our mood moves winner. Ready?**

"MOOD MOVES" PROMPTS

Feeling jealous	Feeling misunderstood	Feeling zany	Feeling content
Feeling sad	Feeling loved	Feeling disappointed	Feeling intrigued
Feeling comforted	Feeling nostalgic	Feeling elated	Feeling shocked
Feeling tired	Feeling annoyed	Feeling disgusted	Feeling intrigued

MOOD MOVES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

Emotional intelligence is defined as the ability to understand and manage emotions in positive ways. The skills that make up emotional intelligence can be learned and practiced at any age.

—— BUILD YOUR BRAIN ——

Take 3 minutes to describe the mood, feelings, and emotions of these two famous females in the pictures. Try to find words that describe the portraits in creative, illustrative ways aimed at stretching your emotional intelligence vocabulary.

Johannes Vermeer, Girl with a Pearl Earring

Leonardo da Vinci, Portrait of Mona Lisa

PORTRAIT MOOD DESCRIPTIONS

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