

— BE Where — Your FEET Are

Your MOOD Mountain

Directions: Cut out & match 5 mood words to the mountain images. What made you match the word to the picture?

calm =  I chose to match the word calm to this mountain because the white mountains make me feel calm.

MOOD WORDS     

silly 	sad 	calm 	playful 
scared 	happy 	lonely 	angry 
excited 	nervous 		

MOUNTAIN IMAGES

HOW DO THEY MAKE YOU FEEL?

Your MOOD Mountain

my mountain feels _____
use _____
how this, I drew _____

**— BE Where —
Your FEET Are**

PLAY Video



movemindfully

CONNECT STUDENT emotions WITH PICTURES AND movement



Title	Your Mood Mountain
Core SEL Competence	Self - Awareness
Literature Standard	CCSS.ELA-LITERACY.RL.3.7
Objectives	<p><i>Academic Objective:</i> I can make connections between illustrations and text.</p> <p><i>Social/Emotional Objective:</i> I can use complete sentences to describe my mood by comparing myself to a mountain.</p>
Materials Needed	<p><i>Whole Group:</i> PDF Mountain Pictures, Mood Cards & Writing Assessment</p> <p><i>Small Group/Individual:</i> Your Mood Mountain worksheet, Mountain Images & Writing Assessment</p>
Mindful Movement	Today in your Take 5 Routine , your body felt like a strong mountain. However, some days we don't feel strong. Each day can bring a new mood. A mood is an overall feeling. Sometimes you may hear people say "I'm in a good mood" or "I'm in a bad mood". Today we are going to be using more specific mood describers and connect mood to illustrations of mountains. (Find the video on the PDF or PowerPoint and click "Play Video")



Procedure

Have students (or prep ahead of time) cut out the Mood Words and the Mountain.

Images. Note- Moods are differentiated, not all need to be used. Use what is applicable for your students. Option to complete whole group with projected images.

Independent Think/Write:

Match 5 mood words to the mountain images. What about the image connects to the word?

Partner Share:

I chose to match the word _____ to this mountain because _____.

i.e. I chose to match the word hopeful to this mountain because even though it looks cold, the sun is beginning to shine.

Assessment

What is your mood today? Take 10 minutes to complete the worksheet.

- *Lower Level:* Fill in the blanks to describe your mood and color the mountain to connect the image to the mood or share out verbally.
- *Higher Level:* Write about your mood today and color the mountain to connect the image to the mood. Then share verbally.

Closure

We are going to go through the **Take 5** again. However, this time, instead of a strong mountain, think about the mood you would like to create. (Either play the video again or lead your students through the movements)

MOOD Mountain

INDEPENDENT/ PARTNER ACTIVITY

Your MOOD Mountain

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MOOD WORDS



silly	sad	calm	playful
scared	happy	lonely	angry
excited	nervous	joyful	fun

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scared	happy	lonely	angry
excited	nervous	joyful	gloomy

MOOD Mountain

INDEPENDENT/PARTNER ACTIVITY TEACHER DIRECTIONS

1. Print the Your Mood Mountain activity sheets - one for each student
2. Students cut out their mood cards and mountain images
3. Students match the mood card that best fits the mountain pictures (there will be extra)
4. Students can:
 1. Paper: Glue them onto a blank piece of paper & explain their thinking in writing
 2. Technology: Sort them & take a picture of how they sorted
 3. Print: Glue them onto the sorting mat & explain their thinking in writing.
5. Have students share with a partner/group when they are finished with the activity

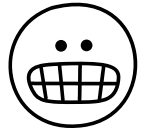
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calm



playful



scared



happy



lonely



angry



excited



nervous



joyful

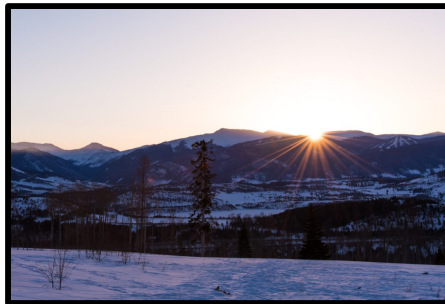


fun



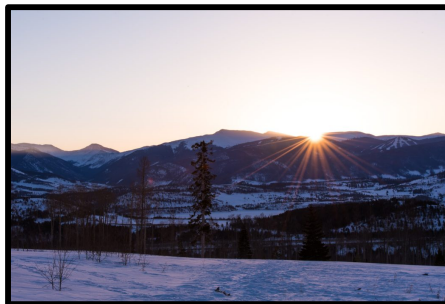
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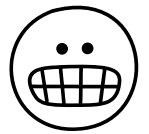
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sad



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happy



lonely



angry



excited



nervous



joyful

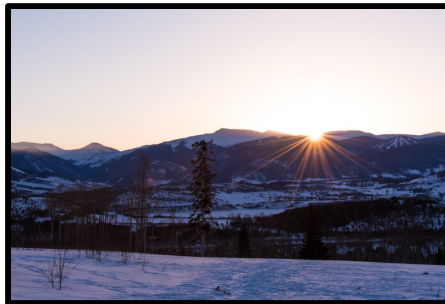


gloomy



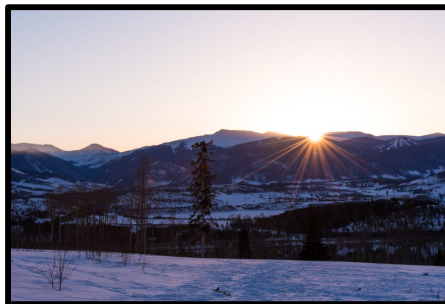
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MOOD Mountain

WRITING

ACTIVITY

Your MOOD Mountain



Today my mountain feels _____
because _____.

To show this, I drew _____
_____.

Your MOOD Mountain

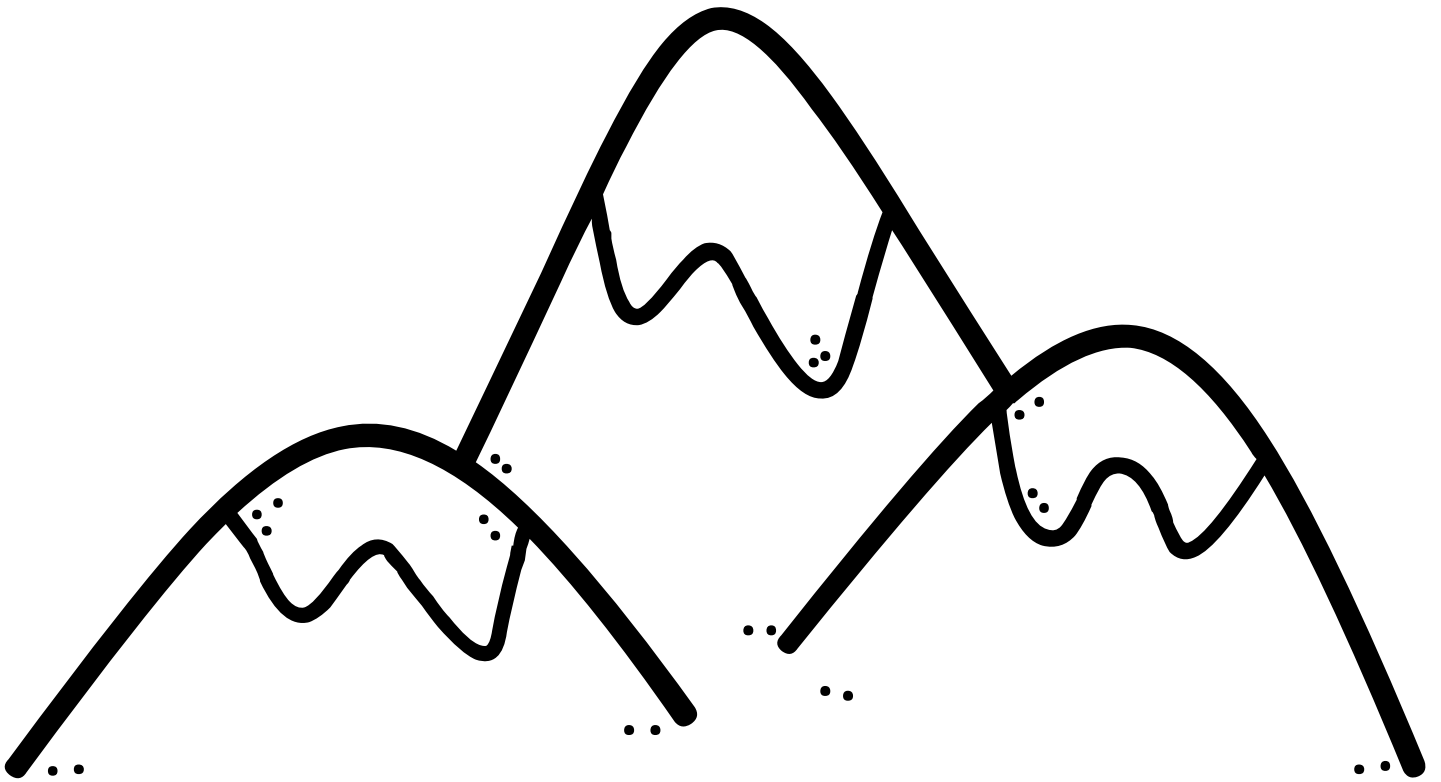


MOOD Mountain

WRITING ACTIVITY

1. Print the Your Mood Mountain activity sheets - one for each student
2. Have students write about or fill in the blanks with the way they are feeling/ what their mood is and why
3. Students should color the mountain based on the mood they wrote about
4. Students should share out if they feel comfortable or share with a partner
 - Technology: Students could also take a picture of their writing and videotape themselves discussing their thoughts

Your **MOOD** Mountain



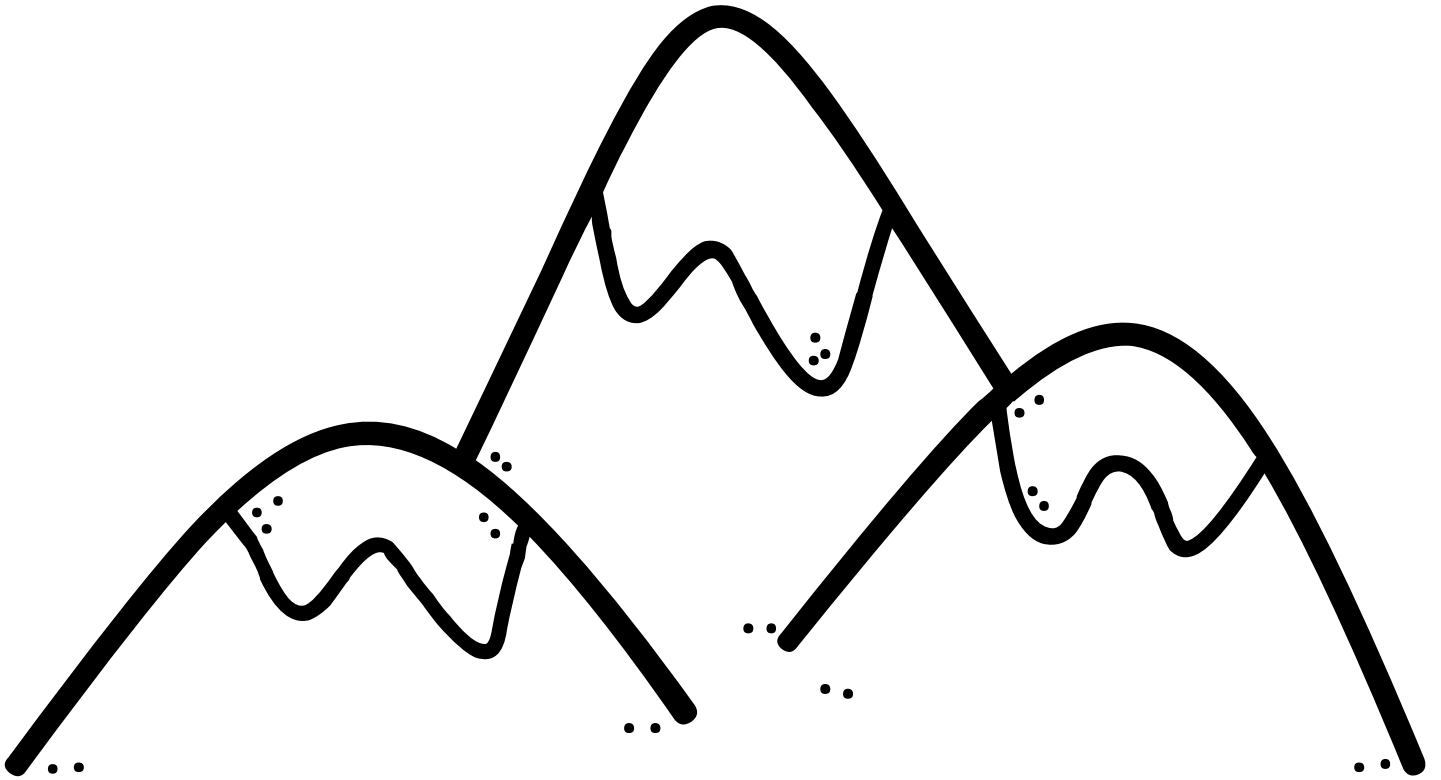
Today my mountain feels _____

because _____.

To show this, I drew _____

_____.

Your **MOOD** Mountain



A rectangular box containing five horizontal lines for writing.

THANK You!

Thank you so much for your download!
We appreciate your feedback and would love to hear what you think about this resource! If you have any questions, concerns or suggestions, please contact us through our e-mail or website below!

Let's Connect!



move**mindfully**

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