

Name \_\_\_\_\_




# Mood Motivator Basket

We all experience big feelings that can affect our mood, this is normal! A Mood Motivator Basket can help you cope with these feelings if they become overwhelming. When you need to relax your body and brain, go to your basket and choose a calming activity!

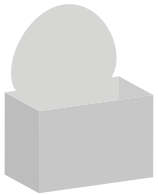
## Step 1

Cut out all the activities below. Do you have a favorite calming activity that isn't listed? Fill in the blank space to make your own!

 <p><b>Color, Paint, or Draw</b></p>	 <p><b>List Things I am Grateful For</b></p>	 <p><b>Talk to Friends</b></p>	 <p><b>Use a Fidget Item</b></p>
 <p><b>Speak Kindly to Myself</b></p>	 <p><b>Move My Body</b></p>	 <p><b>Take Deep Breaths</b></p>	 <p><b>Go Outside</b></p>
<hr/>	<hr/>	<hr/>	<hr/>

## Step 2

1. Start by cutting along the solid line.
2. Once it is cut out, decorate your basket! Color it, add stickers, or do whatever you like! Make sure to decorate both sides!
3. Now fold on the dashed lines. These lines will be on the inside of the basket.
4. Unfold your basket and locate the Connector Tab. On the opposite side of your basket, find the Tape Tab Here section. Tape the Connector Tab to this spot.
5. Holding your basket upside down, fold in the bottom tabs. Start with tab 1 and work your way to tab 4.
6. Your basket should look like the image below.



## Step 3

Add your cut out activities to your new basket. Anytime you want to relax, draw an activity out of your Mood Motivator Basket!

