Name _____

I Spy Mood Motivators

Simple activities can motivate your mood and inspire healthy choices!
Using the word bank below, find and circle the mood motivators in the I Spy!

- 3 Breathing Activities
- 1 Board Game
- 2 Wooden Beads
- 9 Markers
- 1 Journal
- 3 Books
- 3 Paint Brushes
- 1 Art Easel
- 12 Dice

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