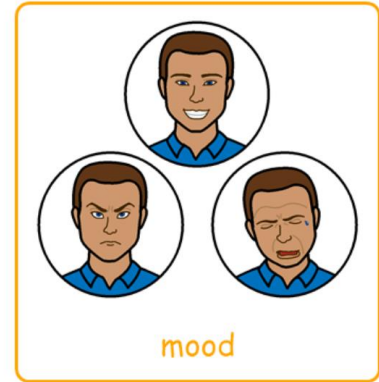


# Mood

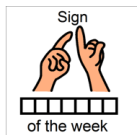


Our **mood** is how we are **feeling**.

When we are in a **good mood**, we feel **calm, happy, excited** or **OK**.

When we are in a **bad mood**, we feel **sad, angry, frustrated** or **grumpy**.

How are you **feeling** today?

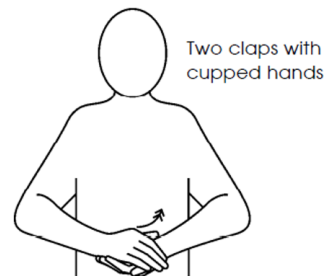


# Mood



Tense hand. Use both hands if very worried

Worried



Two claps with cupped hands

Happy/pleased