



ACTIVITY SHEET

COGNITIVE STIMULATION

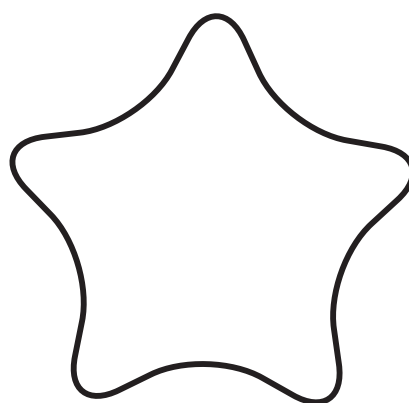
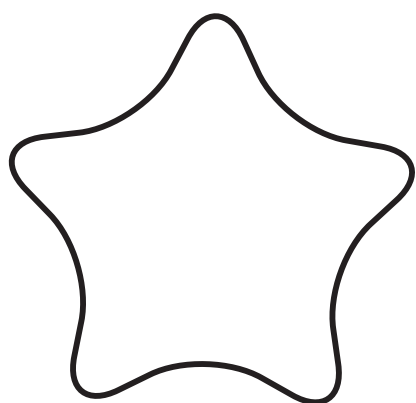
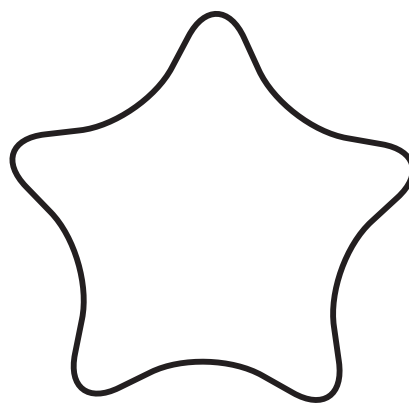
Explore

- To begin the session, spend 5-10 minutes exploring the **My Mood Stars** together. Allow members of the group to hold the **My Mood Stars** to see how they look and feel. If any conversations begin, then engage in these to see where they take you, but try not to divert away from the activity and bring the topic back to emotions.
- Once everyone has had time to freely explore the **My Mood Stars** then move onto naming an emotion. This is where you will need to show this on your face and then ask members of the group to select the correct star. Do this until all the stars have been chosen.
- This is a great way for members of the group to begin to identify different emotions. Show your group a **My Mood Star** at random and ask them to copy its face, and then name the emotion.
- These are lovely turn-taking games which can really help with cognitive function and stimulation.

Draw

- Members of your group may want to explore different emotions. Sit together and draw these onto the star templates, use one sheet per individual. Depending on the ability level, members of the group can also be encouraged to write words relating to each emotion, such as happy, sad, angry etc. Use this as a talking point, for example, 'what makes us happy? What makes us sad?' etc.

Print as many of the **My Mood Stars** templates as you need!





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Explain

- To encourage imagination and storytelling, choose a **My Mood Star** at random and describe a situation in past tense, where this emotion may have appeared. Ask members of the group if they would like to have a turn at doing this. Its perfectly okay if no one wants to do this as they may well take part another time.
- With the **My Mood Stars**, ask a member of the group in turn to pick the emotion that they are feeling right now – this gives each individual an opportunity to open up about how they are feeling in the present moment.

Identify

- Choose a **My Mood Star** and talk to your group about a time they felt that way, what happened and what it was like.
- Choose a **My Mood Star**, name the emotion, and then discuss what they could do if someone around them was feeling this way.
- Set out several photos of people with clear facial expressions, displaying a variety of emotions. Ask the group to match the **My Mood Stars** to each expression. Ask them to describe how they think the person in the photo is feeling and why? This will trigger lots of thought and will also help individuals display empathy towards others.

Find

- Ask members of the group to cover their eyes or look away as you remove a **My Mood Star** from the pile. Keep the **My Mood Star** hidden until members of the group can guess which emotion is missing. If they are struggling with this, then give some clues, you can do this by mimicking the facial expression. Once they have successfully guessed the correct emotion, do this again. Individuals within the group could even have a go at hiding the **My Mood Star** behind their back too!
- Once all the **My Mood Stars** have been chosen, ask group members to put them back into the centre of the table or into a basket. This then ends the session.



RESOURCE LIST

A set of **My Mood Stars**

A selection of photos of peoples faces displaying different emotions

Pens

Extra resources for a prolonged session.

Messy Senses Ltd Emotion Fans

Mirrors so individuals can see there expressions

I hope that you find these activities useful and that **My Mood Stars** helps with the emotional development of your children or the children in your care.

Please do email me with your feedback and suggestions at:

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For more information, please visit our websites:

www.mymoodstars.co.uk

www.messy-senses.co.uk

Don't forget to follow us on Facebook and Instagram too!

