



x 100

MOOD MODES

RECOGNIZE YOUR MOOD • USE YOUR TOOLS • TAKE CONTROL!



Your mood gives you information. You can choose tools that help you feel better and take care of yourself!



YOU'RE DOING GREAT!



RECHARGE MODE

Low energy, tired, sad, flat

- Sad
- Tired
- Flat
- Bored
- Sick
- Moving Slowly

These feelings mean you need rest and recharge.

READY MODE

Calm, focused, balanced

- Calm
- Focused
- Balanced
- Proud
- Confident
- Ready to Go

These feelings help you do your best and reach your goals!

ALERT MODE

Worried, excited, frustrated, silly

- Worried
- Excited
- Frustrated
- Silly

These feelings mean your energy is getting high.

OVERLOAD MODE

Angry, panicked, overwhelmed

- Angry
- Panicked
- Overwhelmed

These feelings mean you might be out of control.

MY GOAL:



- ★ Get to Ready Mode
- ★ by taking care of
- ★ myself and using
- ★ helpful tools.

RECHARGE
MODEREADY
MODEALERT
MODEOVERLOAD
MODE

TOOLS I CAN USE:

DEEP
BREATHSTAKE A
BREAKPLAN MY
DAYSET A
GOALLISTEN TO
MUSICSTRETCH OR
MOVETALK TO
SOMEONE

REMEMBER:

All Mood Modes are okay.
It's how you respond that counts!
Use your tools and take care of you!





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RECHARGE MODE

LOW ENERGY • TIRED • SAD • FLAT



You might feel low energy or like everything is moving slowly. That's okay! This mode is about rest, recharge, and asking for help.



IT'S OKAY
TO TAKE A
BREAK



I MIGHT FEEL:



Sad



Tired



Flat



Bored



Sick



Moving Slowly



Low energy means your battery is running low. It's time to recharge.

I NEED:



Rest



Water



Support



Time



It's okay to pause and take care of yourself.

MY GOAL:



- ★ Get to Ready Mode
- ★ by taking care of myself and using
- ★ helpful tools.

RECHARGE
MODEREADY
MODEALERT
MODEOVERLOAD
MODE

TOOLS I CAN USE:

DEEP
BREATHSTAKE A
BREAKREAD OR
JOURNALQUIET
ACTIVITYLISTEN TO
CALM MUSICTALK TO
SOMEONE

REMEMBER:

Recharge Mode is not bad. It's a sign that your body and brain need care. You've got this!





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READY MODE

GOOD TO GO • READY TO GROW!

**You are in the Ready Mode!**

You feel good, calm, and ready to learn. You have energy and can focus. Keep using what works and keep growing!



YOU'RE DOING GREAT!



I MIGHT FEEL:

- Happy
- Calm
- Focused
- Proud
- Confident
- Ready to Learn

★ These feelings help you do your best!

I CAN:

- Pay attention
- Learn new things
- Work with others
- Solve problems
- Try my best
- Make good choices

★ You have the tools to succeed!

I NEED:

- Good sleep
- Water
- Healthy food
- Breaks
- Encouragement



Keep doing what helps you stay in the Ready Mode!

MY GOAL:



Stay in the Ready Mode by using my tools and making good choices every day!



TOOLS I CAN USE:



DEEP BREATHS



TAKE A BREAK



PLAN MY DAY



SET A GOAL



LISTEN TO MUSIC



STRETCH OR MOVE



TALK TO SOMEONE

REMEMBER:

The Ready Mode is a great place to be! Keep using your tools and keep growing!





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ALERT MODE

HEIGHTENED ENERGY • CAUTION

**You are in the Alert Mode!**

You might feel a lot of energy. You may feel frustrated, worried, silly, or excited.

Use tools and take breaks to stay in control.



PAUSE.
RESET.
GET BACK
IN CONTROL.



I MIGHT FEEL:



Frustrated



Worried



Silly



Excited



These feelings are okay. They are your signal to slow down.

I MIGHT SEE:



Lots of energy



Hard to focus



Restless



Talking a lot



Racing thoughts



Notice the signs so you can make a choice!

I CAN TRY:



Take deep breaths



Take a break



Drink water



Move my body



Use positive self-talk



Make a plan



Count to 10

MY GOAL:



Use my tools to get back to the Ready Mode!



RECHARGE MODE



READY MODE



ALERT MODE



OVERLOAD MODE

TOOLS I CAN USE:

DEEP
BREATHSTAKE A
BREAK

STRETCH

LISTEN TO
MUSICWRITE OR
DRAWUSE A
FIDGETTALK TO
SOMEONE

REMEMBER:

It's okay to feel this way.
Pause. Use a tool. Get back to Ready.
You've got this!





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OVERLOAD MODE

EXTREMELY HIGH ENERGY • OUT OF CONTROL

**You are in the Overload Mode!**

You feel overwhelming emotions. You may feel angry, terrified, panicked, or out of control. Your body and brain need help to calm down.



STOP!
PAUSE.
RESET.
GET HELP.
GET BACK
IN CONTROL.



I MIGHT FEEL:

- Angry
- Terrified
- Yelling
- Panicked
- Out of Control
- Hitting / Hurting
- Crying Hard

★ These feelings are overwhelming and not safe.

I SEE:

- My heart is racing
- My body feels hot
- My thoughts feel out of control
- I want to yell or scream
- It's hard to think clearly

★ These are signs that my body needs help to calm down.

I CAN TRY:

- Stop. Don't act.
- Take deep breaths
- Take a break
- Drink water
- Walk away
- Ask for help
- Use a calm down plan

★ These tools can help me get back to the Green Mode.

MY GOAL:



Use my tools to calm down and get back to the Green Mode.



RECHARGE MODE



READY MODE



ALERT MODE



OVERLOAD MODE

TOOLS I CAN USE:



DEEP BREATHS



TAKE A BREAK



LISTEN TO CALM MUSIC



STRETCH OR RELAX



WRITE OR DRAW



TALK TO SOMEONE



USE A CALM DOWN PLAN



REMEMBER:

It's okay to feel this way. My job is to use a tool, get help, and get back to Green.

I CAN DO THIS!

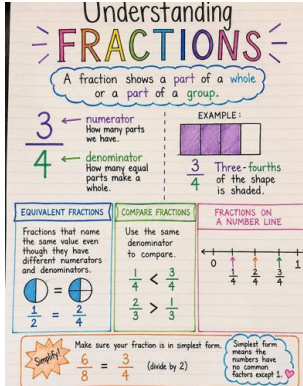


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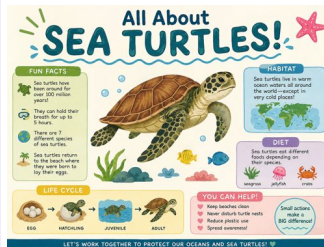
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