

Episode 1: Mojo's in a Mood

In Episode 1 “Mojo's in a Mood,” Mojo was in a mood and his friend Katie shared “moods come and go, it just takes time.”

1. How was Mojo feeling about the field trip? How do you know?
2. Have you ever been in a bad mood? What happened?
3. Let's name some feelings words that can help us name our moods. Do they all fit neatly into good or bad? Are there some words that are easier than others to sort?

On the next page are a few “take-home” questions for families, so they can watch the video and reinforce the concept at home!



Series 5, Episode 1: Take-Home Questions

We're watching a video series about moods and attitudes! Watch it at <http://vid.ly//1k2j6y>, and discuss these questions with your child tonight.

1. Share a good moment and a bad mood moment from today. What feelings words can you use to help you describe them? (Student and parents should both share!)
2. Why do you think your mood changed throughout the day?
3. Do you think it's possible to change your mood? Let's brainstorm some ways!



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