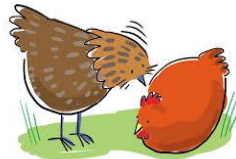









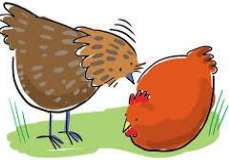

Skye & Lochalsh Young Carers - Moods In Action






Game Option: Print and laminate individual pictures. Place pictures face down on the table and invite participants to choose a card and identify the emotion being portrayed. Lead discussion using the reference guide as appropriate and encourage participants to read out relevant sections. Alternatively you can lay the cards face up and invite participants to choose a card which represents how they feel today/lately and encourage discussion. Give out copies of the guide for participants to take away with them.

Mood	Action Choices	Positive Decision	Consequences	Negative Decision	Consequences
Excited 	<ul style="list-style-type: none"> Tell people Jump about Shout out Hug people 	<ul style="list-style-type: none"> Choose who you share it with 	<p>They will share in your excitement.</p>	<ul style="list-style-type: none"> Tell everyone Keep repeating yourself 	<p>Likely to annoy people. Risk of being told to 'shut-up'.</p>
Frustrated 	<ul style="list-style-type: none"> Quietly hold it in Snap at people Moan at people Moan about people 	<ul style="list-style-type: none"> Have some quiet time to think things through. Talk to someone about it. 	<p>People are more likely to support you.</p>	<ul style="list-style-type: none"> Argue Shout Keep going on about it - moan 	<p>Can damage relationships.</p> <p>Can make people frustrated with you and lead to an argument.</p>
Happy 	<ul style="list-style-type: none"> Quietly feel good about it Share it with people Smile about it 	<ul style="list-style-type: none"> Share it with others who will appreciate it. 	<p>You're likely to get a smile back!</p> <p>You will help other people to feel happy too.</p>	<ul style="list-style-type: none"> Use it to upset people you know are sad or hurt Ignore how others might be feeling 	<p>You will lose respect</p> <p>You will be less likely to get support when you need it from someone.</p>
Stressed 	<ul style="list-style-type: none"> Tell people you trust Do something to relieve it Take it out on someone else Try and ignore it 	<ul style="list-style-type: none"> Tell someone you trust Do something you enjoy 	<p>You're more likely to get support.</p> <p>The feeling will ease and you'll feel better.</p>	<ul style="list-style-type: none"> Try and ignore it Take it out on someone else 	<p>You are more likely to develop a headache or stomach ache.</p> <p>You could damage a relationship and lose respect of others.</p>

Mood	Action Choices	Positive Decision	Consequences	Negative Decision	Consequences
<p>Relaxed</p> 	<ul style="list-style-type: none"> • Look for people to spend time with • Pace yourself to do the things you need to do • Make time for yourself • Do your own thing 	<ul style="list-style-type: none"> • Pace yourself and complete what you need and want to do • Spend time relaxing with other people • Do your own thing for a while 	<p>You will feel good about things.</p> <p>You'll enjoy yourself.</p> <p>You'll feel healthier.</p> <p>Other people will feel good around you.</p>	<ul style="list-style-type: none"> • Do your own thing and ignore what you need to do for yourself and other people 	<p>People are likely to get frustrated with you.</p> <p>People are more likely to lose trust in you and see you as unreliable</p>
<p>Fed-up</p> 	<ul style="list-style-type: none"> • Tell people around you how bored you are • Find something or someone to interest you • Leave what you're supposed to be doing 	<ul style="list-style-type: none"> • Find something to do • Find someone to interest you • Put aside your feeling and replace it with a better one 	<p>People are more likely to listen and help you get rid of the feeling</p>	<ul style="list-style-type: none"> • Tell everyone you're bored and keep repeating it • Leave what you should be doing 	<p>You're likely to bore other people and they are more likely to ignore you.</p> <p>You're likely to make other people feel unhappy around you so they will want to leave you</p>
<p>Proud</p> 	<ul style="list-style-type: none"> • Tell people • Show people what you've done 	<ul style="list-style-type: none"> • Tell the people who are close to you 	<p>They are likely to feel proud of you too</p>	<ul style="list-style-type: none"> • Tell everyone around you • Compare yourself to how others have done 	<p>People might think of you as a show off.</p> <p>People might be tempted to show you up in future if they get an opportunity</p>

Mood	Action Choices	Positive Decision	Consequences	Negative Decision	Consequences
Hurt 	<ul style="list-style-type: none"> Go somewhere quiet and private Stop speaking Hit out at people Hit out at things Shout at people Tell someone 	<ul style="list-style-type: none"> Tell someone you trust Find a quiet space to think things through Ask advice from people close to you 	<p>People are likely to really listen and support you.</p> <p>You'll be able to move on from the feeling more quickly.</p>	<ul style="list-style-type: none"> Tell everyone and try and get revenge on those who hurt you Damage property Hurt other people 	<p>Other people might take sides; arguments could then follow and get out of control.</p> <p>You're likely to get into trouble for your behaviour and be left feeling even worse.</p>
Picked on 	<ul style="list-style-type: none"> Pay them back Hide somewhere safe Run away Tell people Shout at those responsible Hit those responsible 	<ul style="list-style-type: none"> Stay with your friends for support Tell people you are close to and trust Find a safe place to go when you need it Ask them to explain their reason for picking on you 	<p>You will feel supported and know you're not alone.</p> <p>You will know where to go to feel safer and happier.</p> <p>The problem is more likely to stop.</p>	<ul style="list-style-type: none"> Say or do hurtful things back Get others to say or do hurtful things to get your revenge Run away 	<p>You will invite revenge back and things could get even worse for you.</p> <p>More people could get involved and make things worse.</p> <p>If you run away without telling anyone where you're going you could cause people to panic and get into bother.</p>
Alone/Lonely 	<ul style="list-style-type: none"> Pretend you don't care Spend time doing things you enjoy Stop trying to get on with people 	<ul style="list-style-type: none"> Concentrate on your interests and talents Offer help or support to others 	<p>By enjoying yourself other people will be drawn to you. You will be appreciated.</p>	<ul style="list-style-type: none"> Act overconfident to show people you don't care Ignore people as they ignore you 	<p>People could start believing you don't care so they won't care either.</p> <p>Others could think you don't like or want them.</p>

Mood	Action Choices	Positive Decision	Consequences	Negative Decision	Consequences
<p>Nervous</p> 	<ul style="list-style-type: none"> • Tell people how you feel and why • Avoid the cause • Face up to it • Stop talking/hide 	<ul style="list-style-type: none"> • Explain how feel to those you trust • Get support to help overcome it • Reassure yourself that it'll be ok 	<p>You will be more likely to get the support you need and your confidence will grow.</p>	<ul style="list-style-type: none"> • Do whatever you need to do to avoid what's causing the feeling • Get others to face it instead 	<p>You're more likely to lose confidence in your ability to do things.</p> <p>You'll be less likely to achieve your potential and feel good about yourself.</p>
<p>Irritating/ Mischievous/ Annoying</p>  	<ul style="list-style-type: none"> • Do things you know will annoy others • Pull faces and/or mock people • Hold back and find something else to do • Distract yourself 	<ul style="list-style-type: none"> • Find something to do or think about which won't annoy others • Do or say something nice to someone instead 	<p>The feeling will go away and the people with you will be happy to stay around you.</p> <p>You are more likely to make new friends quite easily.</p> <p>Other people will trust that you won't get them into trouble by being with you.</p> <p>You will get respect from people</p>	<ul style="list-style-type: none"> • Do things to annoy or upset other people • Get a laugh at how people react • Ignore other people's requests to stop doing things which are irritating • Get other people to join in with you 	<p>Likely to annoy people so they may not want to be around you.</p> <p>You could lose the chance to make new and good friends.</p> <p>You are at risk of making other people unhappy and have them do something upsetting back to you.</p> <p>You could develop a bad reputation and end up getting unfairly blamed when anything else happens around you. Things could get out of control and lead to arguments and fights</p>



