

Moods and Emotions

“I am a human being, with feelings and emotions and scars and flaws, just like anyone else.”
Josh Gordon

Dear Families,

Last week I was lucky enough to attend the year four camp at Cave Hill Creek. The kids had such a wonderful time, facing their challenges and overcoming some of them. The mood was upbeat and exciting, and numerous children travelled the emotional rollercoaster. When I came home exhausted, I noticed my emotions. I was a little grumpy with my kids, worrying about if they had done their jobs or not – typical stuff for me. When I paid attention to this, I was able to shift my thinking. I started to focus on the good stuff that my kids had been doing, and I noticed my mood lifting and I even felt less tired.

When teaching in the classroom, if I notice that my kids are off task or having trouble focusing, the first think I look at was my own mood. If I felt a little flat or tired, my mood rubbed off on my class. On the other hand, if I was upbeat and full of energy, this was reflected in my students. Sometimes in the classroom, I would first think of the mood that was best for my students and the learning activity they were doing and set the tone through how I was. I also notice this at home. If I want my kids to be relaxed and calm, I first look at myself and create that mood, which is often reflected in my kids.

Here are a few ideas that you could try at home to alter the mood of your family:

- When eating dinner together, tell an exciting story or adventure from your childhood. Notice if your mood is reflected in the others.
- If someone in the family is feeling tired, do some vigorous activity and notice if the tiredness lifts.
- When a member of the family is full of energy, sit down with them and read them a story in a very calm and quiet manner. What do you notice?
- If someone in the family is upset or angry, give them a big cuddle.
- Leave a card game or boardgame on the table and see what happens. What moods do you notice when you play the game together?

“Flowers are restful to look at. They have neither emotions nor conflicts.” Sigmund Freud

REMINDER: Anxiety and Resilience Parent Workshops:

Tuesday 7th June: 9.15am

Tuesday 7th June: 7.30pm

In person, at OGPS. All welcome. Bookings essential – [click here to book](#).

Have a great week everyone and enjoy noticing your moods.

Andy McNeilly
Mental Health and Wellbeing Coordinator

