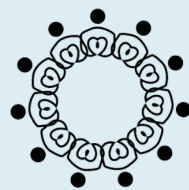


MOOD Tok

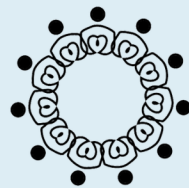


MOOD Tok



What You'll Need!

- **A group of 2+ people**
- **An open space to move freely**
- **Comfortable clothing for movement**
- **Music (optional for added energy)**

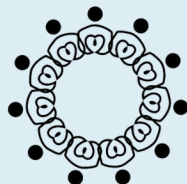
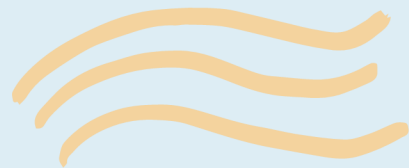


MOOD Tok

Get ready to move, express, and shake up your mood! This activity is all about using movement to vent emotions, boost energy, and have fun together.

How It Works

- Gather your group!
- Think about emotions that sometimes need an outlet - like frustration, excitement, or nervousness.
- Pick one emotion to start. **How does it feel in your body? What kind of movement might help release it?**





MOOD Tok



Create Your Mood Moves!

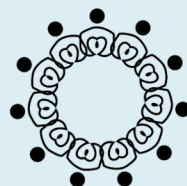
Step 1: Each person creates a movement to express the emotion – maybe stomping for frustration, shaking arms for excitement, or stretching wide for confidence!

Step 2: Put all the moves together into a group dance routine.

Step 3: Try it out! Move through the emotion together.



Repeat with new emotions - how does happiness move? What about stress? Notice how movement shifts your mood!



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

 emilymillartherapy@gmail.com

 [@emillartherapy](https://www.instagram.com/emillartherapy)

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 emily-millar.com

Can't wait to see what you create!

