



HOW TO MAKE THE MOOD CUBE

Option 1: Print, Cut, Fold, and Tape

Download and print the Kindness Connections Mood Cube Template on sturdy paper or cardstock. Cut out the template along the edges. Fold along the lines to form the cube and secure the edges with tape.

Option 2: Draw, Cut, Fold, and Tape

Open the Mood Cube template. Following the same layout, draw faces with clear emotion and label each. Alternatively, cut out faces with clear emotion from magazines and tape them to the cubes. Cut along the borders. Fold along the lines to form the cube and secure the edges with tape.

Playful Learning with the Mood cube

Understanding the Basics: Discussion and Role Play

Discuss with your little one what each emotion is. What does it look like when expressed? Why might someone express a given emotion? Take turns acting out each emotion. Use puppets or stuffed animals as preferred.

Kindness Learning

For each emotion, discuss if something kind or unkind would prompt someone to feel the emotion. For happier emotions, ask what might allow one to keep feeling that positive emotion or help spread it to others. For the more challenging emotions, discuss the kinds of calming or coping strategies one could use to feel better, such as taking 10 slow breaths or cuddling with a favorite stuffed animal

Math

Roll the Mood Cube and write down which emotion lands face up each time. After rolling it several times, ask your child to add up how many times each emotion landed face up. Which emotion landed the most times? The least times?

Literacy

Keep your Mood Cube close by when reading books to your child. Encourage your child to interrupt each time one of the cube's emotions appears in the book and discuss what prompted the emotion. If your child misses one of the emotions, pause to ask questions and encourage thinking and sharing.

Movement

When an emotion is rolled, together with your child express it through dance or movement. Discuss together why a movement represents an emotion, which encourages vocabulary development.

Extend the Learning—at School!

The research is clear that families who reinforce learning at home help their children's academic success. This can go both ways! Feel welcome sharing the Mood Cube with your child's teacher to keep the playful learning going.



Mood Cube

