Mood Changers Game

What You’ll Need
1 heavyweight paper plate
1 teaspoon (heavier than a plastic spoon)
Tape (like graphic art tape) or construction paper
Scissors
Braille labels
Glue (if using construction paper)

Instructions
You may need sighted help with this, so ask an older sibling, friend, or adult to help you.

1. If you are using tape:
   a. Divide the paper plate into 4 equal parts by making a cross with 2 strips of tape.
   b. Rotate the paper plate a quarter of a turn in either direction.
   c. Divide each of the 4 parts into 2 equal triangles by making a cross with 2 strips of tape. You should now have 8 equal sections on the paper plate, each separated by tape.

2. If you are using construction paper:
   a. Cut 4 strips of construction paper, each about ¼” wide.
   b. Spread glue on the backs of 2 of the strips.
   c. Divide the paper plate into 4 equal parts by making a cross with the 2 strips of construction paper.
   d. Rotate the paper plate a quarter of a turn in either direction.
   e. Spread glue on the backs of the other 2 strips of construction paper.
   f. Divide each of the 4 parts into 2 equal triangles by making a cross with the 2 strips of construction paper. You should now have 8 equal sections on the paper plate, each separated by paper strips.

3. Choose your 8 favorite activities from the list below. Select ones that make you feel good, that bring a smile to your face, or relaxes you.

Deep breaths
Make a snack
Pet an animal
Count to 10
Sing a song
Read a story
Play a game
Tell a joke
Give a hug
Dance
Share a toy
Play outside
Exercise
Quiet time

4. Make braille labels of your 8 favorite activities and attach 1 to each section of your paper plate. If you are playing with sighted friends or family members, have them write the name of each activity above or below the braille label.

5. Place the spoon in the center of the paper plate face down and spin it by giving it a twirl with your fingers. Do the activity that the head of the spoon lands on. Does it change your mood and lift your spirits to do this activity? Why?

6. Save your mood changers spinner for the next time you are feeling blue. Simply give it a spin, do the activity the spoon lands on, and enjoy a better mood!