

XVXVXVXV **DIY** XVXVXVXV MOOD BOARDS

Using pictures, graphics and words, mood boards can help capture and represent feelings and ideas.

Here's how to do it:

- 1 Get a big blank piece of paper, the bigger the better.
- 2 Think of a topic and write it at the top of the sheet.
- 3 Use magazines and/or newspapers or find images online – basically anywhere you can find a mixture of different text and pictures.
- 4 Pick out words and quotes and images that help to express people's emotions. Used in this way images help to express feelings and emotions.



What you'll need:

Paper
Magazines/Newspapers
Scissors

Before you begin adapting these activities for the children and young people in your setting, read the section on **Safety and Support**.