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The Mood Cards - Understand Deep Emotions Explore More ...

The Mood Cards are exactly what they sound like - cards with moods and emotions depicted them. There are over 40 different ones to pick from and they come neatly packaged in a box helpful guide included. They are simple and easy to understand.

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The Mood Cards (@moodcards) | Twitter

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The Mood Cards are simple to use and easy to understand. Each card shows a different mood emotion for you to explore. They will help you to understand yourself, accept yourself, have fun and be confident in who you are.

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The Mood Cards: Understand Deep Emotions: Explore More Complex Emotions and Behaviours for Healing, Happiness and Inner Peace. A "box of issues" based on 20 years of therapy. This pack demystifies psychology and mental health labels, and offers a fun and accessible way to you identify and explore difficult moods, feelings and emotions.

The Mood Cards - Andrea Harrn Counselling Services

The Mood Cards? @moodcards 19h19 hours ago. The Mood Cards are making a huge impact in schools for better #communication. Here's how to use them: <https://goo.gl/wHDY5g> #selfest Thanks.

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The Mood Cards - Understand Deep Emotions by Andrea Harrn ...

A) Moods are always brought about by a specific event. B) Moods last for a very short period of time, such as a few seconds. C) As compared to emotions, moods are more likely to be clearly revealed by facial expressions. D) Moods are more fleeting than emotions.

The Mood Cards: Make Sense of Your Moods and Emotions for ...

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Well-Being (MOOD Series) 2nd Revised edition by Andrea Harrn, Stacey Siddons (ISBN: 9781859063927) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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The Mood Cards

They have a face with a mood expressed on one side, and some questions on the other side. There are 2 packs of cards available. One is around mood swings and depression. The other goes deeper, and explores painful repressed emotions causing psychological distress.

Understanding Deep Emotions - Interview with Andrea Harrn | PODCAST Eddison Books

The Mood Cards - Understand Deep Emotions Explore More Complex Emotions and Behaviours for Healing, Happiness and Inner Peace New edition

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