

Mood Jars Activity

The Mood Jars Activity is a creative writing exercise designed to help students explore emotions and moods through descriptive language, imagery, and storytelling. This activity encourages imaginative thinking, emotional awareness, and the use of poetic or vivid writing.

Preparation:

Create the Jars: Label each jar with a specific mood. You can use physical jars, a bulletin board with labeled sections, or paper cut-outs.

Fill the Jars: Add writing prompts for each mood on slips of paper.

Step-by-Step Instructions

Introduce the Activity:

Explain that each jar represents a mood, and the prompts inside are designed to help students write creatively in that mood.

Discuss what mood means in writing and how descriptive words and imagery create it.

Mood Exploration:

Briefly discuss the different moods (e.g., joyful, sad, mysterious) and ask students for examples of when they've felt or experienced each mood.

Choose a Jar:

Students pick a jar at random or select a mood they want to explore.

They draw a prompt from the jar and read it silently or aloud.

Writing Time:

Students write a story, poem, or descriptive passage based on the mood and prompt they selected.

Encourage them to use sensory details, metaphors, similes, and imagery to create the mood.

Share and Reflect:

After writing, students can share their work with the class or in small groups.

Ask them to explain how they tried to show the mood in their writing and what words or phrases they used.



Joyful:

Joyful: Imagine you are a puppy seeing your owner after a long day.

Joyful: Imagine what it would feel like to live in a house made of candy.

Joyful: Write about a carnival filled with colorful lights, laughter, and music.

Joyful: Describe the perfect summer day with your friends.

Joyful: Imagine opening a surprise gift that contains something you've always dreamed of.

Peaceful:

Peaceful: Write about floating on a calm lake in a small boat.

Peaceful: Imagine sitting on a hill, watching clouds drift by.

Peaceful: Write about lying in a hammock, feeling the breeze on your face.

Peaceful: Imagine sitting by a campfire under the stars.

Peaceful: Describe waking up slowly on a day when you don't have any worries.

Excited:

Excited: Imagine being part of a parade with music and fireworks.

Excited: Write about getting ready to go on your dream vacation.

Excited: Imagine finding a treasure map leading to hidden gold.

Excited: Imagine discovering a secret door in your school.

Excited: Describe the moment just before a big surprise party.

Mysterious:

Mysterious: Describe walking through a foggy forest.

Mysterious:

Imagine walking into an abandoned castle

Mysterious:

Describe hearing a strange knock on your door in the middle of the night, and finding nobody there.

Mysterious:

Imagine finding a secret room behind a bookcase in your house.

Mysterious:

Write about a map that leads to a place no one has ever seen.

Lonely:

Lonely:

Describe how it feels when your best friend moves away.

Lonely:

Describe a day when you felt invisible.

Lonely:

Write about walking through an empty city at night.

Lonely:

Write about watching others play when you feel left out.

Lonely:

Describe walking home in the rain by yourself.

Scared:

Scared:

Describe opening a door that creaks loudly and slowly.

Scared:

Imagine being lost in a dark forest.

Scared:

Write about being trapped in a thunderstorm.

Scared:

Write about walking through an abandoned house.

Scared:

Imagine seeing shadows move when no one else is there.

Sad:

Sad:

Write about losing a treasured object and searching for it.

Sad:

Write about missing someone and waiting for their return.

Sad:

Imagine a bird that can no longer sing and how it feels.

Sad:

Describe how it feels to hear bad news and not know what to do.

Sad:

Describe wanting to say "I'm sorry" to someone but not being able to.

Angry:

Angry:

Describe trying to calm down after a big fight.

Angry:

Write about a time someone blamed you for something you didn't do.

Angry:

Describe being treated unfairly and how it made you feel.

Angry:

Write about trying to fix something that keeps falling apart.

Angry:

Imagine arguing with a friend and saying things you didn't mean.

Cosy:

Cosy:

Write about sitting by a fireplace while sipping hot cocoa.

Cosy:

Imagine curling up with a good book and a soft pillow.

Cosy:

Write about making cookies in a warm kitchen.

Cosy:

Write about being inside while watching snow fall outside.

Cosy:

Describe the feeling of falling asleep in your favorite chair.

Majestic:

Majestic:

Write about standing at the edge of a vast canyon at sunrise.

Majestic:

Describe walking through a forest of trees so tall you can't see the tops.

Majestic:

Imagine standing on the deck of a ship as a giant whale leaps from the water.

Majestic:

Describe walking through a meadow filled with golden flowers.

Majestic:

Write about watching an eagle soar through the sky high above you.

Hopeful:

Hopeful:

Write about planting a tree and imagining how tall it will grow.

Hopeful:

Write about a rainy day that ends with a bright rainbow.

Hopeful:

Imagine meeting someone who tells you your future is full of amazing things.

Hopeful:

Imagine cheering for your favorite team as they make a comeback.

Hopeful:

Describe building something that keeps getting better and stronger.

Curious:

Curious:

Write about finding a glowing key in your backyard.

Curious:

Describe opening a dusty old book and finding a strange message inside.

Curious:

Imagine exploring a cave with mysterious symbols on the walls.

Curious:

Imagine meeting a robot that knows all the secrets of the universe.

Curious:

Describe finding a letter addressed to you from 100 years ago.

Playful:

Playful:

Imagine a day where you could only speak in rhymes.

Playful:

Write about a magical trampoline that lets you bounce into the sky.

Playful:

Imagine a snowball fight with enchanted snowballs.

Playful:

Describe playing hide-and-seek in a giant castle.

Playful:

Describe a day where all the playground equipment came to life.

Tense:

Tense:

Write about waiting for your name to be called in a big competition.

Tense:

Imagine being at the top of a diving board, hesitating to jump.

Tense:

Describe waiting for an important test result.

Tense:

Imagine standing outside a door, not knowing what's on the other side.

Tense:

Describe the moment before opening a mystery box.

Surprised:

Surprised:

Imagine a regular day when suddenly an animal starts talking to you.

Surprised:

Imagine holding something in your hands, and it disappears right before your eyes.

Surprised:

Write about opening the door to find someone or something you never expected to see.

Surprised:

Write about finding a secret message hidden in an old book.

Surprised:

Describe finding a letter addressed to you, but you don't recognize the sender.

Eerie:

Eerie:

Describe walking through a forest where the trees seem alive.

Eerie:

Imagine being in a house where every door creaks loudly.

Eerie:

Describe a mirror that shows a reflection that isn't yours.

Eerie:

Imagine a night when the moon turns red, and strange things happen.

Eerie:

Write about finding an object that seems to move on its own.

Dreamy:

Dreamy:

Imagine falling asleep and waking up in a world made of clouds.

Dreamy:

Write about walking through a field of glowing flowers at night.

Dreamy:

Imagine a world where everything is upside-down.

Dreamy:

Imagine being carried away by a balloon to a fantastical land.

Dreamy:

Write about a staircase that leads to a magical place.

Thoughtful:

Thoughtful:

Imagine walking through a gallery of your favorite memories.

Thoughtful:

Write a letter to your future self.

Thoughtful:

Write about a time you helped someone and how it made you feel.

Thoughtful:

Write about watching the stars and wondering what's out there.

Thoughtful:

Imagine holding an object and thinking about its history.

Melancholy

Melancholy

Imagine walking through a town where everyone seems sad.

Melancholy

Write about finding an old photo that makes you miss someone.

Melancholy

Write about saying goodbye to a pet you loved.

Melancholy

Describe a day when the sky stayed gray and heavy with clouds.

Melancholy

Describe watching someone walk away without saying goodbye.

Wild:

Wild:

Imagine rafting down a river with wild rapids.

Wild:

Describe the feeling of being in the middle of a crowded carnival.

Wild:

Imagine being caught in a tornado and trying to escape.

Wild:

Describe standing on a mountaintop in the middle of a snowstorm.

Wild:

Write about a stampede of animals crashing through a jungle.