



## Mood Board

### Equipment:

- Cardboard or canvas for your board
- Scissors
- Glue stick
- Photos, magazine cuttings, inspirational pictures
- Pens to decorate

### Instructions:

1. Pick out some pictures and photos that are meaningful to you.
2. Find some words to go with your pictures. These could be inspirational quotes you print out, or single words that apply to the pictures.
3. Cut out your pictures and arrange them on your board. Work out your layout before you start gluing. Play around with angles to bring it to life; it doesn't need to be square.
4. Glue everything in place. Make sure that all of the corners are glued and smoothed down.
5. Decorate with pens, and add additional words and quotes if you like.
6. Display it somewhere you'll see it often to brighten your mood!

