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## What is your favorite mood booster?



My favorite mood booster is coloring. It makes me calm. It makes me relaxed. I like to color because it makes me happy.

**Dani Dishner, 3rd, Shoemaker Elementary, Mrs. Johnson**

My favorite mood booster is going outside to feel the breeze. I feel much better after that.

**Aiden Hines, 7th, Jonesville Middle, Mrs. Brooks**

My favorite mood booster is having a family. My mom lets me watch The Owl House. I get to go to the park with my family. I get to play freeze tag with my family. Being with my family is the best mood booster.

**Jessey Johnson, 2nd, Hilton Elementary, Mrs. Edwards**

Are you ever in a bad mood for no reason? I know I am. I listen to music to get me in a better mood and there are so many different kinds. There's country, rap, sad rap, metal, and so many more. Next time you're in a bad mood just put on some music and you'll be cheered up in no time! I would recommend listening to country artist if you're in a bad mood, such as Luke Combs, Morgan Wallen, or Pearl Jam. I hope this helps!

**Brody Neary, 7th, Elydale Middle, Mrs. Yeary**

My favorite mood booster is taking a short break. I also have other favorites, but I would prefer taking a break. Taking a break can help you calm down after a hard day. Taking breaks help you from not getting too mad!

**Atlas Robbins, 2nd, Rock Springs Elementary, Mrs. Charlton**

What makes me happy are my family, my bf, and my dog.

**Desiree Woodard, 6th, Pennington Middle, Ms. Lambert**

My favorite mood booster is my dog. She helps me when I'm sad. I love on her and she gives me kisses. I love my puppy and she loves me!

**Kash Bise, 3rd, Shoemaker Elementary, Mrs. Johnson**

I have major anxiety, and here are some things I can do when I am having an attack. One thing that cheers me up is my plushies. Another mood booster is to lay down somewhere comfy. Last, I like to do the "5 4 3 2 1" technique where I think of five things I can see, four things I can touch, three things I can hear, two things I can smell, and one thing I can taste. All in all, these mood boosters really help with my anxiety.

**Gavin Tidwell, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite mood booster is going outside because it relieves stress and gets stuff of my mind. Another thing I like to do outside is hunt and fish when I can. It helps with stuff I have going on in my life. That stuff makes me the happiest besides being out with my brother playing and riding four-wheelers. My parents like to see me outside having fun instead of inside playing video games. I also love shooting a crossbow, it's so fun and I love doing it just as well as hunting and fishing.

**Gabe Lee, 6th, Pennington Middle, Ms. Lambert**

My favorite mood boosters are calling people and reading my bible. I feel so much better after that.

**Isabella Oaks, 7th, Jonesville Middle, Mrs. Brooks**

My favorite mood booster is playing with my dog, Willow. I like playing fetch with her. She makes me happy. We also play catch outside. She also chases me and we play with a bone. I love playing with Willow because she always cheers me up.

**Kambri Branham, 2nd, Hilton Elementary, Mrs. Edwards**

My favorite mood booster is football. I have played my whole life and never once have hated it. Football is my favorite sport/favorite thing to do. I play inside linebacker and right guard, and I love every minute of it. The main reason I play it is that my dad played and he is my role model.

**Hunter Brockman, 7th, Elydale Middle, Mrs. Yeary**

My mood booster is my doggy, Sugar. When I get home she runs around my house and wags her tail! I love my doggy, Sugar. My dog makes my day better if I'm sad!

**Paisley Hensley, 2nd, Rock Springs Elementary, Mrs. Charlton**

When I'm sad I go outside and read so I can be happy. What do you do when you're sad? Things that make me happy are stuff that helps with tests and other things. So, you can do better in TCAP tests. If you sleep, eat, and don't stay up late you will do better.

**EJ Magee, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite mood booster is playing with my dog, Bella. Whenever I am in a bad mood, I go downstairs where Bella is and I pet her. Sometimes I take her outside, throw the ball, and she brings it back. I love when Bella licks me. She knows how to do cool tricks like give high fives. I am a lot happier when I play with my dog Bella.

**Landri Carter, 2nd, Hilton Elementary, Mrs. Edwards**

Whenever I get in a bad mood, there is not much that will get me out of it. The one thing that gets me out of a bad mood is painting. I love to paint with acrylic paint. Once I start painting, all my troubles go away. Once I took Art in middle school. I learned to properly mix the colors to make brilliant lines in my painting. Thank goodness I have my paintings to change my mood.

**Sabrina Eldridge, 6th, Elydale Middle, Mrs. Smith**

When I'm sad or mad, I pet my dog. He is a shih tzu chihuahua. A shih tzu chihuahua stays small for its whole life. My shih tzu chihuahua calms me down. I've had him since he was a baby. Now he is turning 3 this year. He helps me calm down when I'm sad or mad.

**Holley Jones, 2nd, Rock Springs Elementary, Mrs. Charlton**

My horse is my favorite mood booster. When I am in a bad mood, my horse cheers me up. It just feels like she listens to me. When I do stuff with her, it gets things off my mind. I love my horse, Diva!

**Emma Taylor, 3rd, Shoemaker Elementary, Mrs. Johnson**

My mood booster is going outside and playing softball by myself. I love to play softball because it makes me feel relaxed. I just don't like the running part. I hit a ball with a tee on the net to practice my batting. I also use a pitch back to field and catch pop ups to practice my fielding. Lastly, I am a pitcher, so I use the net to catch the balls that I pitch. Overall, softball is my mood booster.

**Rylee Weston, 6th, Jonesville Middle, Mrs. Austin**

My dog is my mood booster. His name is Gunner and his nickname is Chocolate Monster. When I'm feeling sad, he's there for me.

**Jace Lewis, 5th, Jonesville Middle, Mrs. Austin**

What do you do when you're mad or sad? What would help you to calm down? Well, what I do is play volleyball because when I'm mad, I can hit the ball. Or I ride my bike and jam to my songs! That is what makes me happy! Second, happiness can help with many things, but what I know it can do is this right here. Tests, sleep, health, and productivity! It can help you to feel better. Third, if you're down, tell yourself you can do this! It might be hard, but trust me, you can do it! Last but not least, what have you learned out of this? To be happy!

**Emma Grindstaff, 4th, Miller Perry Elementary, Ms. Jeffers**

Have you ever been in not so much of a good mood for no reason at all and you wonder why? I know I have, here's just a few things that boost my mood and I hope they try to boost your mood as well. 1. I love listening to old Pentecostal gospel music by Jeremiah Yocom or Jared and Nick Fields, 2. I love to read my King James bible and spend my time praying and coming before the throne of heaven with my prayers and the main reason I do those things is that Jesus Christ our lord and Savior is the reason for who I am today, my precious lord Jesus Christ has helped me to claim within my heart and soul that he is lord of lords and king of kings and is the only way to heaven, and last but not least, 3. I love saying my favorite bible verse, John 14:6, Jesus saith unto him, I am the way, the truth, and the life, no man cometh unto the father but by me.

**Savannah James, 7th, Elydale Middle, Mrs. Yeary**

Have you ever been in a bad mood and wanted to be in a better mood? Well today I have three ways to have a better mood and make your day better. You can go outside and do more outside activities and get more sunlight. You Can also go and hang out with some friends and have some fun. And lastly you When you wake up you can go for a jog and get some exercise and feel more active.

**Eli Jones, 7th, Elydale Middle, Mrs. Yeary**

My favorite mood booster is Cherry Coca-Cola.

**Keelyn Bell, 6th, Pennington Middle, Ms. Lambert**