

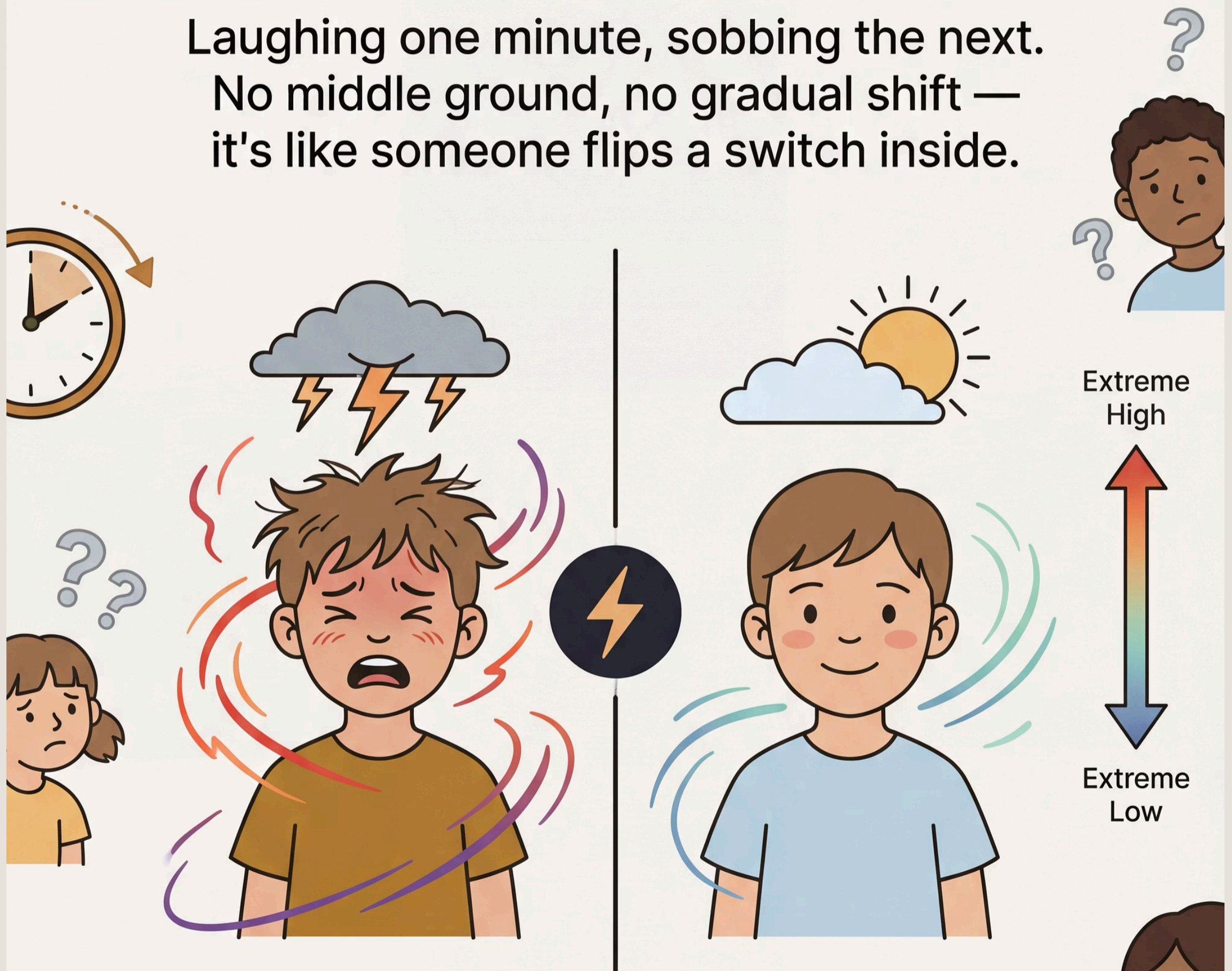
9 Materials That Help With Extreme Mood Swings

When emotions change like weather —
– fast and without warning



When emotions change like weather — fast and without warning

Laughing one minute, sobbing the next. No middle ground, no gradual shift — it's like someone flips a switch inside.



These materials help children find stability between the extremes.

Mood Tracking Charts and Visual Logs

MOOD TRACKING → See patterns, find predictability

Pattern recognition transforms what feels random.

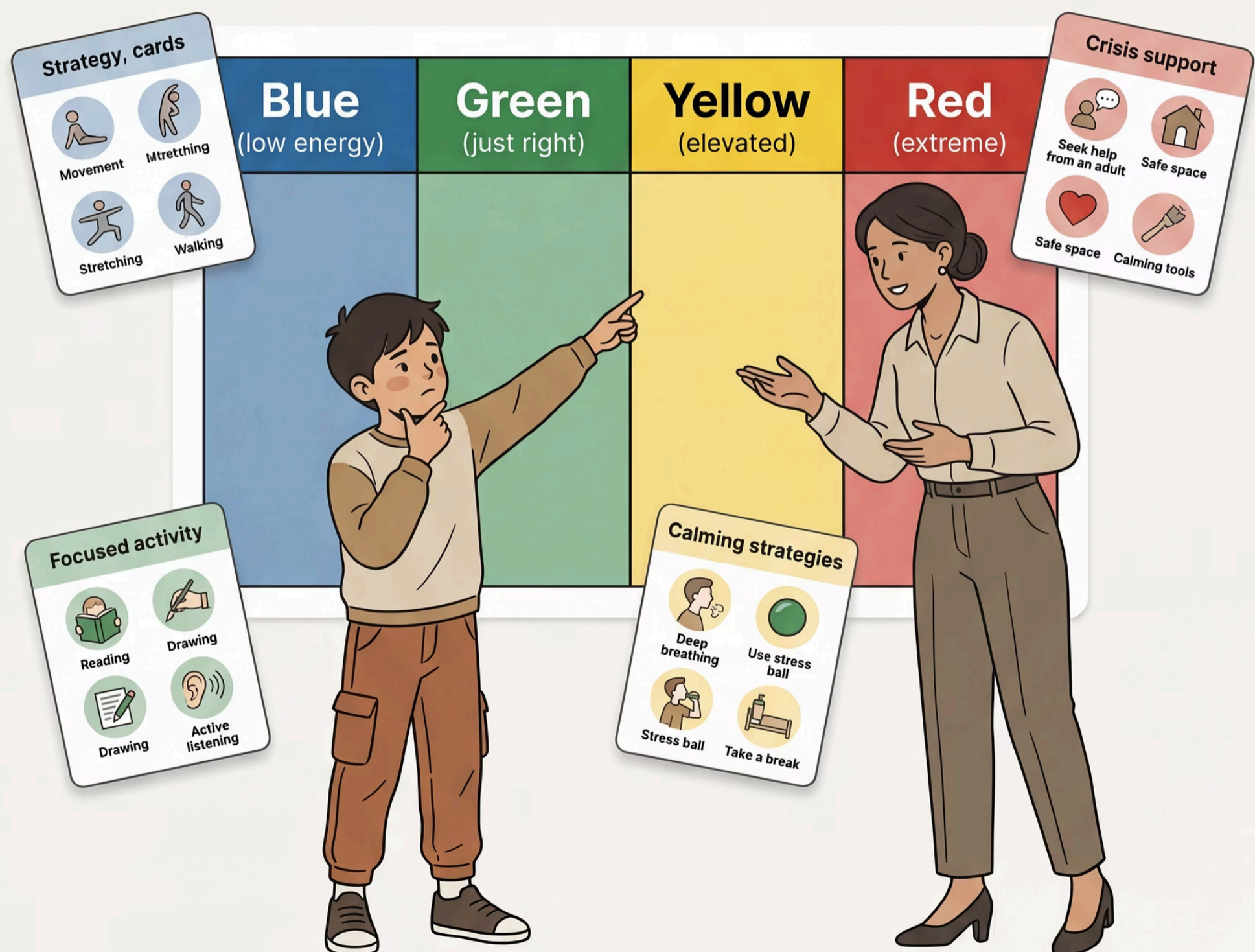
When we see patterns, we can predict — and sometimes prevent — the swings.



Zones of Regulation Framework Materials

ZONES OF REGULATION → Know where you are, know what helps

Blue, Green, Yellow, Red — knowing where you are is the first step to getting where you want to be. A shared language for emotional states.



Complete framework | ₹500–2,000

Calm-Down Kits and Regulation Toolboxes

CALM-DOWN KITS → Tools ready when storms hit

When moods swing, children don't have to figure out what helps — they reach for what they've already prepared.

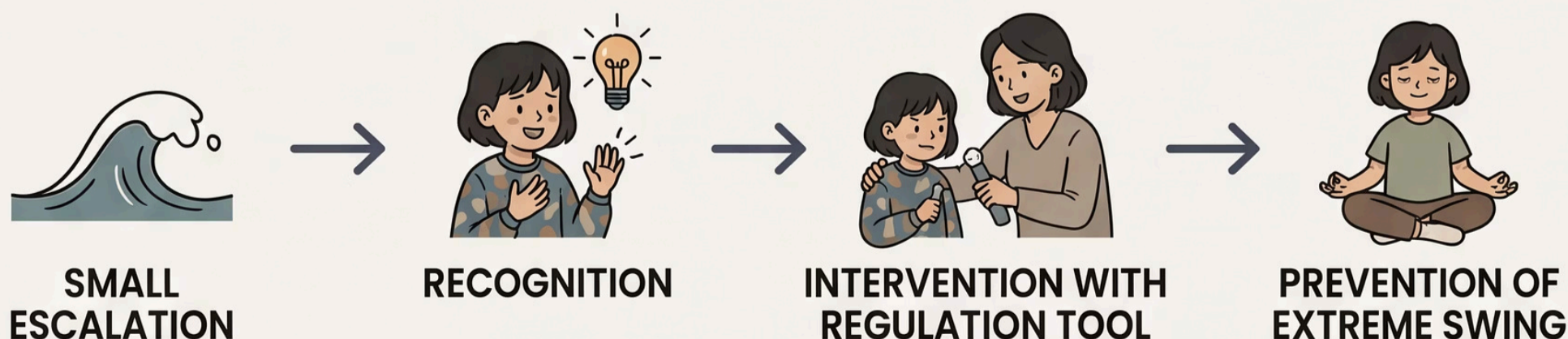
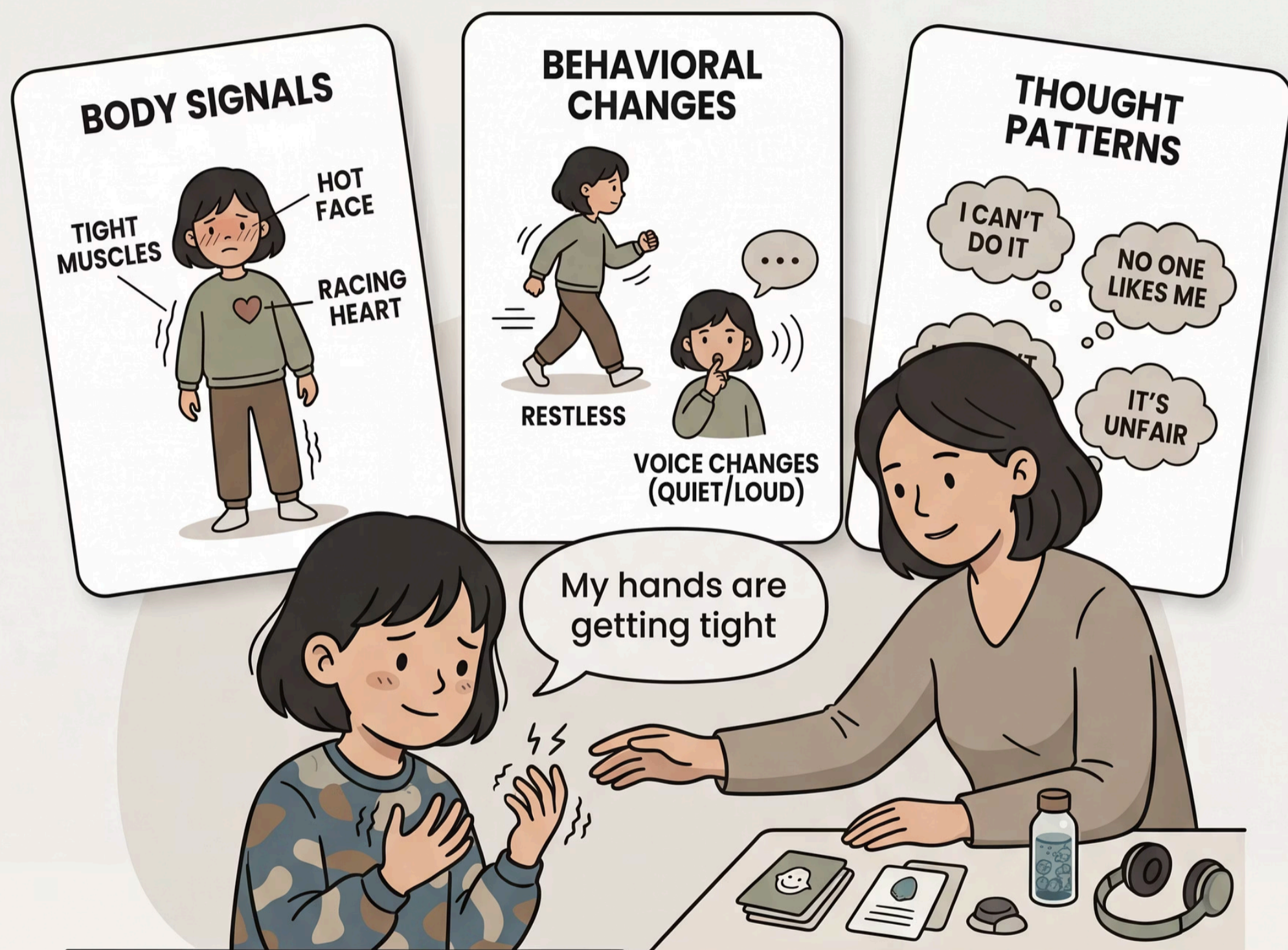


Personalize to child | ₹300-1,500

Early Warning Signs Cards and Awareness Tools

EARLY WARNING SIGNS → Catch the wave before it crests

Recognizing 'my hands are getting tight' before mood fully shifts means more options for riding it out.



Sensory Regulation Tools and Kits

SENSORY TOOLS → Regulate the nervous system, stabilize the mood

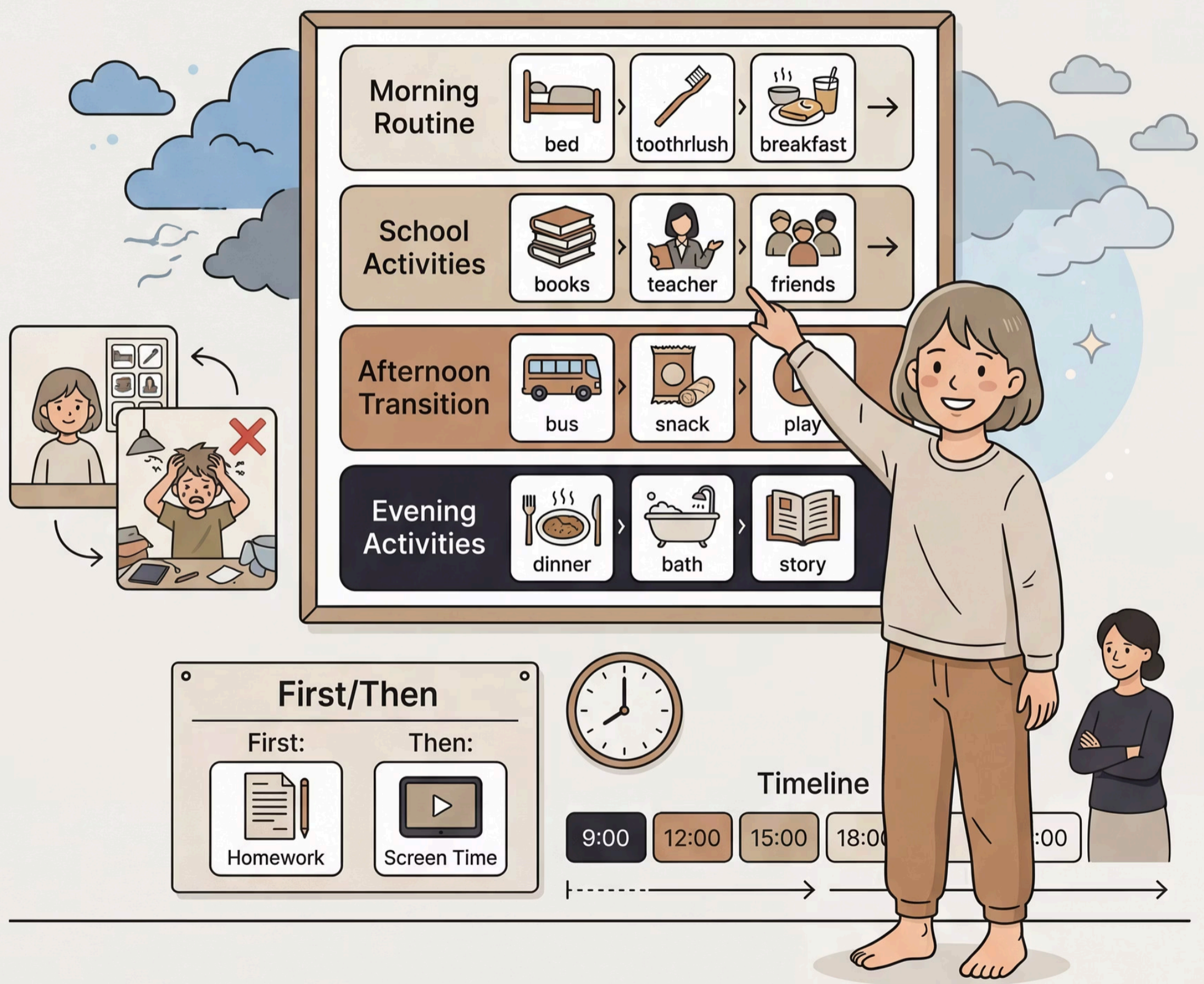
When the body is regulated, emotions often follow. The right sensory input can prevent or shorten mood swings.



Assess individual needs | ₹200–2,000

Predictable Routine Visual Schedules

VISUAL SCHEDULES → Predictability calms the nervous system



Knowing what comes next reduces surprise. When children see the plan, their nervous systems can relax.

Daily support tool | ₹200–800

Social Stories for Emotional Experiences

SOCIAL STORIES → Understanding the emotional experience. Stories help children understand their mood swings:



Breathing and Grounding Strategy Cards

BREATHING & GROUNDING → Calm the body to calm the mind

Visual instructions put regulation strategies in children's hands. When the body calms, the mood often follows.



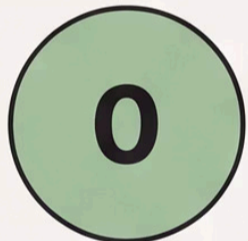
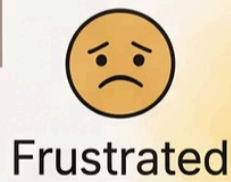
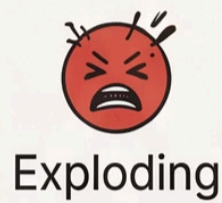
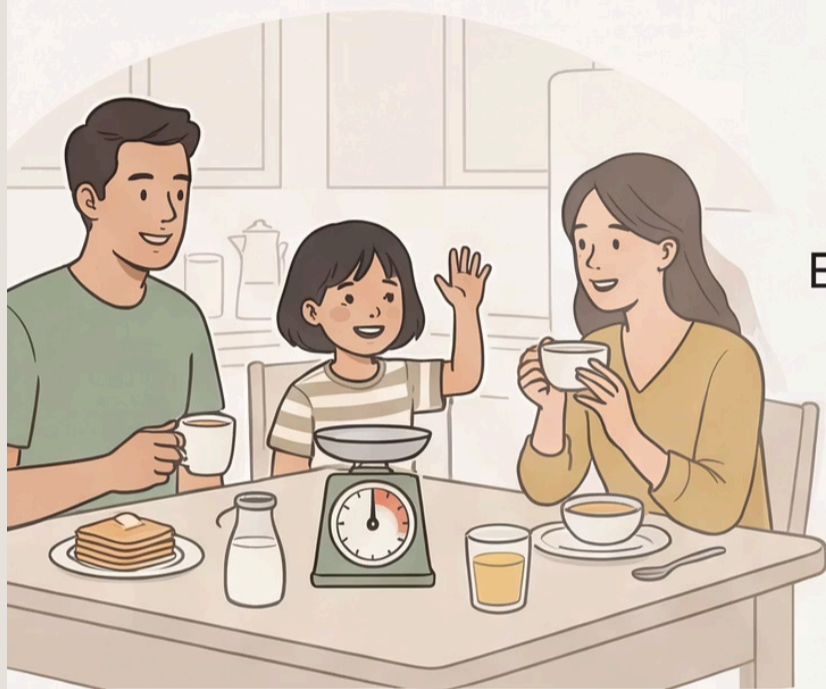
BEFORE:
Tense, Overwhelmed

AFTER:
Calm, Regulated

Practice during calm | ₹100-400

Emotion Intensity Scales and Thermometers

INTENSITY SCALES → Find the numbers between 0 and 10
 Recognizing intermediate states helps manage emotions.



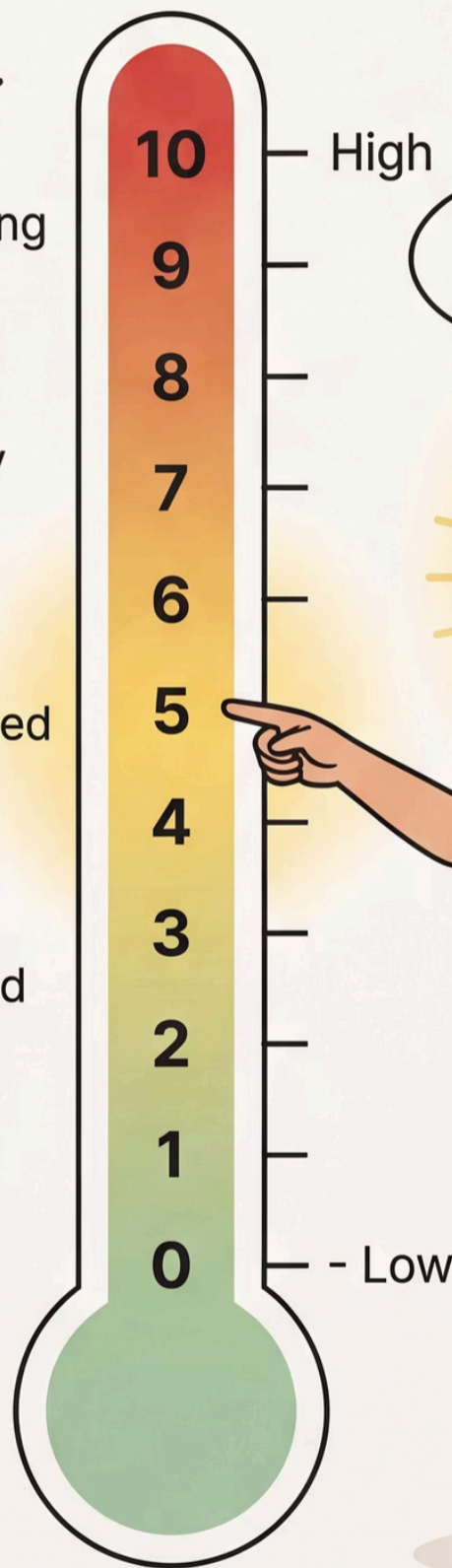
Calm/OK

vs

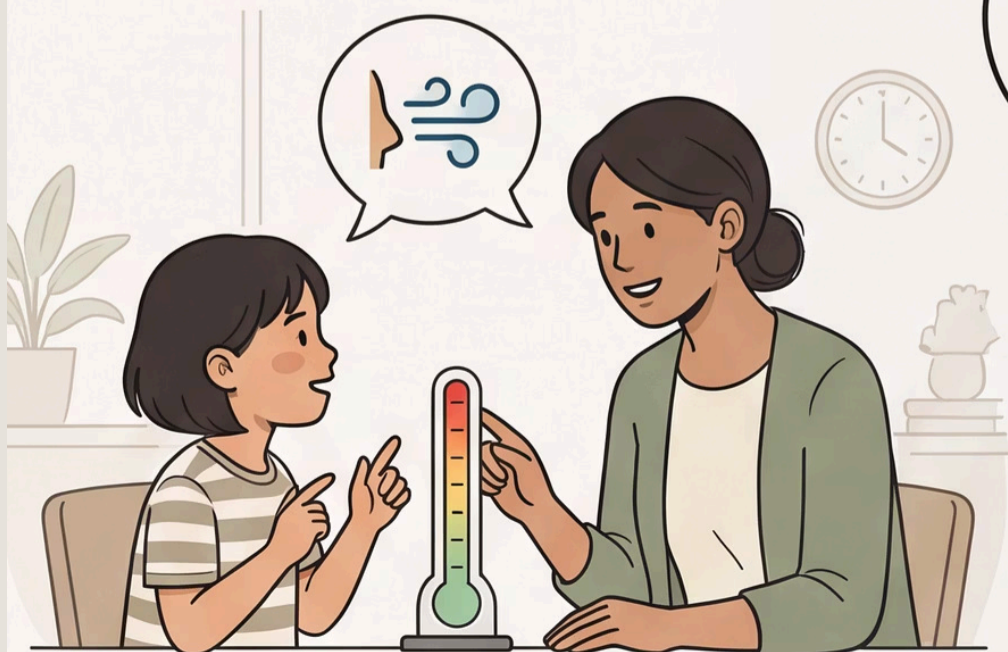


Overwhelmed/
Terrible

Binary Thinking



"I'm at a 5"



STRATEGY REMINDER

Low (0-3): Stay calm, continue activity.

Medium (4-7): Take a break, use calming tools.


High (8-10): Seek help, safe space, de-escalate.

Building Emotional Stability Together

SAVE  for building emotional stability

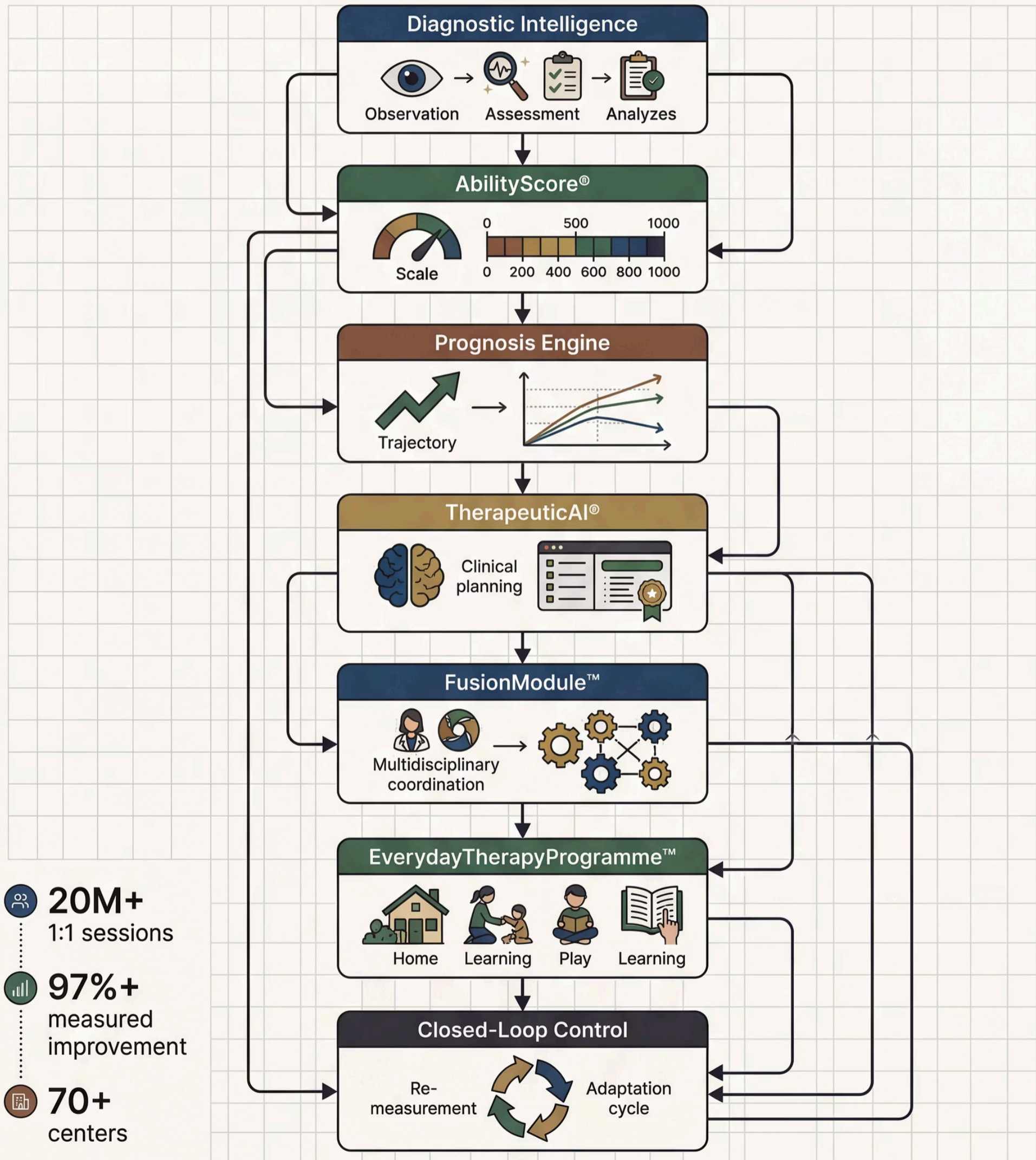
SHARE with families on the mood swing roller coaster 



Follow for more strategies
that bring calm to chaos. +

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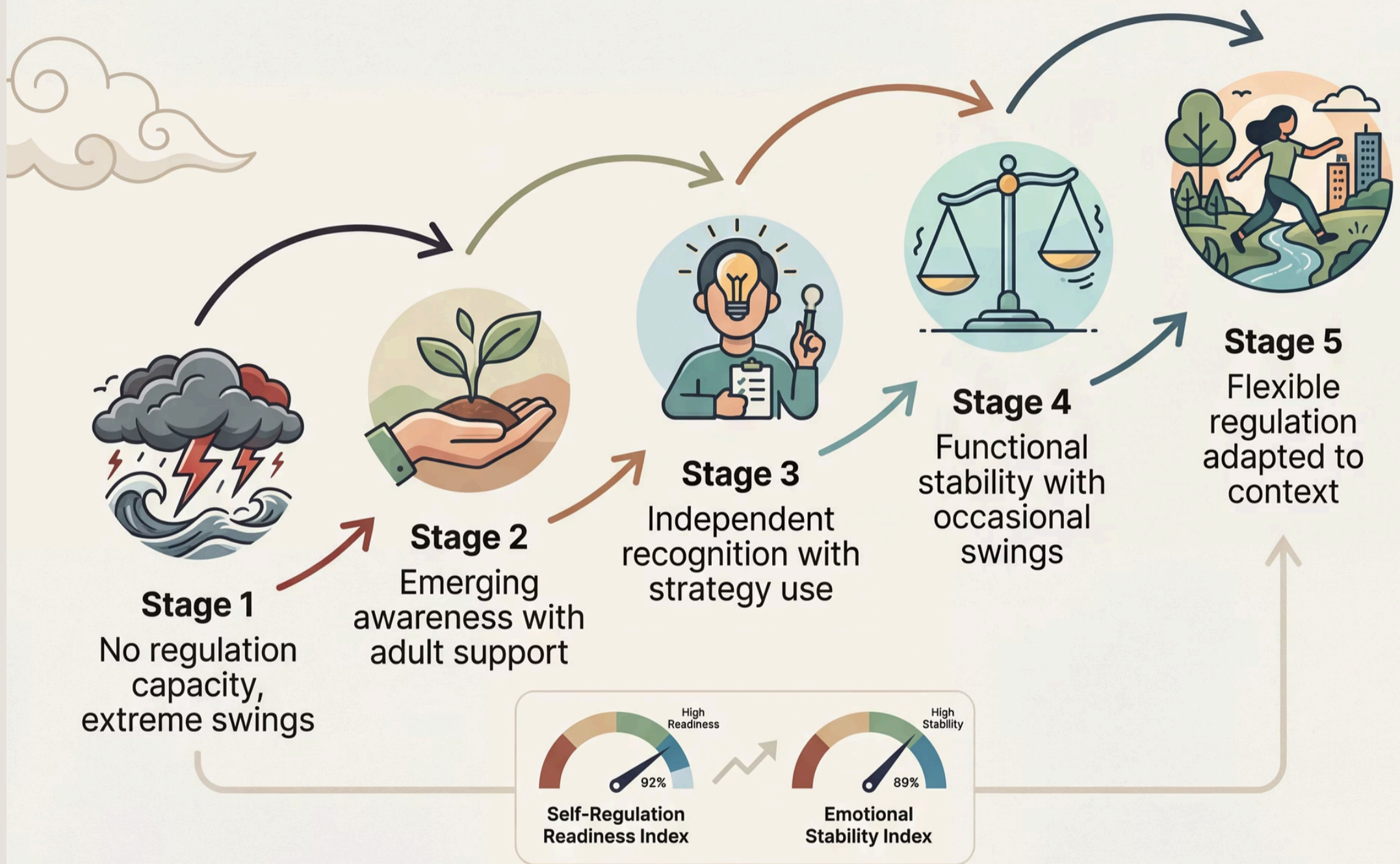


This is not software. This is therapeutic infrastructure.

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“Six months ago, I never knew which version of my son I'd get... With tracking and tools, we can ride it together.”

- Source: Funiey Burrer



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