

Mood tracker

This activity can be used to help you track how you are feeling and what your mood is like on a daily basis.

Below is a list of moods. Take a moment to read through them all. Next, think of a colour that you feel reflects each mood.

Each mood has an empty box next to it, once you have chosen the colour which reflects that mood, colour the box in.

Happy

Worried

Sad

Bored

Angry

Nervous

Excited

Uncertain

Scared

Positive

Proud

Tired

Now you can track your mood each day by filling in a section of the image with the mood colour you are feeling that day. Feel free to add your own moods/emotions to the list as you go on.

Count up the total sections of each colour to find out what mood you feel the most and write it down here _____

Remember, no matter how you are feeling, there are always ways to help you feel better.

Turn over to colour in your image!

