**Mood Chart**

Fill in a mood chart for 4 weeks beginning from today.

* write the date on the left side
* tick the mood
* write down a key word/phrase that influenced your mood that day (e. g. too much homework, news: end of lockdown, I went running, etc.)

We can plot your results in about 4 weeks when we are back in school (see picture below). It is important that you track your mood and movement every day to have solid results.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **Keyword** |
| **Date** |  |  |  |  |  |  |
| **1.2. 2021.** |  |  |  | + |  | Boring |
| **2.2.2021.** |  |  |  | + |  | Spent time with family |
| **3.2.2021.** |  |  | + |  |  | Too much schoolwork |
| **4.2.2021.** |  |  | + |  |  | Too much homework |
| **5.2.2021.** |  |  |  |  | + | Went out with my friends, really fun |
| **6.2.2021.** |  |  | + |  |  | Went on a walk with some friends, tiring |
| **7.2.2021.** |  |  |  | + |  | My childhood friend came over! |
| **8.2.2021.** |  |  | + |  |  | Boring, too much schoolwork |
| **9.2.2021.** |  |  |  | + |  | Spent time with family |
| **10.2.2021.** |  |  |  | + |  | Tired |
| **11.2.2021.** |  |  | + |  |  | Very tired, lots of homework |
| **12.2.2021.** |  |  |  |  | + | Fun! Went over to a friends house and had fun. |
| **13.2.2021.** |  |  |  |  | + | My friends and I went to walk our dogs. |
| **14.2.2021.** |  |  |  | + |  | Valentine´s day! It was lovely. |
| **15.2.2021.** |  |  |  | + |  | School started again! |
| **16.2.2021.** |  |  | + |  |  | Very tired. Too much schoolwork. |
| **17.2.2021.** |  |  |  | + |  | Average day, kind of boring |
| **18.2.2021.** |  |  |  | + |  | Had a eTwinning project today, we talked to students from Germany, it was very fun. |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins) |
| **…** |  |  |
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