**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** |  |  | ✓ |  |  | Too much homework |
| **2.2** |  |  |  |  | ✓ | I saw my friends |
| **3.2** |  | ✓ |  |  |  | It was just a bad day |
| **4.2** |  |  | ✓ |  |  | I could not see my friends |
| **5.2** |  |  |  |  | ✓ | I spent time with my cousins |
| **6.2**  **7.2**  **8.2**  **9.2**  **10.2**  **11.2**  **12.2**  **13.2**  **14.2**  **15.2**  **16.2**  **17.2**  **18.2**  **19.2** |  | ✓  ✓  ✓  ✓ | ✓  ✓ | ✓  ✓  ✓  ✓  ✓ | ✓  ✓  ✓ | I saw my friends  Just another bad day  I went on a walk  I spent time with my brothers  I felt lonely  I went on a walk with my best friend  Too much homework  I found out I’m going to see my friends soon  Too much homework  I saw my friends  It was a good day  I had a test  I had a test  It was finally friday |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins) |
| **1.2** | **walking** | **1 hour** |
| **2.2** | **walking** | **1 hour and 30 minutes** |
| **3.2** | **walking** | **1 hour** |
| **4.2** | **walking** | **30 mins** |
| **5.2** | **Working out** | **20 mins** |
| **6.2** | **walking** | **1 hour** |
| **7.2**  **8.2**  **9.2**  **10.2**  **11.2**  **12.2**  **13.2**  **14.2**  **15.2**  **16.2**  **17.2**  **18.2**  **19.2** | **Working out**  **Walking**  **Walking**  **Walking**  **Working out**  **Dancing**  **Working out**  **Walking**  **Walking**  **Walking**  **Running**  **Walking**  **Walking** | **30 mins**  **2 hours**  **1 hour**  **1 hour and 30 mins**  **30 mins**  **10 mins**  **30 mins**  **2 hours**  **2 hours**  **1 hour**  **15 mins**  **1 hour**  **2 hours** |

