**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 friendsJust another bad dayI went on a walkI spent time with my brothersI felt lonelyI went on a walk with my best friendToo much homeworkI found out I’m going to see my friends soonToo much homeworkI saw my friendsIt was a good dayI had a testI had a testIt 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** |

