**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** |  |  |  | ✓ |  | Anfang Februar |
| **2.2.2021** |  |  | ✓ |  |  | langweilig |
| **3.2.2021** |  |  |  |  | ✓ | Glück |
| **4.2.2021** |  |  |  | ✓ |  | Spaß |
| **5.2.2021** |  |  |  | ✓ |  | Wolke |
| **6.2.2021** |  | ✓ |  |  |  | Lachen |
| **7.2.2021** |  |  |  | ✓ |  | Grosseltern |
| **8.2.2021** |  |  | ✓ |  |  | Spiel |
| **9.2.2021** |  |  | ✓ |  |  | lesen |
| **10.2.2021** |  |  |  | ✓ |  | tanzen |
| **11.2.2021** |  |  |  | ✓ |  | Sonne |
| **12.2.2021** |  |  |  |  | ✓ | Freunde |
| **13.2.2021** |  |  | ✓ |  |  | Musik hören |
| **14.2.2021** |  |  |  | ✓ |  | Liebe |
| **15.2.2021** |  |  |  | ✓ |  | Schule |
| **16.2.2021** |  |  |  |  | ✓ | kalt |
| **17.2.2021** |  |  | ✓ |  |  | lesen |
| **18.2.2021** |  |  |  | ✓ |  | zu viele Hausaufgaben |
| **19.2.2021** |  |  |  |  | ✓ | Glück |
| **20.2.2021** |  |  |  |  | ✓ | Einkaufen |
| **21.2.2021** |  |  | ✓ |  |  | Kirche  |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2.2021** | **tanzen** | **20 mins** |
| **2.2.2021** | **tanzen** | **15 mins** |
| **3.2.2021** | **Yoga** | **10 mins** |
| **4.2.2021** | **tanzen** | **30 mins** |
| **5.2.2021** | **Yoga** | **15 mins** |
| **6.2.2021** | **spazieren** | **50 mins** |
| **7.2.2021** | **joggen** | **20 mins** |
| **8.2.2021** | **spazieren** | **1 h** |
| **9.2.2021** | **spazieren** | **40 mins** |
| **10.2.2021** | **Yoga** | **20 mins** |
| **11.2.2021** | **tanzen** | **10 mins** |
| **12.2.2021** | **joggen** | **30 mins** |
| **13.2.2021** | **tanzen** | **30 mins** |
| **14.2.2021** | **spazieren** | **40 mins** |
| **15.2.2021** | **spazieren** | **20 mins** |
| **16.2.2021** | **Yoga** | **15 mins** |
| **17.2.2021** | **joggen** | **30 mins** |
| **18.2.2021** | **spazieren** | **50 mins** |
| **19.2.2021** | **Yoga** | **20 mins** |
| **20.2.2021** | **spazieren** | **2 h** |
| **21.2.2021** | **joggen** | **20 mins** |

