**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. |  |  + |  |  |  | My usual Mondays. |
| 2.2.2021. |  |   |  + |  |  | Too much stuff to do for school |
| 3.2.2021. |  |  |  + |  |  | Too much stuff to do for school |
| 4.2.2021. |  |  |   |  + |  | Family time |
| 5.2.2021. |  |  |  |  |  + | Friday, I can take a little rest from school |
| 6.2.2021 |  |  |  |  + |  | Hang out with my friends |
| 7.2.2021. |  |  |  |  + |   | Both good and boring, when you remeber tommorrow is Monday |
| 8.2.2021. |  |  + |  |  |  | I really don't like Monday |
| 9.2.2021. |  |  |  |  + |  | Spent some time with my family |
| 10.2.2021. |  |  |  + |  |  | Too much schoolwork |
| 11.2.2021. |  |  |  + |  |  | Too much homework |
| 12.2.2021. |  |  |  |  |  + | Been with my family and had fun |
| 13.2.2021. |  |  |  |  + |  | Spent time with my family,some cousins came to dinner |
| 14.2.2021. |  |  |  |  + |  | Spent time with my friends |
| 15.2.2021. |  |  |  |  + |  | Birthday time and school started again |
| 16.2.2021. |  |  |  + |  |  | School really makes people tired |
| 17.2.2021. |  |  |  |  + |  | Good day |
| 18.2.2021. |  |  |  |  + |  | A little bit tired,we had eTwinning project,talked to some students from Germany,lot of fun |
| 19.2.2021. |  |  |  |  |  + | Friday, it was pretty fun in school |
| 20.2.2021. |  |  |  |  |  + | Spent some time with my friends |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| 1.2.2021. | walking | 1 hour |
| 2.2.2021. | walking | 1 hour |
| 3.2.2021. | walking | 1 hour |
| 4.2.2021. | running | 45 minutes |
| 5.2.2021. | walking | 1 hour |
| 6.2.2021. | walking | 1 hour |
| 7.2.2021. | walking | 1 hour |
| 8.2.2021. | running | 45 minutes |
| 9.2.2021. | walking | 1 hour |
| 10.2.2021. | walking | 1 hour |
| 11.2.2021. | walking | 1 hour |
| 12.2.2021. | walking | 1 hour |
| 13.2.2021. | walking | 1 hour |
| 14.2.2021. | walking | 1 hour |
| 14.2.2021. | walking | 1 hour |
| 15.2.2021. | walking | 1 hour |
| 16.2.2021. | walking | 1 hour |
| 17.2.2021. | walking | 1 hour |
| 18.2.2021. | walking | 1 hour |
| 19.2.2021. | running | 45 minutes |
| 20.2.2021. | walking | 1 hour |

