



Workshop title : "Social inclusion games"

Place of the workshop:

ICS "A. PAGANO" NICOTERA - ITALY

Date: _____

Name: _____

My Mood Chart for _____

Today I felt...



Sad/Depressed



Scared/Anxious



Sick



Good/OK



Happy



Hyper/Silly



Angry/Irritable

Other feeling(s) not shown above: _____

Notable event(s)... *What happened that influenced your mood today?*

Outcomes... *How did you deal/cope with the above notable event(s)?*