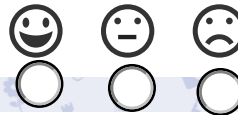# KEEPING TRACK OF YOUR EMOTIONS

DIRECTIONS: Use the following data table to track your emotions at different times in the day.

RED: angry, nervous	YELLOW: happy, excited
BLUE: sad, lonely	GREEN: calm, relaxed

Hi! I'm a Mood Meter! How are you feeling?

Time	DAY 1		DAY 2		DAY 3	
	Mood (COLOR)	What Was Happening?	Mood (COLOR)	What Was Happening?	Mood (COLOR)	What Was Happening?
Early Morning						
Late Morning						
Noon						
Afternoon						
After School						

1. When did you **most** enjoy your mood, and what was happening at that time?
    _____

2. When did you **least** enjoy your mood, and what was happening at that time?
    _____

3. Look at the data you collected. What **patterns** do you notice? (To start, look at the data for the same time slot on Day 1, 2, and 3, and see if there are similarities.)
    _____
    _____

4. If you want to change your mood or keep it the same, what **strategies** could you use?
    _____
    _____