

MY MONTH IN MOODS

Feelings can be hard to talk about! Complete the key below by picking a color that best fits each emotion to you. At the end of each day, fill in the box with the color that describes how your day was.

Being aware of how you're feeling can help you better manage that emotion in the future!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31	KEY:			

<input type="checkbox"/>	HAPPY	<input type="checkbox"/>	EXCITED	<input type="checkbox"/>	CALM		
<input type="checkbox"/>	SILLY	<input type="checkbox"/>	TIRED	<input type="checkbox"/>	BORED	<input type="checkbox"/>	NERVOUS
<input type="checkbox"/>	SAD	<input type="checkbox"/>	ANGRY	<input type="checkbox"/>	FRUSTRATED		