

My Mood Chart for \_\_\_\_\_ (date)

In the morning I felt:

(mark the boxes that shows how you felt)



Depressed

Anxious

Sick/Yuck!

Good/ O.K.

Happy

Hyper/Silly

Angry/Irritable

In the afternoon I felt:



Depressed

Anxious

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Good/ O.K.

Happy

Hyper/Silly

Angry/Irritable

In the evening I felt:



Depressed

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Angry/Irritable

I fell asleep at \_\_\_\_\_:\_\_\_\_\_ I woke up at \_\_\_\_\_:\_\_\_\_\_  I took a nap today

I slept all night  I had trouble staying asleep  I had a nightmare

I took my medicine:  on time  late or early  forgot a dose \_\_\_\_\_

New medicine I started or medicine I stopped: \_\_\_\_\_

School was:  awesome  good/okay  awful

What made school that way: \_\_\_\_\_

What helped in school today: \_\_\_\_\_

What I can try in school tomorrow: \_\_\_\_\_

My body felt:  good  headache  stomach ache  dizzy  tired

Today was:  stressful  relaxing  in between/okay

What made it that way: \_\_\_\_\_

Relaxation techniques I tried:  deep breathing  counting to ten  quiet zone  exercise

calm music  warm bath/shower  meditation  writing/drawing  other \_\_\_\_\_

Techniques to try tomorrow:  deep breathing  counting to ten  quiet zone  exercise

calm music  warm bath/shower  meditation  writing/drawing  other \_\_\_\_\_

My scary thoughts: \_\_\_\_\_

What I'm proud of today:  did my best  was respectful  calmed down on my own

was a good friend  identified my feelings  did my homework  other \_\_\_\_\_

My goal for tomorrow:  do my best  be respectful  calm down on my own

be a good friend  identify my feelings  do my homework  other \_\_\_\_\_

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