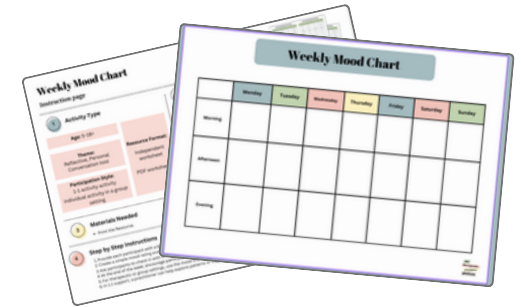


Weekly Mood Chart

Instruction page



1 Activity Type

Age: 5-18+

Theme:
Reflective, Personal
Conversation tool

Participation Style:
1-1 activity
individual activity in a group
setting

Resource Format:

Independent
worksheet

PDF worksheet

2 General Activity Info

The Weekly Mood Chart is a simple, effective tool to help individuals track their emotions and moods throughout each day of the week. It promotes emotional awareness, supports mental health monitoring, and can help identify patterns or triggers that affect mood over time.

By regularly recording moods in the morning, afternoon, and evening, participants can gain better insight into:

- How their mood changes throughout the day
- What events, people, or habits impact their emotional well-being
- When they might need to use coping strategies or seek support

3 Materials Needed

- Print the Resource.

4

Step by Step Instructions

1. Provide each participant with a blank Weekly Mood Chart.
2. Create a simple mood rating scale (e.g. 1-5 or 😊 😐 😞 😡).
3. Ask participants to check in with themselves three times a day.
4. At the end of the week, encourage participants to review their mood chart.
5. For therapeutic or group settings, use the mood charts to spark reflection or discussion.
6. In 1:1 support, a practitioner can help explore patterns or suggest coping strategies based on the mood history.

Weekly Mood Chart

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |