



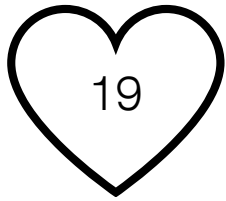
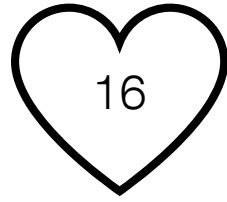
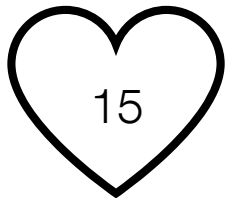
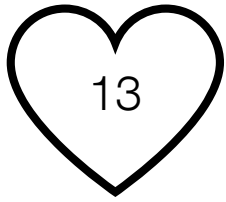
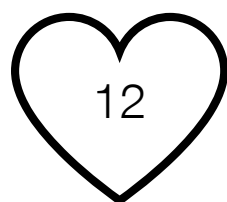
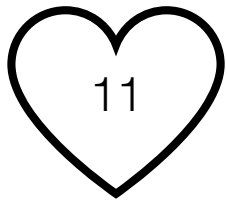
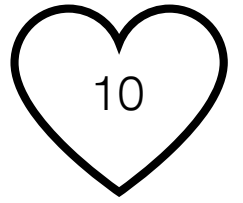
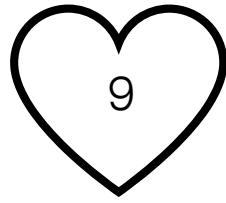
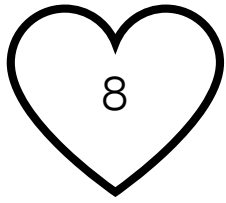
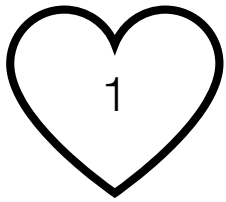
January

Mood Tracker



Yellow=Happy,
 Red=Angry,
 Pink=Hopeful,
 Purple=Scared,
 Orange=Nervous,
 Green=Excited,
 Blue=Sad,
 Brown=Surprised





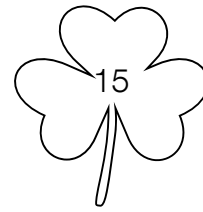
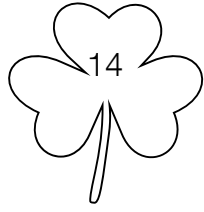
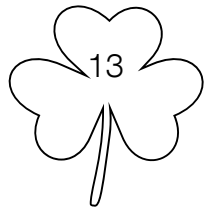
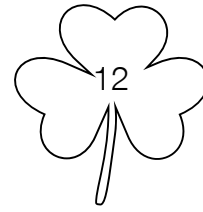
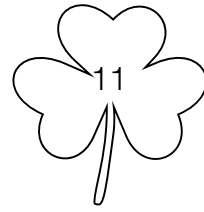
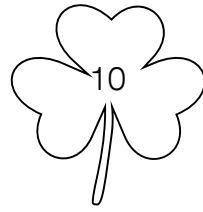
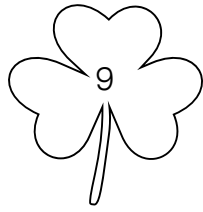
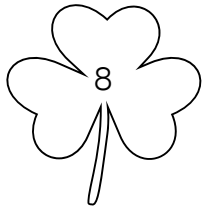
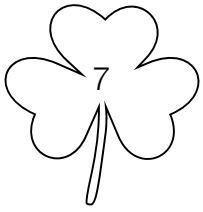
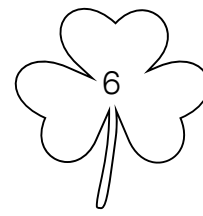
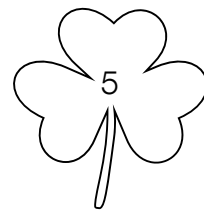
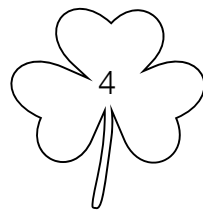
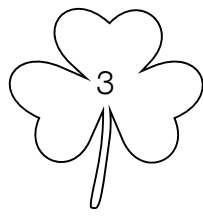
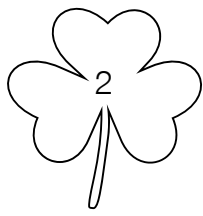
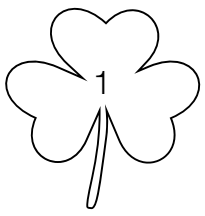
29

If there is a leap year!

February Mood Tracker

Yellow=Happy,
Red=Angry,
Pink=Hopeful,
Purple=Scared,
Orange=Nervous,
Green=Excited,
Blue=Sad,
Brown=Surprised





March Mood

Tracker

Yellow=Happy,

Red=Angry,

Pink=Hopeful,

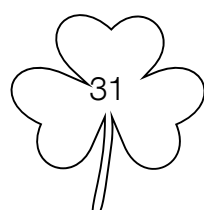
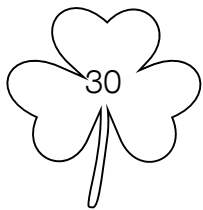
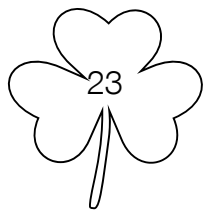
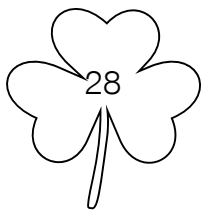
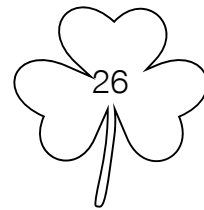
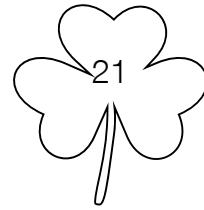
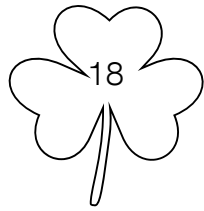
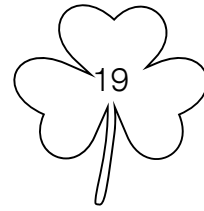
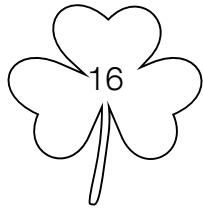
Purple=Scared,

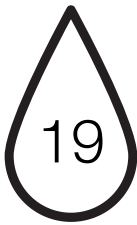
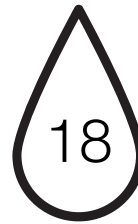
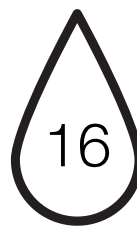
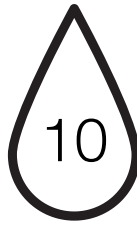
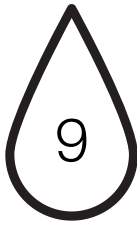
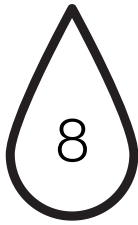
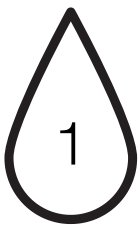
Orange=Nervous,

Green=Excited,

Blue=Sad,

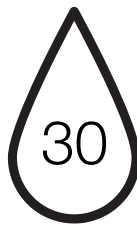
Brown=Surprised

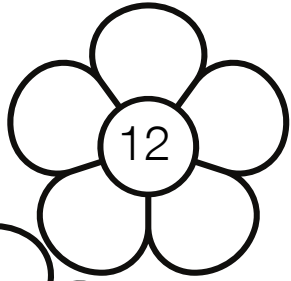
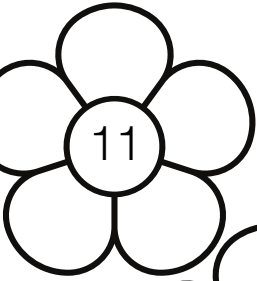
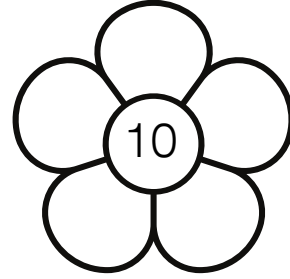
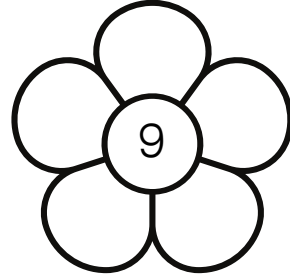
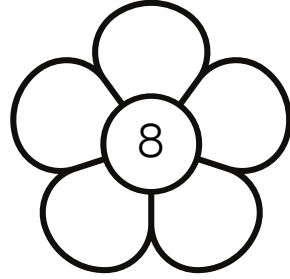
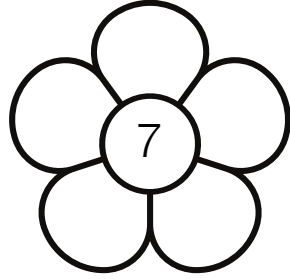
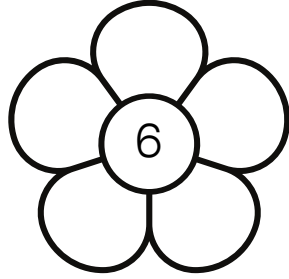
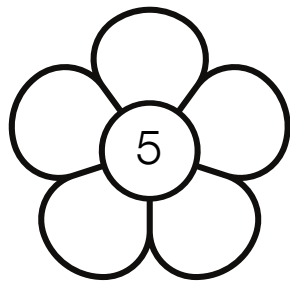
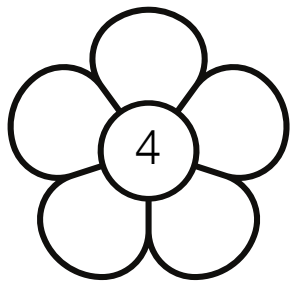
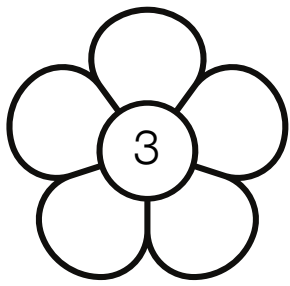
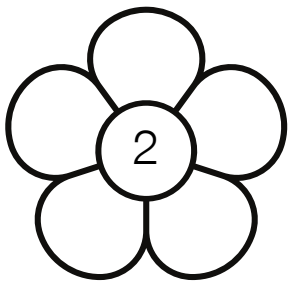
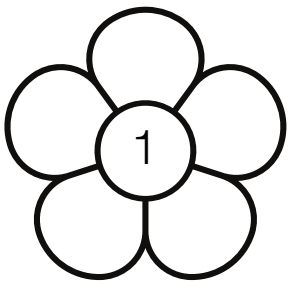




April Mood Tracker

Yellow=Happy,
 Red=Angry,
 Pink=Hopeful,
 Purple=Scared,
 Orange=Nervous,
 Green=Excited,
 Blue=Sad,
 Brown=Surprised

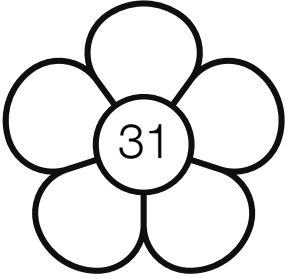
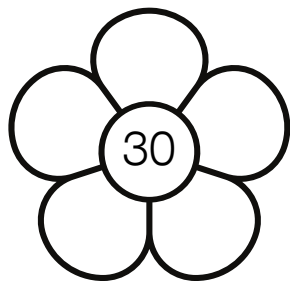
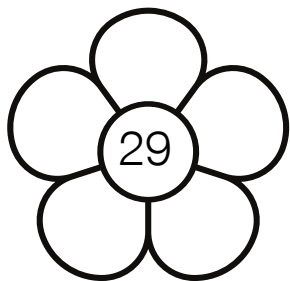
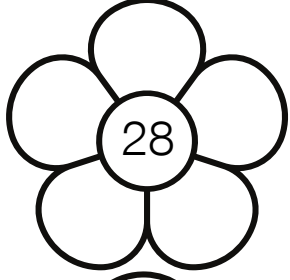
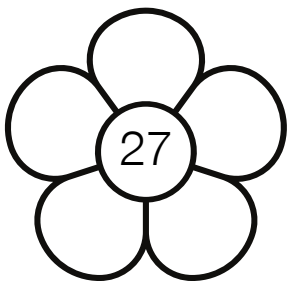
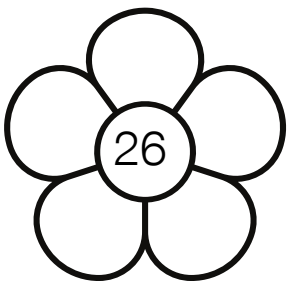
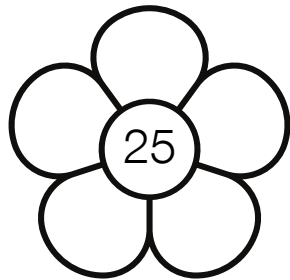
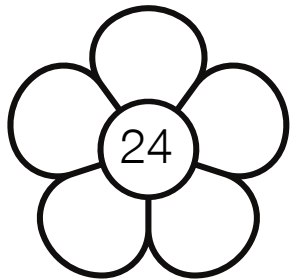
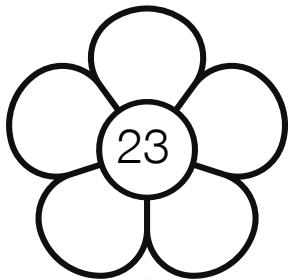
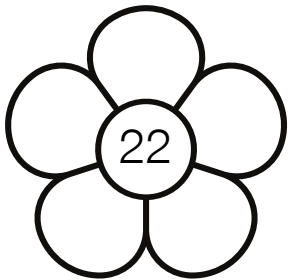
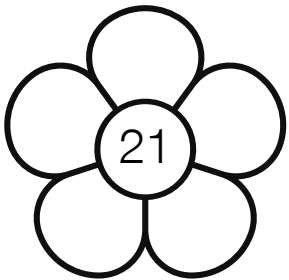
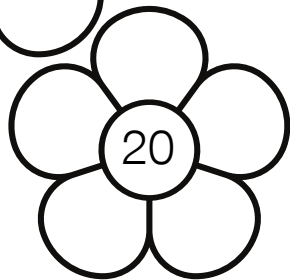
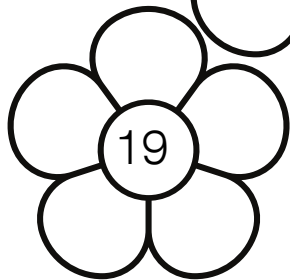
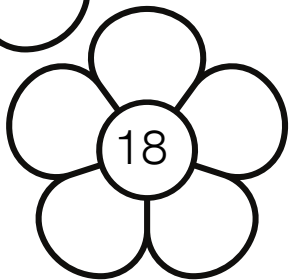
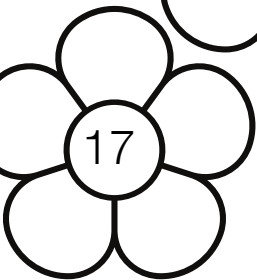
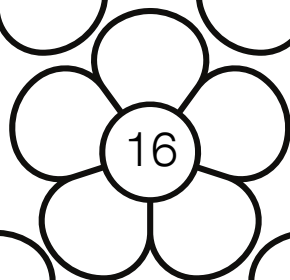
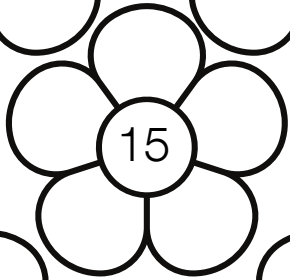
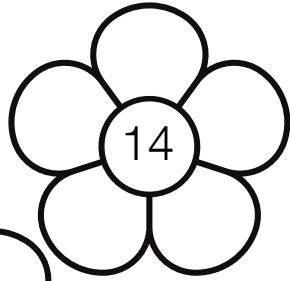
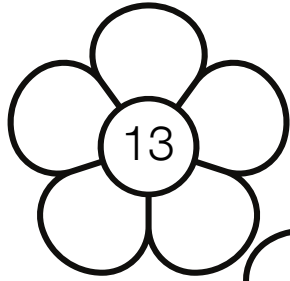


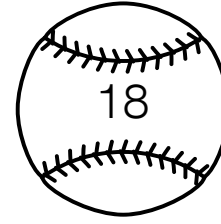
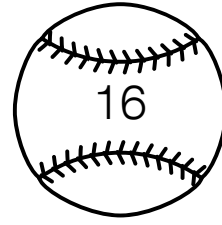
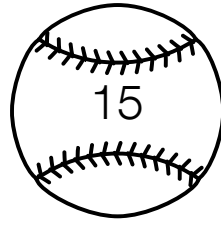
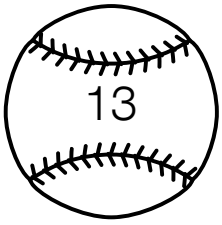
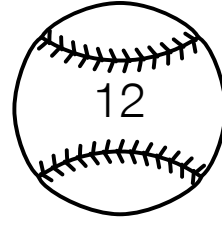
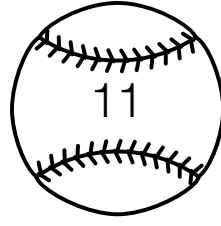
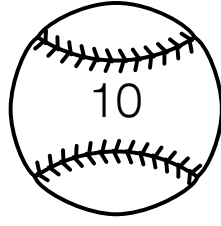
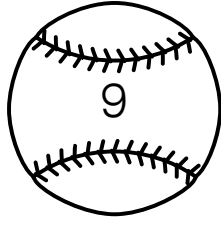
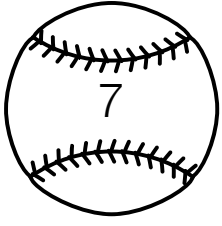
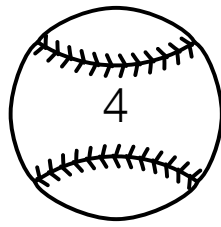
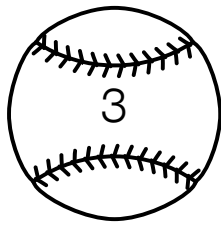
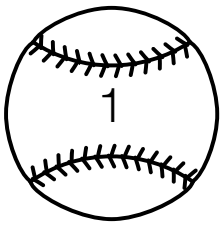


May Mood Tracker

Tracker

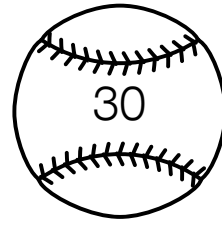
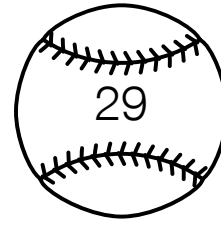
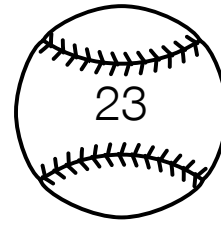
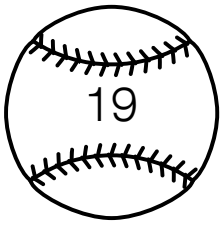
- Yellow=Happy,
- Red=Angry,
- Pink=Hopeful,
- Purple=Scared,
- Orange=Nervous,
- Green=Excited,
- Blue=Sad,
- Brown=Surprised

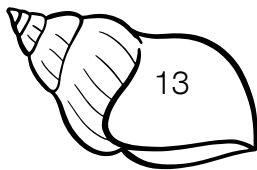
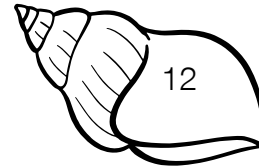
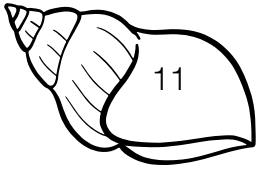
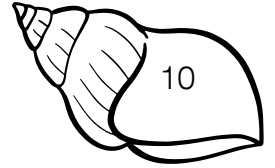
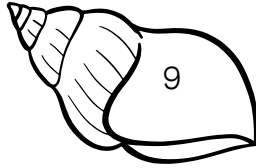
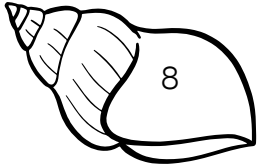
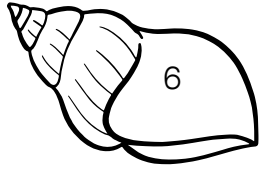
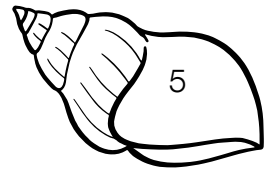
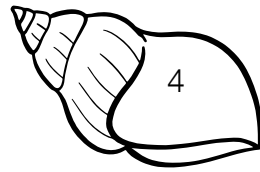
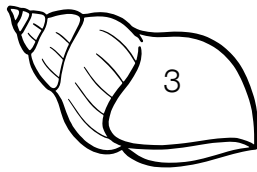
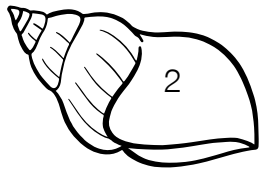
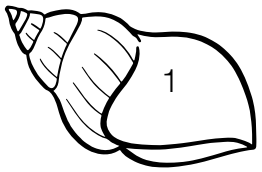




June Mood Tracker

Yellow=Happy,
Red=Angry,
Pink=Hopeful,
Purple=Scared,
Orange=Nervous,
Green=Excited,
Blue=Sad,
Brown=Surprised





July Mood

Tracker

Yellow=Happy,

Red=Angry,

Pink=Hopeful,

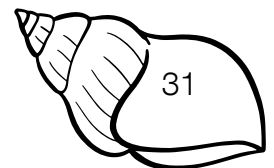
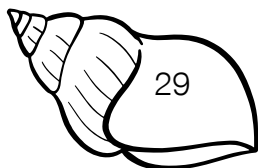
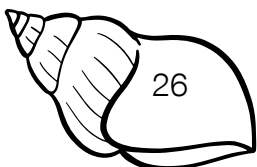
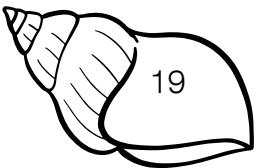
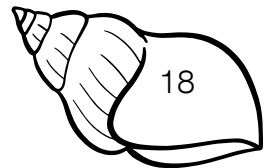
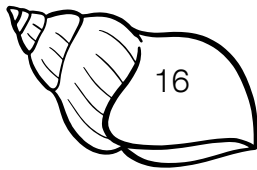
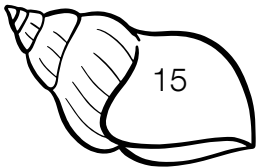
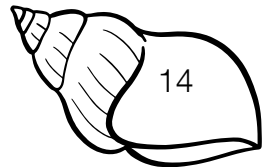
Purple=Scared,

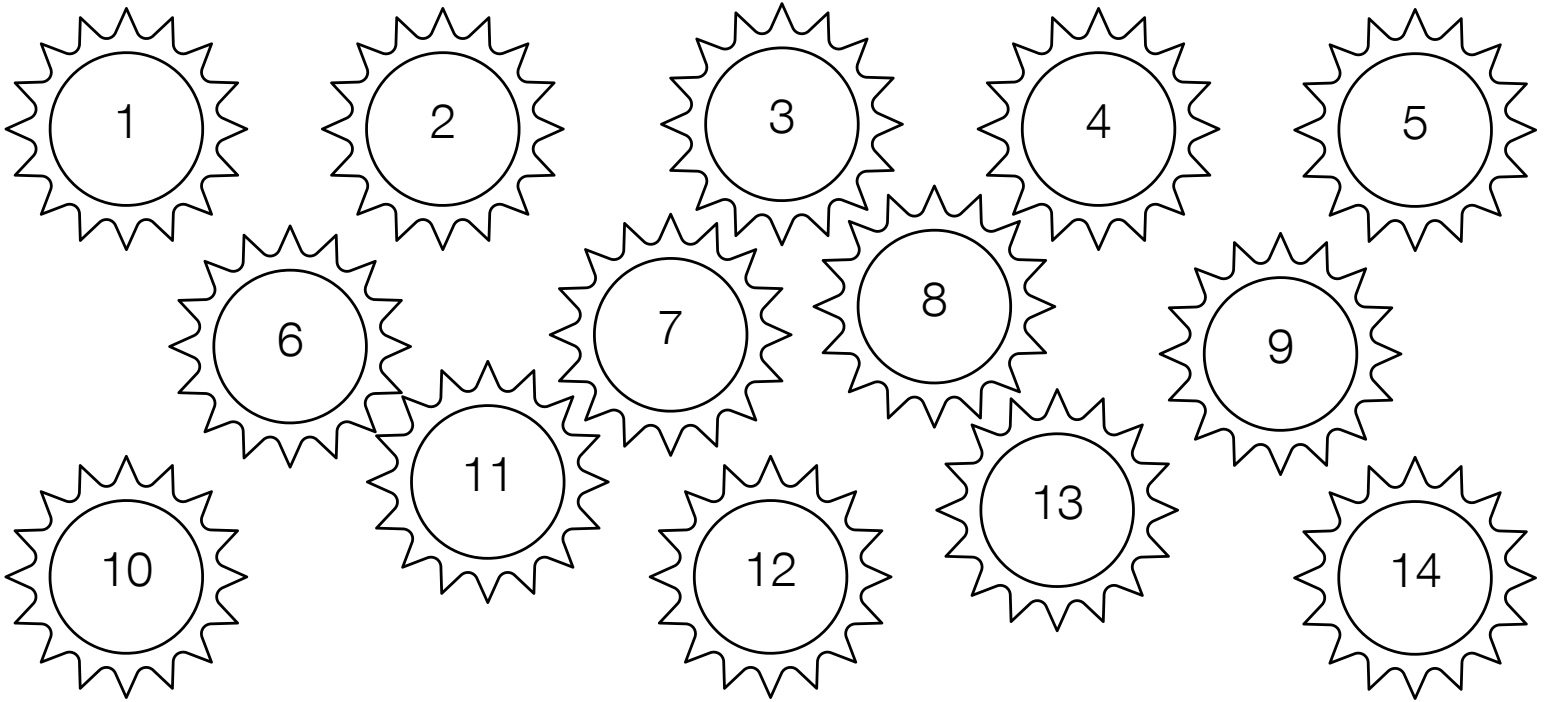
Orange=Nervous,

Green=Excited,

Blue=Sad,

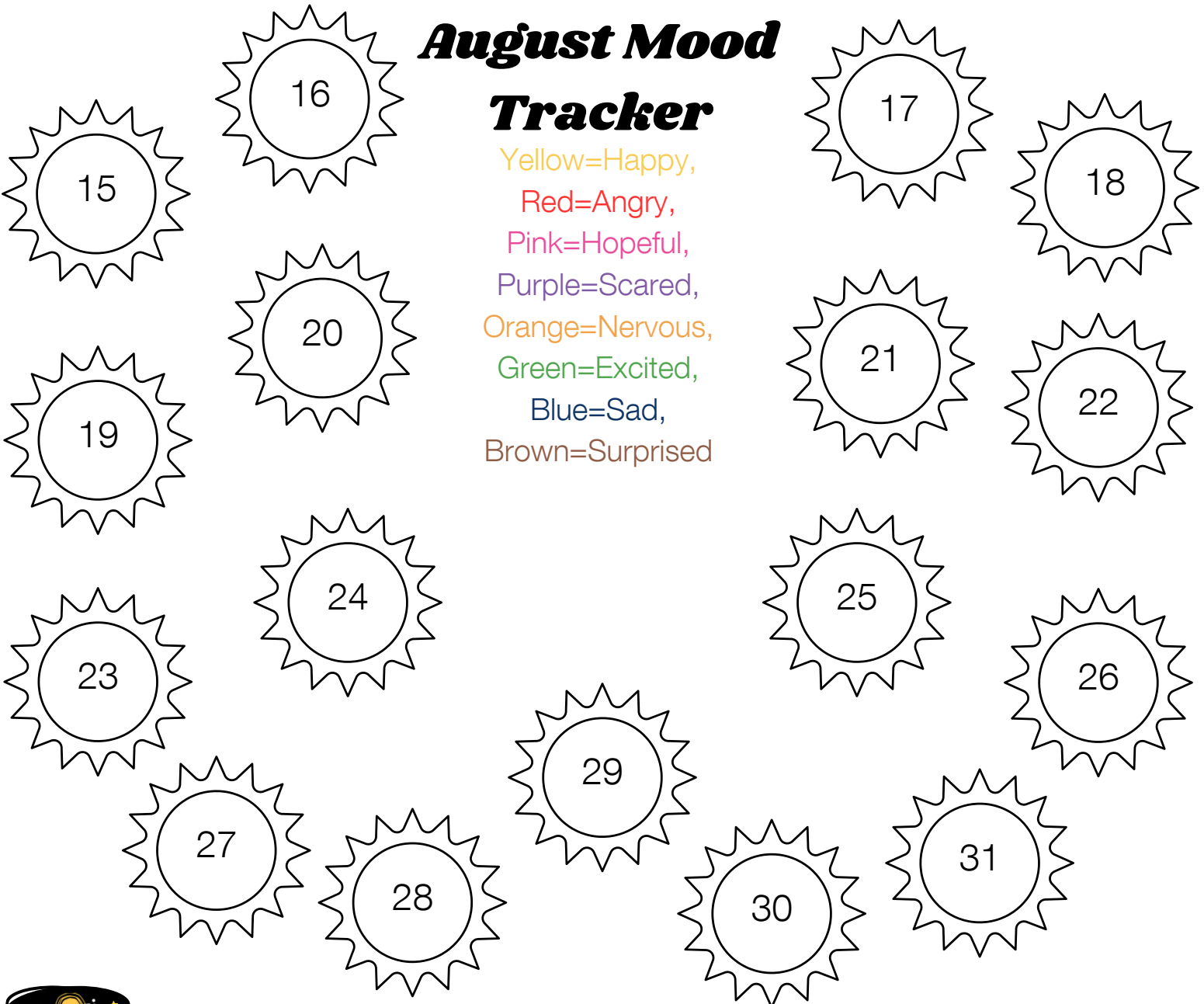
Brown=Surprised

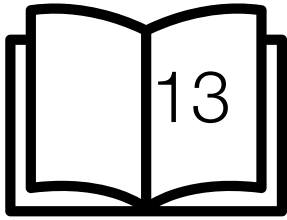
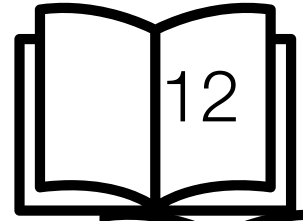
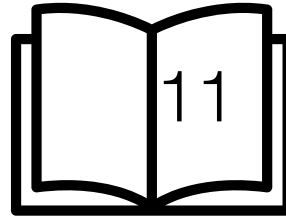
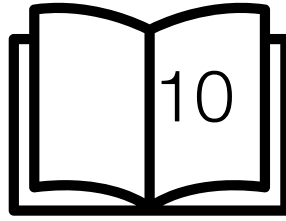
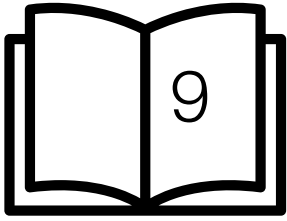
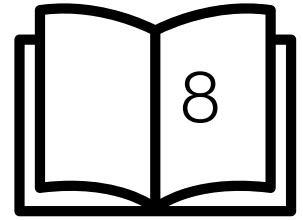
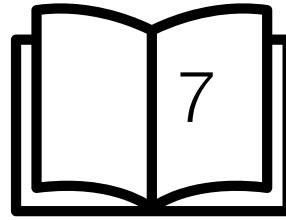
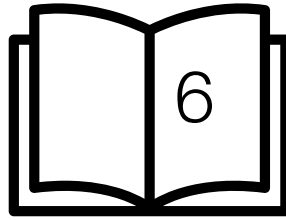
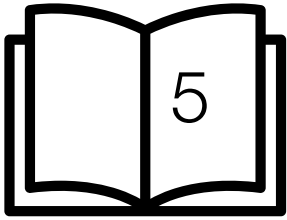
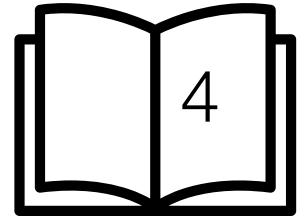
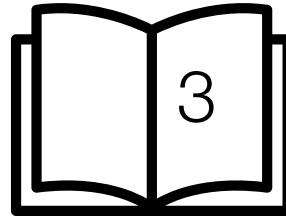
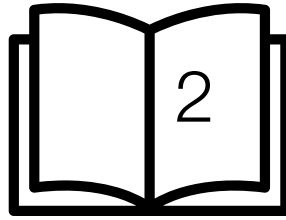
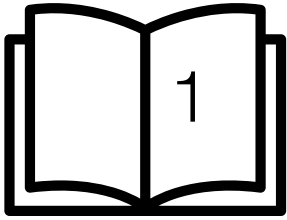




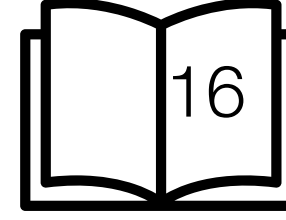
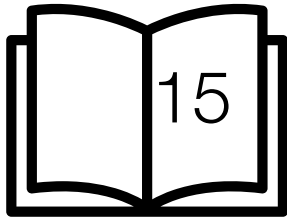
August Mood Tracker

Yellow=Happy,
Red=Angry,
Pink=Hopeful,
Purple=Scared,
Orange=Nervous,
Green=Excited,
Blue=Sad,
Brown=Surprised

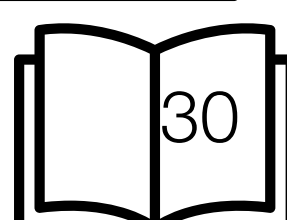
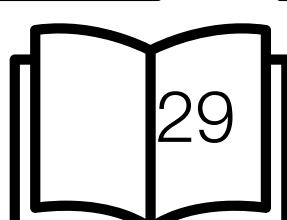
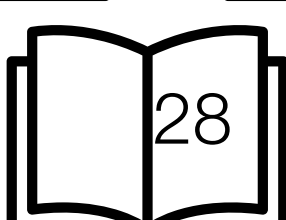
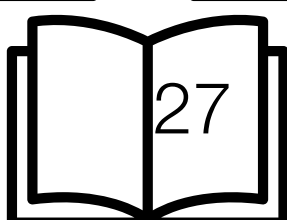
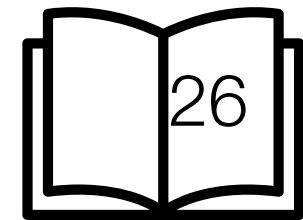
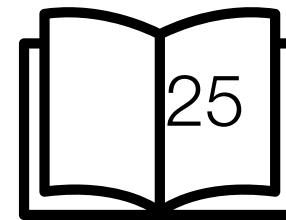
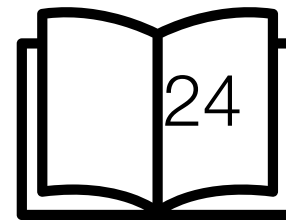
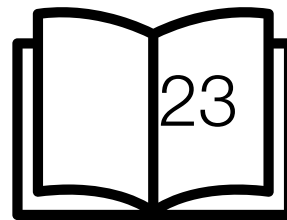
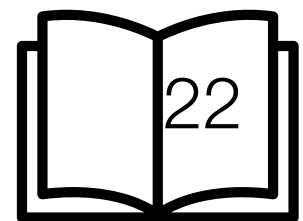
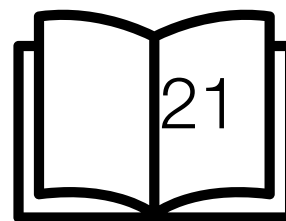
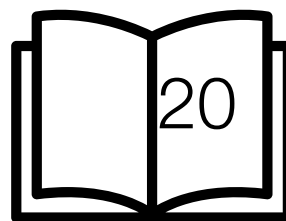
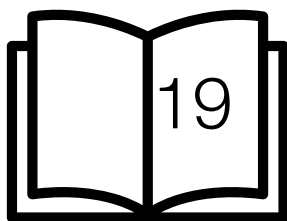
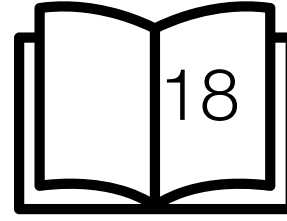
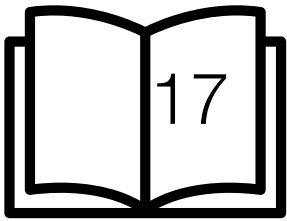


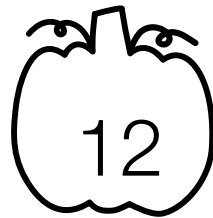
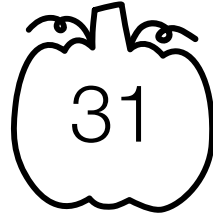
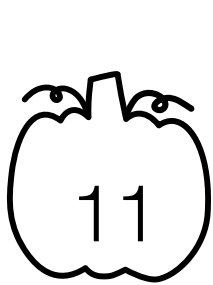
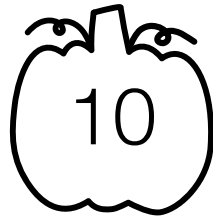
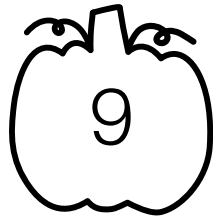
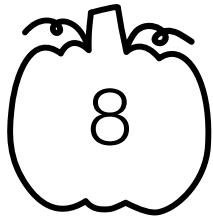
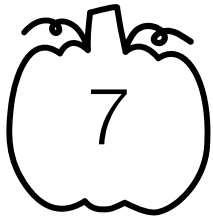
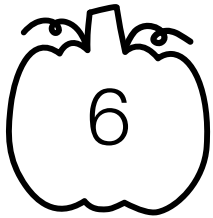
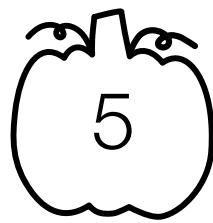
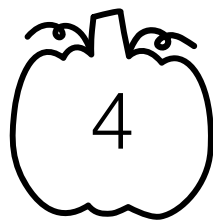
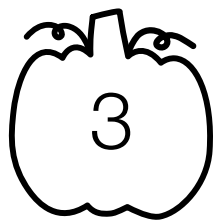
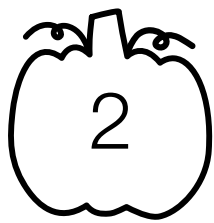
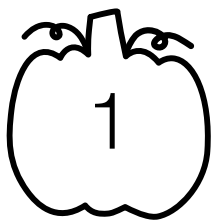


September Mood Tracker



Yellow=Happy,
 Red=Angry,
 Pink=Hopeful,
 Purple=Scared,
 Orange=Nervous,
 Green=Excited,
 Blue=Sad,
 Brown=Surprised





October Mood

Tracker

Yellow=Happy,

Red=Angry,

Pink=Hopeful,

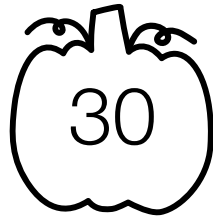
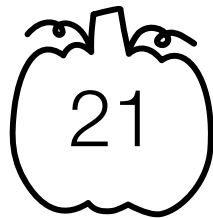
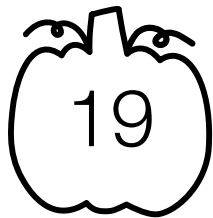
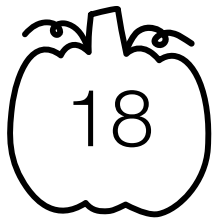
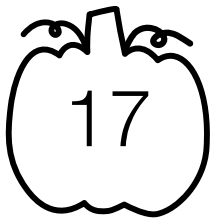
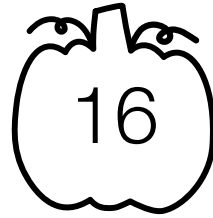
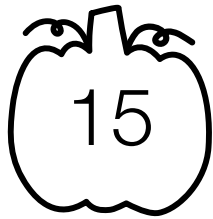
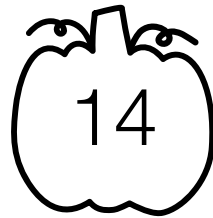
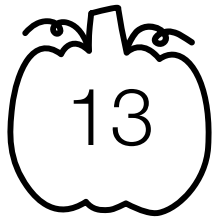
Purple=Scared,

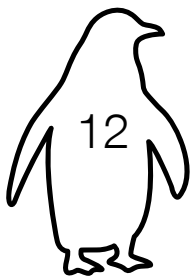
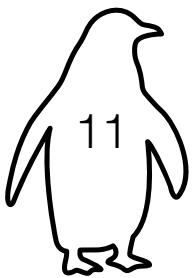
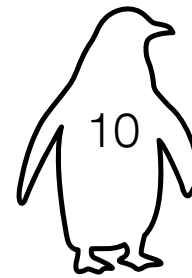
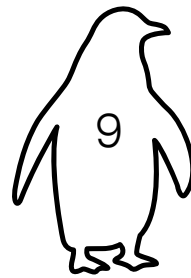
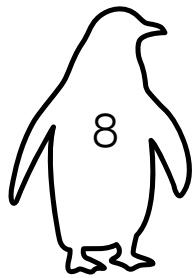
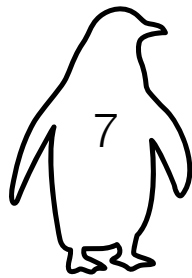
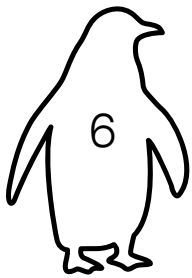
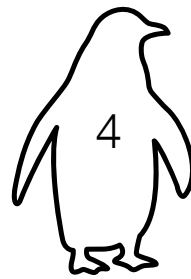
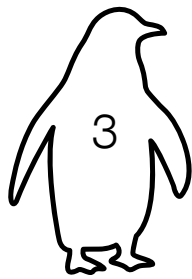
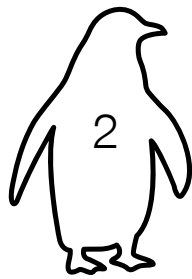
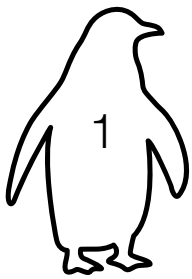
Orange=Nervous,

Green=Excited,

Blue=Sad,

Brown=Surprised





November Mood Tracker

Yellow=Happy,

Red=Angry,

Pink=Hopeful,

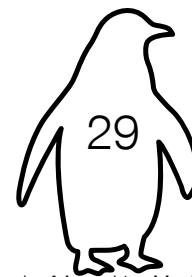
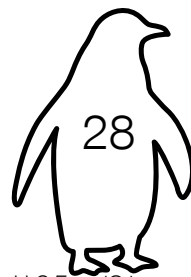
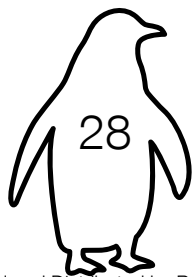
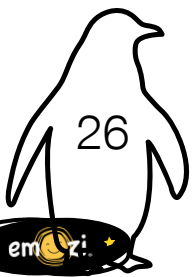
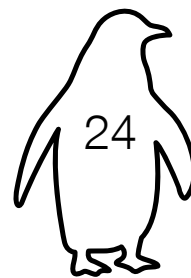
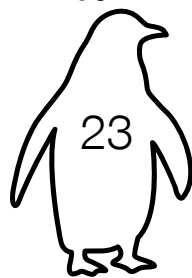
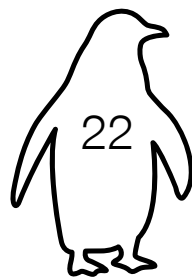
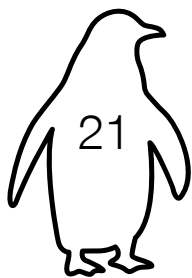
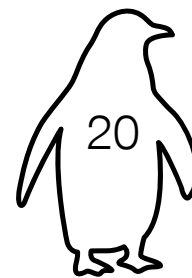
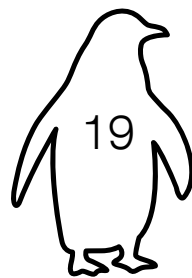
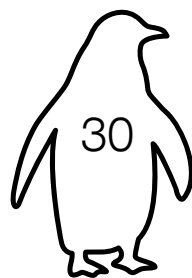
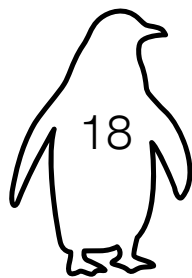
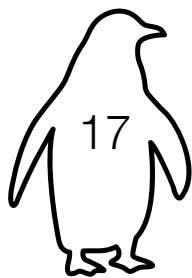
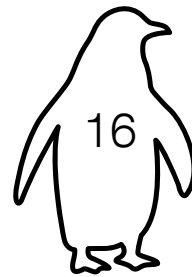
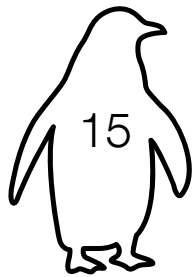
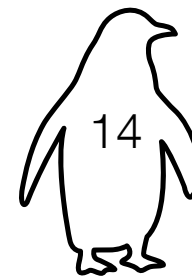
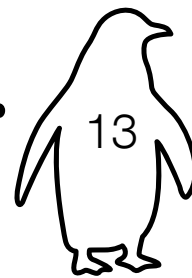
Purple=Scared,

Orange=Nervous,

Green=Excited,

Blue=Sad,

Brown=Surprised



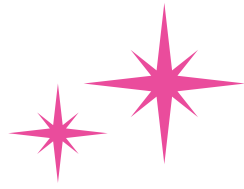


December
Mood Tracker

Yellow=Happy,
Red=Angry,
Pink=Hopeful,
Purple=Scared,
Orange=Nervous,
Green=Excited,
Blue=Sad,
Brown=Surprised



Learning Outcomes



Through these monthly mood tracker charts, students will learn to understand and identify different emotions. Students will also learn to express and track their daily emotions using a mood tracker coloring chart.

- Yellow: Happy
- Red: Angry
- Pink: Hopeful
- Purple: Scared
- Orange: Nervous
- Green: Excited
- Blue: Sad
- Brown: Surprised

Lesson Instructions

Every evening, take some time to reflect on your day and what emotions came up. Were you mostly happy, sad, nervous, or a mix of all? Try to identify why you were feeling each emotion and which one you felt the most. If you can't identify one, that's OK! Just use your best judgment. Color in the the corresponding shape and date for the day of the month with the color of emotion you felt most strongly.

