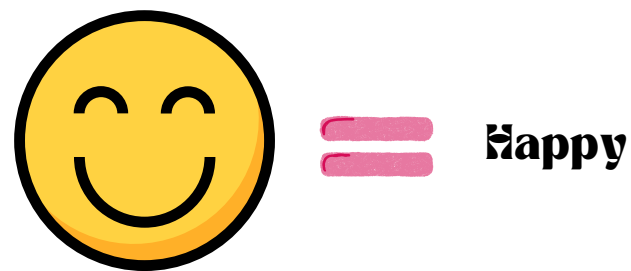


My upschool Mood Diary



Monday



Today was a great day. I worked on my starship project with Howard and It was so much fun. I can't wait to launch it.

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Use the symbols opposite to reflect on how you felt at the end of each day.



Happy



Tired



Angry



Sad



Worried



Sick