



SASSY SLOTHS MOOD TRACKER - Color in a picture to represent your mood for each day!

Hooray

(excited, creative, productive, motivated, adventurous)

Happy

(content, peaceful, satisfied, loved)

Okay

(present, fine, normal, relaxed)

Angry

(frustrated, mad, irritated, rage)

Blah

(sad, disappointed, down, tired, sick, lazy)

Stressed

(edgy, anxious, worried, nervous)

# What Happened Today?

1. \_\_\_\_\_
2. \_\_\_\_\_
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31. \_\_\_\_\_