FREE CREATIVE WORKSHEET

# My mood *mosaic*

Each day, colour one square with the colour that matches your mood. You can use more than one colour, or a pattern, on days that feel mixed. By the end of the month, you'll have a picture of your patterns.

Month: _____

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

## My colour key

- ☐ Peaceful
- ☐ Happy
- ☐ Hopeful
- ☐ Okay
- ☐ Tired
- ☐ Anxious
- ☐ Sad
- ☐ Angry
- ☐ Overwhelmed
- ☐ Lonely

## What do I notice about my month?

## What helped on the brighter days?