MOOD QUILT

My year

One square a day, in the colour of how the day felt. Watch the year fill in.

Year _____

	J	F	M	A	M	J	J	A	S	O	N	D
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 COLOURS

- ☐  Okay
- ☐  Tired
- ☐  Sad
- ☐  Overwhelmed
- ☐  Angry
- ☐  Curious
- ☐  Happy
- ☐  Loved
- ☐  Calm
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MOMENTS TO KEEP

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Feelbits
A free feelings tracker for iPhone.
Scan to get it.

Free to print at home, in classrooms and in practices. Please credit feelbits.app.
feelbits.app/printables