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												
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31												

MY COLOURS

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

MOMENTS TO KEEP

_____

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