

The mood battery

We use the mood battery as a practical way to explore and express how our day is going. This resource is designed to be printed in colour. If this isn't possible, coloured pens will do!

1 Note down all the things that have happened today that have affected your mood or feelings.

For example:

- The bus was late
- I had trouble sleeping
- Had a good chat with my friend.

3 Now put all the events inside the battery.

The green ones go at the top & the red ones go at the bottom.

2 Look at each thing or event you've written

Did it bring some joy and calm to your day? These belong in the green box, they are your de-stressors. Did it make you feel stressed or drained? You can write these down in the red boxes, they are your stressors.

If your day is stressing you out, what green activity could you do to help?

Does the balance of red and green events reflect how you're feeling today? Is there anything you've missed?

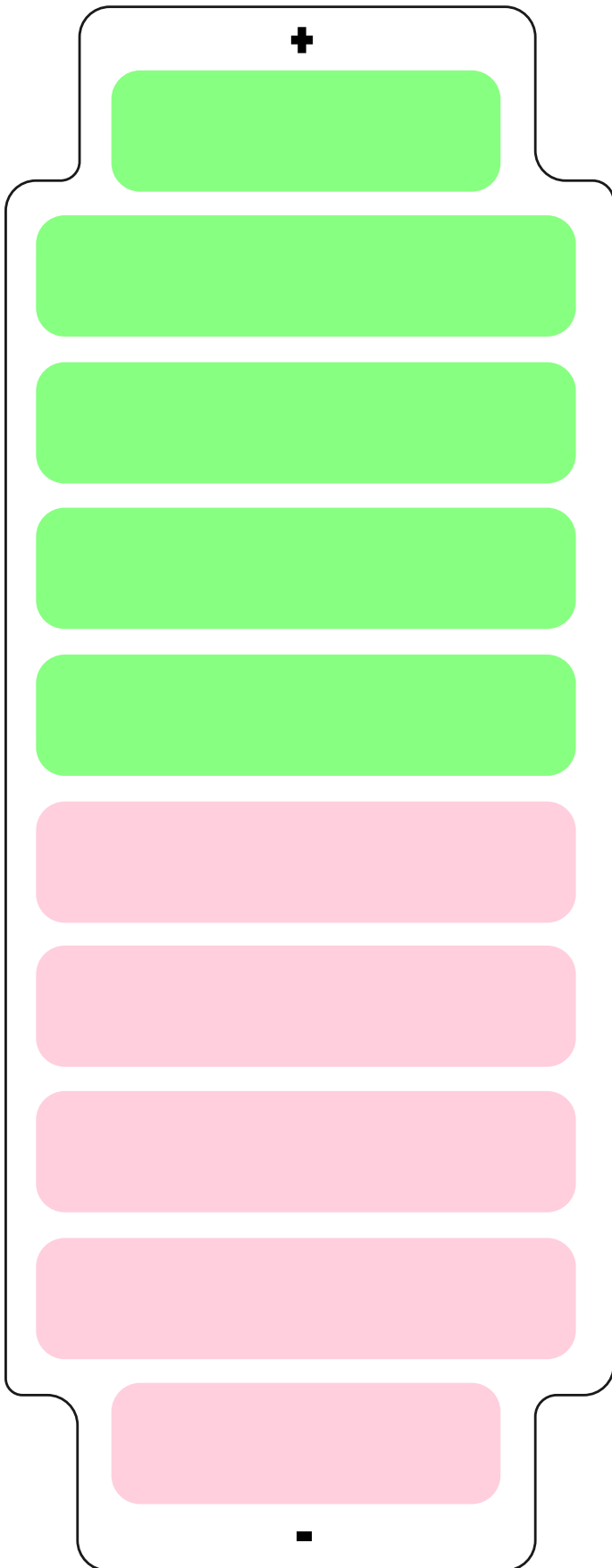
Are there things coming up that feel overwhelming? What green activities could you do to find some calm?

Here are some examples as you start to think of your own using the templates.

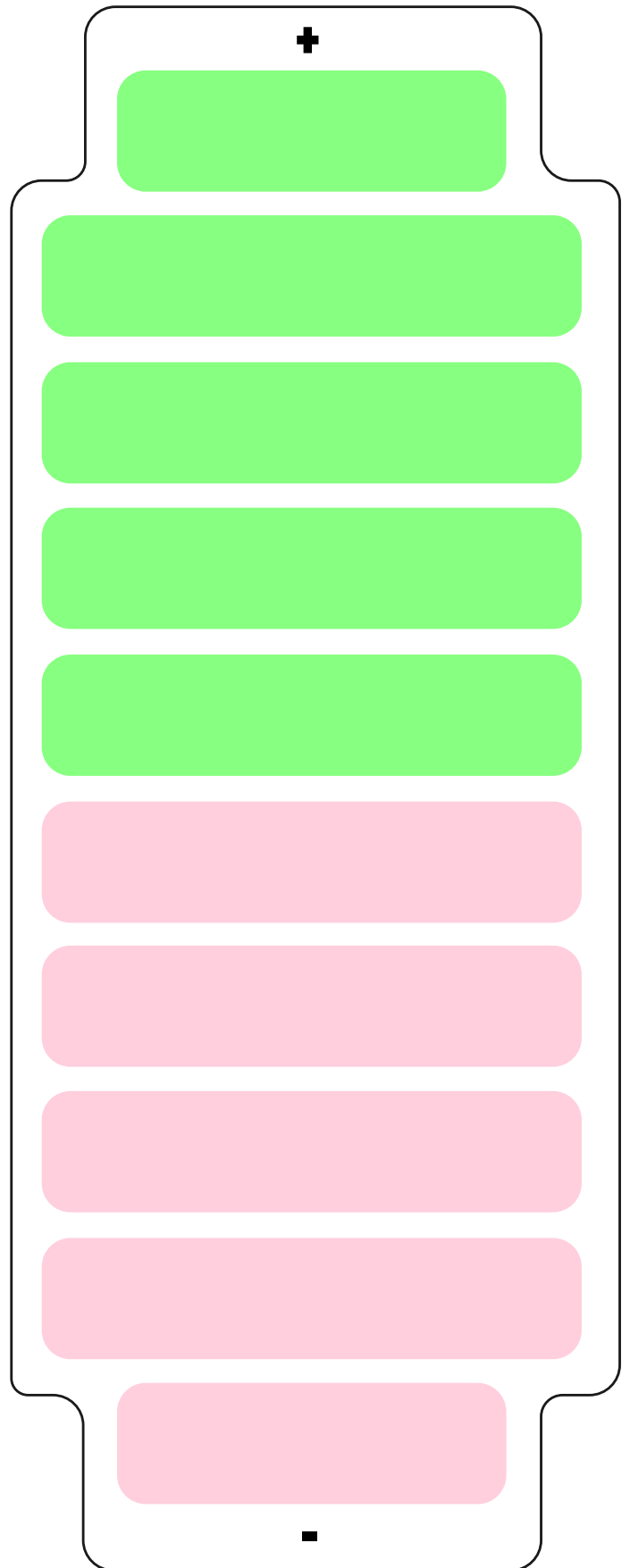


The mood battery was designed by Clair Atherton for a peer-to-peer mentoring project at HeadStart Hull.

The mood battery



Full colour template



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The mood battery

A vertical battery graphic with 10 segments. The top segment is green with a '+' sign. The second segment is white. The third segment is green. The fourth segment is white. The fifth segment is green. The sixth segment is white. The seventh segment is pink. The eighth segment is white. The ninth segment is pink. The bottom segment is pink with a '-' sign.

A vertical battery graphic with 10 segments. The top segment is green with a '+' sign. The second segment is white. The third segment is green. The fourth segment is white. The fifth segment is green. The sixth segment is white. The seventh segment is pink. The eighth segment is white. The ninth segment is pink. The bottom segment is pink with a '-' sign.

The mood battery

A vertical battery shape with 10 empty rectangular cells. A plus sign is at the top and a minus sign is at the bottom.

A vertical battery shape with 10 empty rectangular cells. A plus sign is at the top and a minus sign is at the bottom.

Colour the boxes yourself

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