# BIG Feelings

## Weekly Mood Tracker: Track Your BIG Feelings Throughout the Day

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|---|---|---|---|---|---|---|---|---|
| **SUN** | | | | | | | | |
| **MON** | | | | | | | | |
| **TUES** | | | | | | | | |
| **WED** | | | | | | | | |
| **THURS** | | | | | | | | |
| **FRI** | | | | | | | | |
| **SAT** | | | | | | | | |

## KEY 🔑
### Colors + Emotions

- **Anger** — Angry Apple
- **Surprise** — Puzzled Pineapple
- **Happiness** — Lovely Lemon
- **Disgust** — Picky Pear
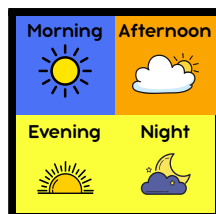- **Sadness** — Blue Blueberry
- **Fear** — Fearful Fig
- **Other** — _____

Let's track your BIG feelings! Pick the *main* feeling you had during each part of the day and color in that box. Use the square below to help you remember where to color for each time of day.

| Morning | Afternoon |
|---|---|
| Evening | Night |

**Example:** You felt sad in the morning, had a surprise in the afternoon, and then felt happy in the evening and nighttime.

Use the notes section to write down anything that might have affected your moods—like something that happened, a conversation, or just being tired or hungry.

## Notes from the Week

- What did you learn about your feelings this week?
- Was there a moment when your feelings changed?

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**It's normal for your feelings to shift throughout the day. That's why checking in with yourself is so important.** ☑️