When I am in a bad mood ...

These are the things I usually do (activities, people I spend time with, etc.):

This is how I look and sound to other people (eye contact or not, slumping or standing up, sad or happy voice):

This is what I think about myself and my world:

This is how my body feels (antsy, sleepy, relaxed, etc.)

This is how I act around others:

When I am in a good mood ...

These are the things I usually do (activities, people I spend time with, etc.):

This is how I look and sound to other people (eye contact or not, slumping or standing up, sad or happy voice):

This is what I think about myself and my world:

This is how my body feels (antsy, sleepy, relaxed, etc.)

This is how I act around others: