

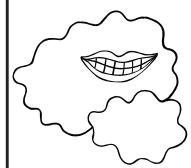
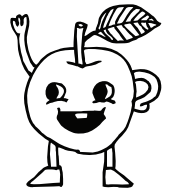
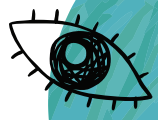
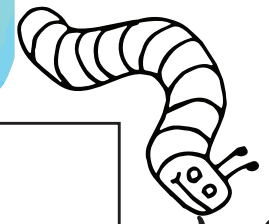
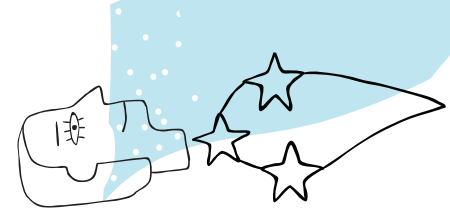
31-DAY MOOD CALENDAR



~~NO~~
YES



TF.



PRINT FRIENDLY

MOODS COME AND GO. LET THEM FLOW LIKE WATER. NO FEELING IS FINAL

EXAMPLE

When we're stuck at home the days can start to blur into one. Keeping a log of each day, and watching how our moods change overtime is a great way to regain a sense moving forward. At the end of each day, fill in a square to show how you feel. Encourage others you know to keep their own mood calendar too and see if you can guess what each others' square means.

Below is an example. The next page is for you to complete.

BE INSPIRED!

31-DAY MOOD CALENDAR



YOUR PICTURES DON'T HAVE TO BE PERFECT. SOMETIMES THEY'RE PRETTIER WHEN THEY'RE NOT!

TRY TRACING THE PICTURES FOR SOME DRAWING PRACTICE!

YOU MIGHT LIKE TO CUT OUT AND PASTE THESE SQUARES FOR YOUR OWN CALENDAR.

WHAT ARE SOME OTHER THINGS YOU COULD DO WITH THEM?

WILL YOUR OWN MOOD CALENDER BE IN COLOUR OR BLACK AND WHITE?

BE INSPIRED!



EMAIL YOUR FINISHED MOOD CALENDAR TO: talkingfamilies@qfcc.qld.gov.au OR MESSAGE IT TO US ON FACEBOOK www.facebook.com/talkingfamiliesqld WE'D LOVE TO SEE YOUR CREATION!

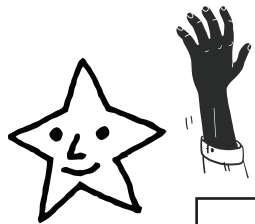
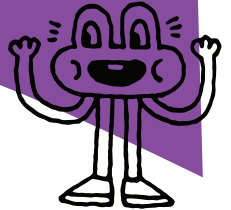
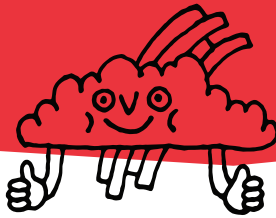
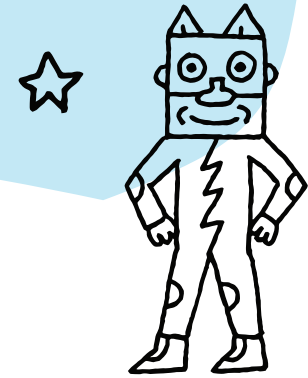


WRITE A KIND LETTER TO SOMEONE IN YOUR COMMUNITY

ASK SOMEONE ABOUT THEIR FAVOURITE MEMORY

KINDNESS CHECKLIST

THE WORLD NEEDS KINDNESS MORE THAN EVER. BEING KIND TO OTHERS CAN ALSO LIFT OUR OWN SPIRITS IF WE'RE FEELING DOWN IN THE DUMPS. CHALLENGE YOURSELF AND YOUR LOVED ONES TO CHECK-OFF THIS KINDNESS LIST. YOU MAY LIKE TO SHARE THIS LIST AND ENCOURAGE OTHERS TO DO THE SAME.



GIVE A COMPLIMENT

TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM

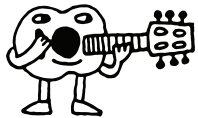


OFFER SOMEONE IN YOUR HOUSE A DRINK OR EVEN THE BIRDS

WAVE AT A PASSER-BY

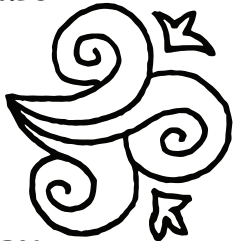
LET SOMEONE ELSE PICK THE MOVIE YOU WATCH

LISTEN TO HOW SOMEONE FEELS



CLEAN A MESS THAT WASN'T YOURS

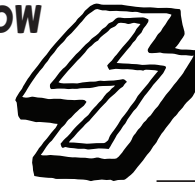
LEAVE A CHEERFUL MESSAGE IN YOUR WINDOW



SWEEP THE FLOOR

CHEER SOMEONE UP

DO SOMETHING SPECIAL FOR YOURSELF



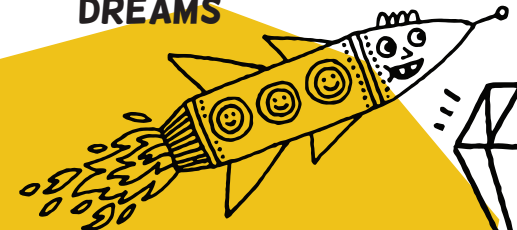
HAVE A LAUGH

GIVE SOMEONE A CALL

FLUFF THE PILLOWS

ASK SOMEONE ABOUT THEIR HOPES AND DREAMS

SHARE SOMETHING



TF.



WWW.TALKINGFAMILIES.QLD.GOV.AU

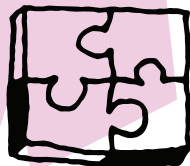
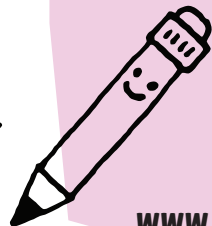


CONNECTION BINGO

KEEP CONNECTED WITH YOURSELF, NATURE AND TO OTHERS.
CHECK-OFF THE BOXES BELOW AS YOU COMPLETE EACH TASK



GREET THE MORNING BIRDS	WATER THE PLANTS	PLAY SHADOW PUPPETS	HAVE A MOVIE NIGHT	PRETEND YOU'RE A MONSTER	WAVE TO THE POSTY	WRITE A LETTER TO YOUR FAVOURITE CHARACTER	WRITE YOUR OWN SONG
LOOK AT THE STARS	RING SOMEONE YOU'VE NOT SPOKEN TO FOR A WHILE	WRITE A LETTER TO SOMEONE WHO TAUGHT YOU SOMETHING VALUABLE	WRITE A LETTER TO YOUR FUTURE SELF	GIVE A COMPLEMENT	THANK AN OLD FRIEND	SHARE A FUNNY STORY	WRITE A WASHING YOUR HANDS SONG
MEDITATE	ADD ANOTHER PAGE TO YOUR FAVOURITE BOOK	PLAY A BOARD GAME	PLAY DRESSUPS	CHECK-IN ON A MATE	BUILD A FORT	SHARE YOUR FAVOURITE MEMORY	SPOT A FULL MOON
DRAW YOUR IMAGINARY FRIEND	PERFORM A PUPPET SHOW	TAKE TIME FOR YOURSELF	CRACK A JOKE	WRITE A LETTER TO YOUR PAST SELF	MAKE A GREETINGS CARD	HAVE A PAMPERING SESSION	MAKE A GRATITUDE LIST





**SCREENSHOT THIS FORM.
FILL IT IN EACH DAY WITH A
SYMBOL OR WORD TO
REPRESENT YOUR MOOD.
SHARE AND COMPARE!**



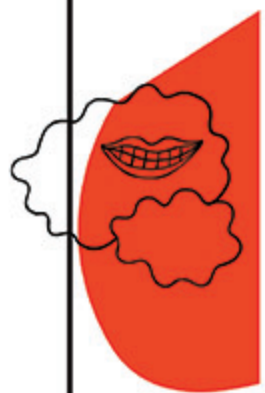
7-DAY MOOD CALENDAR



YES



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MOODS COME AND GO.

LET THEM FLOW LIKE WATER.

NO FEELING IS FINAL

TF.



PHONE FRIENDLY

