

TRACKING YOUR MOOD AND RECOGNIZING PATTERNS



Grades 4-7 Tracking Your Mood and Recognizing Patterns Physical and Health Education

Purpose of the Lesson:

The purpose of this lesson is to teach students the connection between what they do and their daily mood, as well as their mental health. In this lesson, students will track their mood and their daily activities for a month, and then come up with strategies they can use to boost their mood on hard days. This will promote the development of self-awareness and emotional literacy. It will also help students develop coping strategies for when they are going through a hard time.

Curriculum Competencies:

Health and Physical Education (Grade 4-7)

- Describe and assess strategies for promoting mental well-being (Grade 4).
- Describe and assess strategies for promoting mental well-being, for self and others (Grade 5-7).
- Describe factors that positively influence mental well-being and self-identity (Grade 4).
- Explore and describe how personal identities adapt and change in different settings and situations (Grade 5/6).

First Peoples Principles of Learning

- Learning involves patience and time.
- Learning involves recognizing the consequences of one's actions.

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Video

[Mood Matters: How Food, Movement & Sleep Can Have an Impact on You](#)

Guiding Questions:

- What are some different moods that you experience?
- Why is your mood important?
- Why is food, movement and sleep important for your mood and mental health?
- What can you do to improve your mood?

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Step-by-Step Lesson Plan

Preparation: Download and print “Mood Tracker” worksheet and print off the “Activity Journal” and “My Mood Booster Plan” outlined below.

- 1. Start by showing the above video** to students and using the above guiding questions to start a discussion about mood. Pause the video and use the Guiding Questions to spark discussion.
- 2. Explain to students that they can keep track of their mood.** Keeping track will improve their self-awareness of their emotions. They will learn the link between their activities and daily choices, and their mood/mental health.
- 3. Hand out the Mood Tracker worksheet to students.** You can find this in the Downloadable Resource section of the Student Mental Health Toolkit [HERE](#).
- 4. Over the next month, get students to track their mood once a day at school in the afternoon.** In addition to this, get students to keep an activity diary. Each day when they track their mood, get them to also write down what they ate the day before, what they did, and how much water they drank. An example of the format for this can be found below. Students can write in a journal or notebook.
- 5. At the end of the month, get students to look at the days where they had a low mood.**
Get them to answer these questions:
 - *What were you doing on the day you had a low mood?*
 - *What did you eat on the day you had a low mood?*
 - *Did you drink water on that day?*
 - *What could you do to improve your mood on low mood days?*
- 6. Finally, get them to make a “Mood Booster Plan.”** Get them to write out, on the worksheet below, 10 things they can do to boost their mood on bad days. If they would like, get students to decorate their Mood Booster Plan and hang it on their wall in their room or on their mirror for a good reminder!
- 7. Lesson Closure:** Ask students to reflect on their mood tracking and identify patterns that link their daily activities, food, movement, and sleep to their emotional well-being. They will gain a deeper understanding of how their choices influence their mood and mental health. By creating a “Mood Booster Plan,” they will develop strategies to manage challenging days and promote positive emotional health. This lesson encourages self-awareness, emotional literacy, and the development of coping skills that will help students navigate their emotional experiences with confidence.

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Activity Journal

Date:

What did I do?

What did I eat?

How much water did I drink?

Date:

What did I do?

What did I eat?

How much water did I drink?

Date:

What did I do?

What did I eat?

How much water did I drink?

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My Mood Booster Plan

10 things I can do to boost my mood on bad days:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____