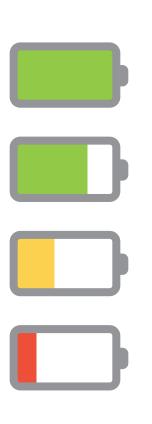
## **Match the Mood**

Your energy level changes throughout the day and can affect how you feel. Draw lines to match the batteries with the feeling faces.





Track it!

Write or draw your screen-free activity each day of the week!

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7