

Mood Thermometer



About this resource

The Mood Thermometer is a visual diary of feelings, tracked over seven (or more) days. It has three key benefits:

Taiohi can see how their feelings naturally change over the course of a week, reminding them that feelings are not fixed and that it's normal to feel different emotions throughout a week or even a day

Taiohi can recognise situations or contexts that are likely to cause strong feelings and use coping strategies to manage these

Support persons can understand when strong feelings persist and taiohi may need supportive strategies or further assessment to help identify the cause

How to use it

Print off two copies of the Mood Thermometer. One to give taiohi to take away with them, and one to use together to practice filling it in.

Taiohi may want to use different colours to match their feelings, for example:

- **Blue**, for sad or down, low energy, bored, tired, or unwell
- **Yellow** for anxious, worried, irritated, or frustrated
- **Green**, for happy, relaxed, motivated, pleased, or hopeful
- **Red**, for overwhelmed, panicked, angry, stressed, or elated

If different colours are not available, mark a line on the thermometer to match the intensity of the feelings e.g., one (the first line) being mild, ten (the top line) being strong.

Ask taiohi to rate their overall mood at the same time each day e.g., when they wake up or just before bed. Encourage them to note any external factors such as a lack of sleep, weather, or social interactions to help them identify why they feel the way they do.

Suitable for

Tracking mood

Monitoring mood helps taiohi to become aware of their feelings, notice patterns or triggers, and consider any links between external factors and how they feel.

Normalising emotions

By tracking their mood, taiohi can learn that it's normal for emotions to vary and that uncomfortable feelings will pass.

Recognising when support is needed

If their mood thermometer shows strong feelings that persist for more than two weeks or are concerning taiohi, additional support may be necessary.

For taiohi

Affirming

Self-talk matters. Instead of saying "I am sad", try saying "I am feeling sad right now, but this feeling will pass."

MOOD THERMOMETER

Rate your mood for each day on the thermometer. The thermometer can be a particular mood (i.e. angry) or your overall mood for each day. just write what you are rating in the space and indicate which way the thermometer goes, e.g. 10= very happy.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

