



Mood Chart - Young person

Out of 10—how are you feeling?

0 = Nothing

Quite a bit

Everything = 10

What mood are you feeling?

Angry

Happy

Sad

Scared

Disgusted

Surprised

Something else :

What were you just reacting to?

Do you think your reaction was: Too little

Just right

Too much

Did you get what you needed from this reaction?

Yes

No

What did you need?

Were there any stressful (annoying, hurtful, irritating) things that were happening before you reacted?

If yes, please describe them here

Pick a calm down method and do it:

Count to 10

Find out how many fingers you can cross

Recall a movie you like

Breathing exercise

Ask for a hug from a family member you trust

Hold your breath for 5 seconds

Drink a cup of water slowly

Sit down cross legged, then try to stand without using your hands

Stand on your head

Eat an apple or other fruit

Name the colours of the rainbow

Did the calm down method work?: Yes

A bit

No

Out of 10—how are you feeling?

0 = Nothing

Quite a bit

Everything = 10

What was good about your calm down choice?

What was not good?



Mood Chart - Guardian

Out of 10 How intense does your young person look to be feeling? 0 = nothing, 10 = extreme

What mood do you think it is?

Angry

Happy

Sad

Scared

Disgusted

Surprised

Something else : _____

How often do they act like this?

What triggered this event?

What does your young person think triggered this event?

Was their reaction the right type?

Was their reaction the right intensity?

What was the half day like before this event?

Help your young person pick a calm down strategy. The left hand column on their sheet needs less thinking and is good for moderate to high levels of mood, while the other options need a bit more thought and should be used when the person is a bit calmer.

Encourage them to try it - for science! This is helpful in supporting your young person to find strategies they can use for themselves when they realise they are reacting. Not all strategies work well for all people, so try a different one every now and then.

Also try practicing some of these strategies when the person is calm, so they are more familiar when they are upset.

How well did the strategy work (0 is poor, 10 is excellent)? ___ / 10

What seemed to work well for them?

What did not seem to work well for them?

What can you change in the strategy?