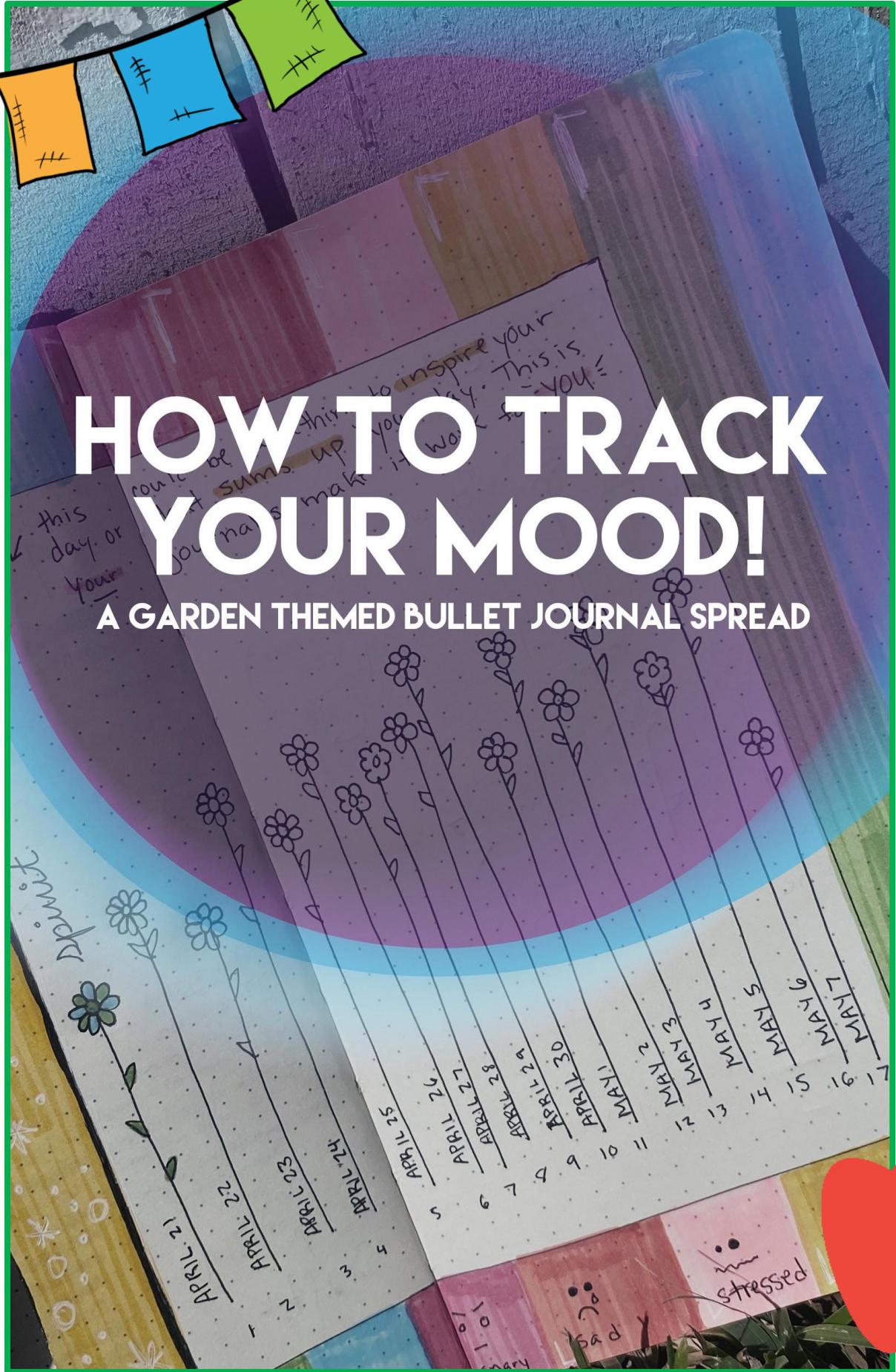


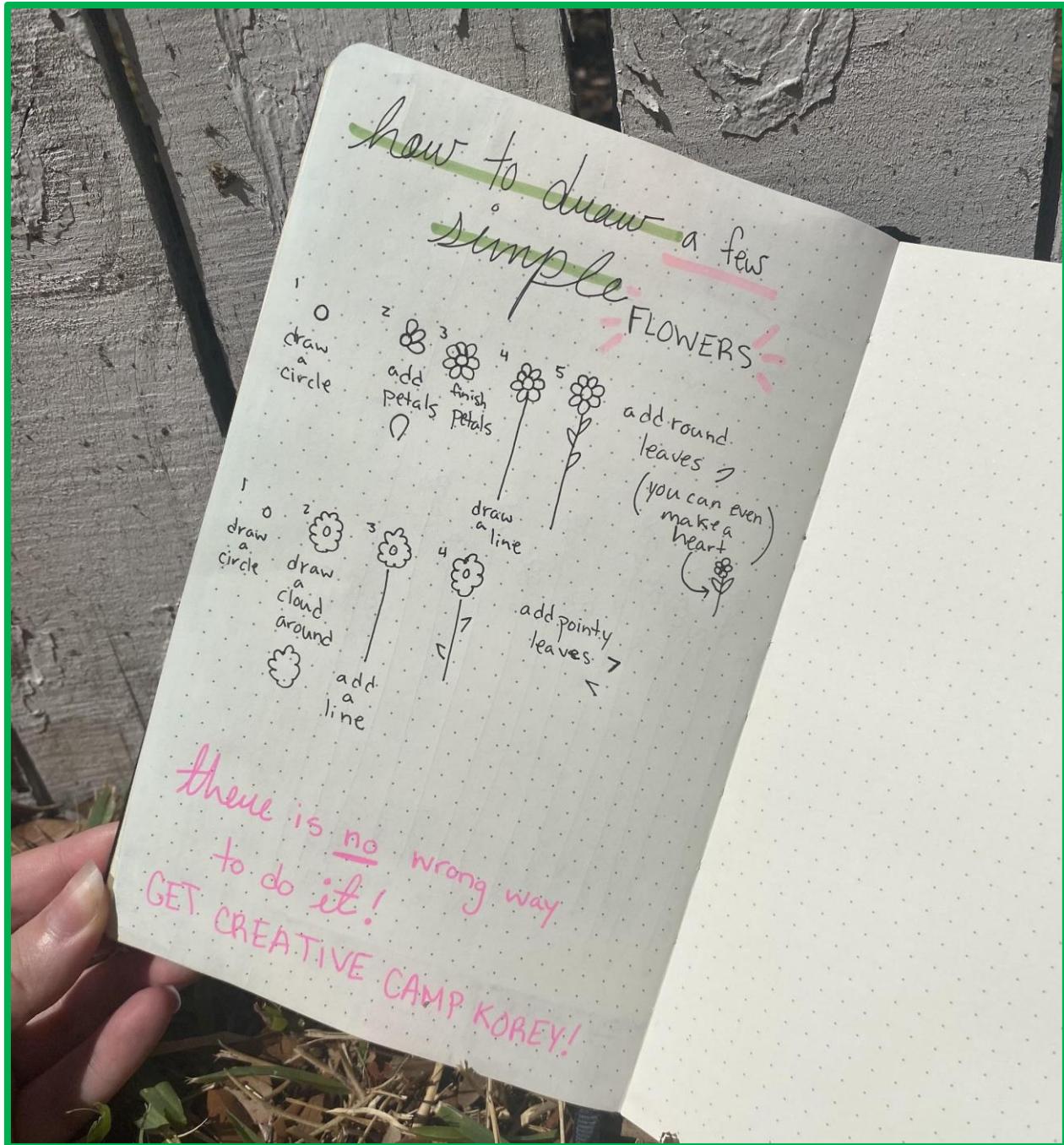
# HOW TO TRACK YOUR MOOD!

# A GARDEN THEMED BULLET JOURNAL SPREAD



Hey Camp Korey teens! We see you and we know that this is a hard time. You are probably missing your friends, big events at school, and things could feel overwhelming at times. That is ok! A mood tracker is a way for you to explore your personal feelings and understand yourself even more. This one was made to bridge April and May and track how I am feeling as the month changes and we continue to spend so much time at home. You can make this tracker on printer paper or in a spare notebook if you have one.

First off you may want to know how to draw the flowers we will color in with our mood.



Note that these are just some options for flowers. If you love drawing roses or pansies, go for it! Get creative!

Here is what the tracker looks like with one day filled out (you can see a peek at the page below it which is my goal sheet for things to do daily or weekly while quarantined)



At the bottom you'll see the key with faces and words for the emotion that color represents. Each day I'll color in the flower accordingly. This could be coloring the whole flower one emotion or mixing it up. Finally, at the top you'll see a word of the day.



This is a great way to either sum up how your day went with a word or if you want to visit this spread in the mornings before your day starts, to give yourself a word you want to embody that day. Today I chose spirit because I was working on camp activities and programming which filled me with camp spirit!

