

POST-TASK: MOOD DIARY

Linguistic focus	Writing
Thematic focus	Awareness
Language level/target group	A2

Teacher instructions

The diary can easily be adjusted to the needs and abilities of the class. The overall aim of the diary is to consciously reflect on one's feelings and well-being on a daily basis. The exercise is flexible regarding time, meaning that this task can also be implemented as a project, for instance, for one week or longer.

The form of the diary can be chosen depending on the class or even individually on the student. One such realization might be to colour a smiley for every day to represent one's feelings. Another way might be to let the students write down three things they are grateful for every day. The template is intended to combine both ideas presented here.

Additional material to be used

- Mood diary template

[Happy 18.1]

[Happy 18.1]

Name: _____

Date: _____

MOOD DIARY

Week: _____

Name: _____

For each day, draw one of the smileys to describe your **mood** and write down one thing that you are **thankful** for.

	Mood	I am thankful for...
Monday		• •
Tuesday		• •
Wednesday		• •
Thursday		• •
Friday		• •

Mood guide:



Awesome



Good



Okay



Not good



Horrible