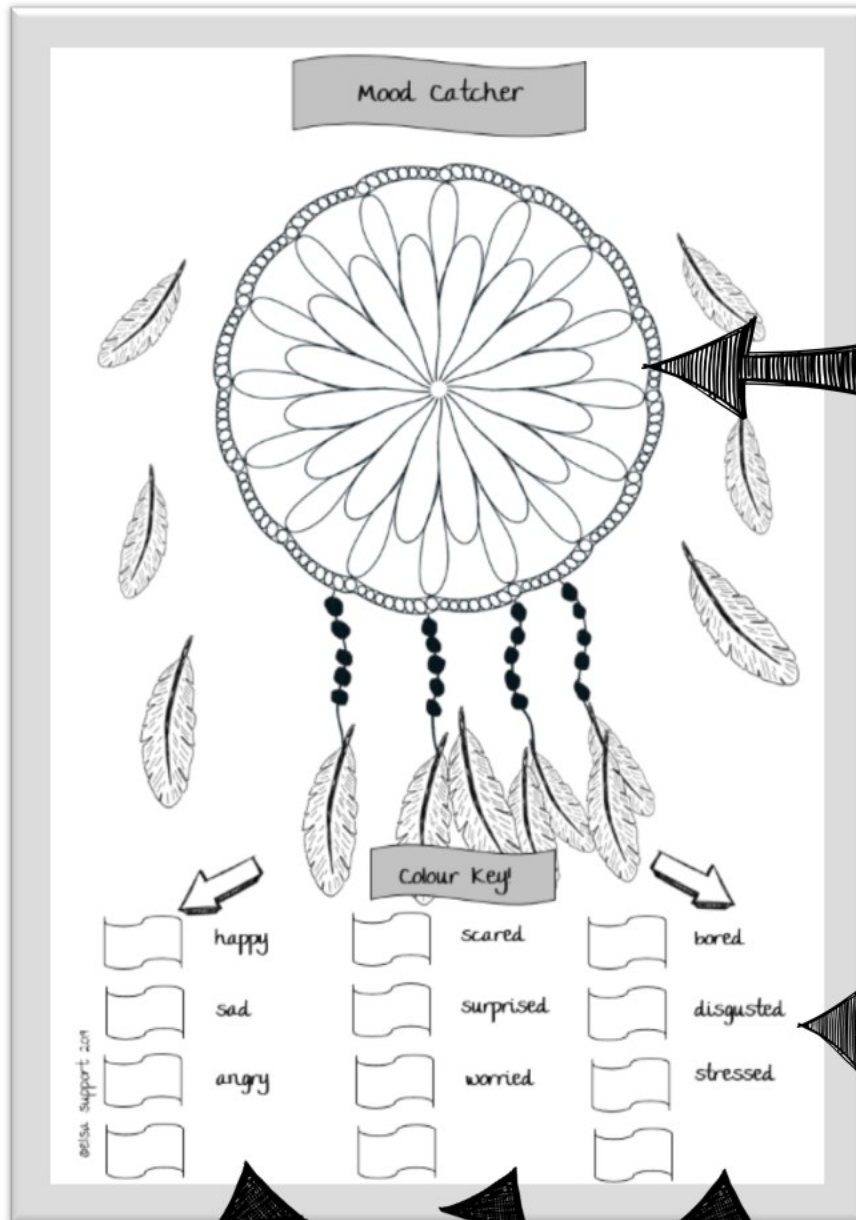


# Instructions - please do not print

Day by day watch your dream catcher become colourful. Which colour is dominant? Which emotion do you feel mainly most of the time?



Each day colour in one section of the dream catcher in your chosen emotion colour

Choose a colour for each emotion

Assign an emotion and a colour here. These would be emotions that you feel but aren't written in the key here.

# Mood Catcher



## Colour Key!




happy

sad

angry


scared

surprised

worried




bored

disgusted

stressed

Doodles, drawings, and scribbles

