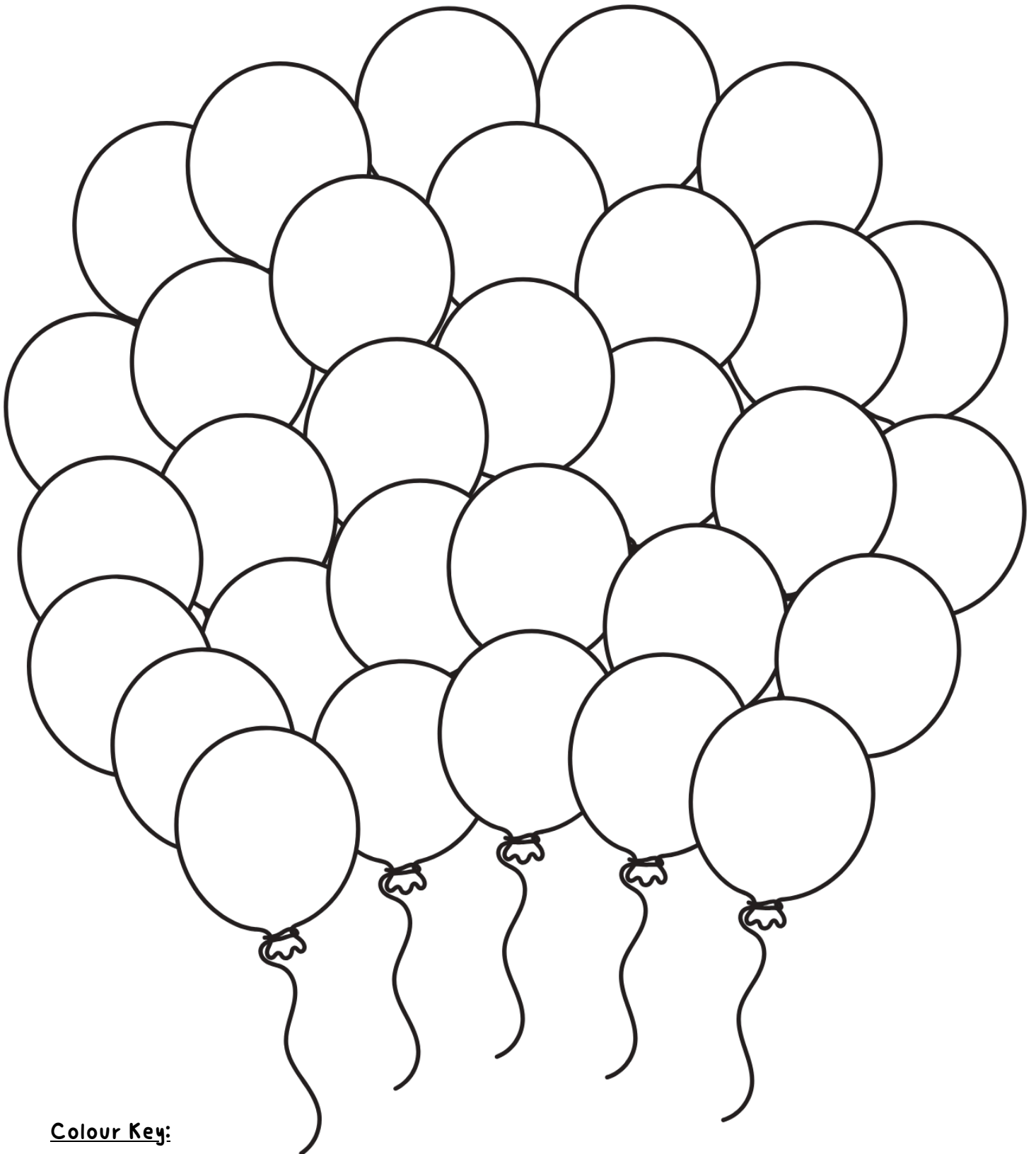


# Balloon Mood Tracker

Shade a balloon each day to reflect the emotion you felt most that day. At the end of each month, you'll be able to spot patterns in your emotions, helping you to understand and manage them more effectively.



## Colour Key:



Please remember to recycle me when you are finished with me.