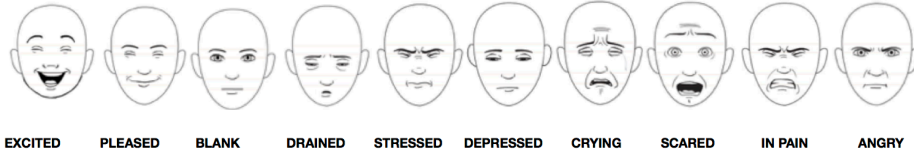


Quick Everyday Worksheet to Scale Mood or Feeling in rate 1-10

How are your Mood and Feelings right now?



Rate the Mood/Feelings 1-10 (1=min; 10=max) Cross the right answer with (X)

Rating	1	2	3	4	5	6	7	8	9	10
Excited										
Pleased										
Blank										
Drained										
Stressed										
Depressed										
Crying										
Scared										
In pain										
Angry										

Test making time	
Date	

Thank you for taking the time to fill the sheet today! I am really appreciated!

The source of the facial drawings:
Human Anatomy Fundamentals: Mastering Facial Expressions
DESIGN & ILLUSTRATION > DRAWING by Joumana Medlej, 5. Jun 2014, 22.09.2018.

evelinvahter.com