

The mood battery

Designed by Clair Atherton and used by young volunteers at HeadStart Hull, the mood battery provides a practical way to express how the day is going.

Here's what you do:

- 1** Print off this resource in colour. If you don't have a colour printer, see if you have any coloured paper (red and green, but any 2 colours will do!) or highlighter pens.
- 2** Write down all the things that have happened today that have affected how you're feeling. For example: the bus was late, had a surprise call from a friend, slept well.
- 3** Consider each item you have written. If you felt more positive and less stressed afterwards, write the event in green pen or on a green box/ paper - these are your de-stressors. If you felt less positive, or more stressed and drained afterwards, write the event on red paper/in red pen. These are your stressors.
- 4** Using the battery outline place the events inside the battery with all the red ones at the top and the green at the bottom. Use the following questions to consider:
 - a** If your day was mostly red stressors what is something green that you could do to help?
 - b** Would sharing your battery with someone help them see how your day is going? Could you take a photo and send it to someone close to you? Or stick the battery on your wall?
 - c** Does the red/green balance feel that it well reflects how you're feeling today? Have you missed anything?

Here are some examples as you start to think of your own using the templates below.



Singing

Drawing

Playing video games

Dancing

Calming music

Time management

Stress

Motivation

Lack of sleep

Poor diet

The mood battery

YOUNGMiNDs

Template: Full colour

The mood battery

Template: Colour with some empty boxes

The mood battery

Template: Black and white to fill in yourself

The image shows a blank worksheet template for a story arc. It consists of two columns of rounded rectangular boxes. The left column has a title box at the top, followed by eight story boxes, and a conclusion box at the bottom. The right column has a title box at the top, followed by eight story boxes, and a conclusion box at the bottom. The boxes are arranged in a symmetrical, mirrored layout.