### 31-Day Mood Calendar

Moods come and go. Let them flow like water. No feeling is final.
When we’re stuck at home the days can start to blur into one. Keeping a log of each day, and watching how our moods change overtime is a great way to regain a sense moving forward. At the end of each day, fill in a square to show how you feel. Encourage others you know to keep their own mood calendar too and see if you can guess what each others’ square means.

Below is an example. The next page is for you to complete.

EMAIL YOUR FINISHED MOOD CALENDAR TO: talkingfamilies@qfcc.qld.gov.au
OR MESSAGE IT TO US ON FACEBOOK www.facebook.com/talkingfamiliesqld
WE’D LOVE TO SEE YOUR CREATION!
The world needs kindness more than ever. Being kind to others can also lift our own spirits if we’re feeling down in the dumbs. Challenge yourself and your loved ones to check-off this kindness list. You may like to share this list and encourage others to do the same.

- Write a kind letter to someone in your community
- Ask someone about their favourite thing about them
- Offer someone in your house a drink or even the birds
- Ask someone about their favourite memory
- Ask someone about their hopes and dreams
- Do something special for yourself
- Have a laugh
- Leave a cheerful message in your window
- Listen to how someone feels
- Tell someone your favourite thing about them
- Let someone else pick the movie you watch
- Wave at a passer-by
- Give a compliment
- Give someone a call
- Sweep the floor
- Cheer someone up
- Share something
- Clean a mess that wasn’t yours
- Fluff the pillows
- Share something
- Sweep the floor

TF.

www.talkingfamilies.qld.gov.au
## Connection Bingo

**Keep connected with yourself, nature and to others.**

Check-off the boxes below as you complete each task.

<table>
<thead>
<tr>
<th>Greet the morning birds</th>
<th>Water the plants</th>
<th>Play shadow puppets</th>
<th>Have a movie night</th>
<th>Pretend you're a monster</th>
<th>Wave to the posty</th>
<th>Write a letter to your favourite character</th>
<th>Write your own song</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look at the stars</td>
<td>Ring someone you've not spoken to for a while</td>
<td>Write a letter to someone who taught you something valuable</td>
<td>Write a letter to your future self</td>
<td>Give a complement</td>
<td>Thank an old friend</td>
<td>Share a funny story</td>
<td>Write a washing your hands song</td>
</tr>
<tr>
<td>Meditate</td>
<td>Add another page to your favourite book</td>
<td>Play a board game</td>
<td>Play dressups</td>
<td>Check-in on a mate</td>
<td>Build a fort</td>
<td>Share your favourite memory</td>
<td>Spot a full moon</td>
</tr>
<tr>
<td>Draw your imaginary friend</td>
<td>Perform a puppet show</td>
<td>Take time for yourself</td>
<td>Crack a joke</td>
<td>Write a letter to your past self</td>
<td>Make a greetings card</td>
<td>Have a pampering session</td>
<td>Make a gratitude list</td>
</tr>
</tbody>
</table>
Screenshot this form. Fill it in each day with a symbol or word to represent your mood. Share and compare!

7-DAY MOOD CALENDAR

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TF.

PHONE FRIENDLY