

Mood Measure

A guide to the resource

The idea of this resource is to create a visual representation of a young person's mood on a particular day. The measure could also be used to assess progress pre-and post-intervention. For example, ask them to complete the task on how they feel at the moment and then ask them to complete it again when they have attended all the sessions for a self-esteem group.

This resource may suit younger children and young people who find written resources difficult, such as a feelings questionnaire.

Offer the young person a range of craft materials of different colours, such as: marbles, sand, beads, pompoms, etc. Use a container which has a lid that can be fastened. A jam jar is perfect for this.

Ask the young person to identify the colours they want to use for certain feelings. For example:

- blue = worried
- green = sad
- red = angry
- yellow = happy
- purple = excited

Encourage the young person to explore their feelings at the moment and identify a colour for each. Write down these colours and their meanings as above and give a copy to the young person.

Ask the young person to fill the container according to how strongly they are feeling that particular emotion. For example, a young person is extremely worried about taking a test, so they fill the jar with mostly blue beads. They fill the remaining part with green because the worry is making them feel sad.

If you don't have many craft resources, you could ask the young person to colour the below template in using the same principles.

Encourage young people to keep the jar so they can reflect on it at home.

Ask a young person if you can take a picture to keep in their case file to gain an understanding of how their mood has changed over time.

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