Year in Pixels

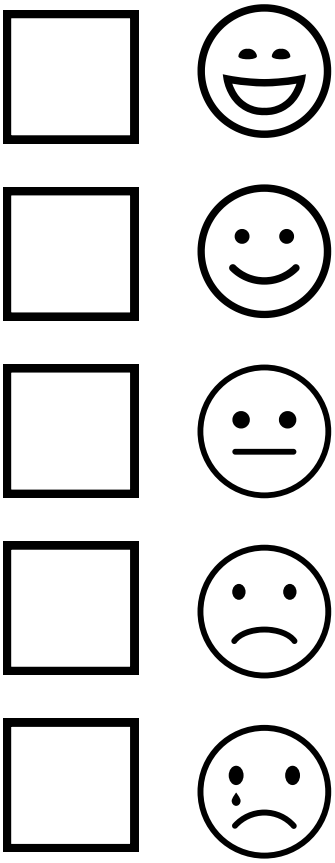
Directions: Print copies of the following template for your children. Have them select different colours to represent each emotion (e.g. pink for very happy, gray for neutral, blue for sad, etc.) Have students fill in one square for each day of the year with a colour that matches how they felt most that day. At the end of the year, have children reflect on their feelings.

Bonus Idea: Have children complete their daily square after they do The Daily Mile to see how their mood changes after movement.



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My Year in Pixels



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The Daily Mile