



Worksheet 1

Hug for Harriet

Mood Survey

What sort of a mood did you wake up in? Describe your feelings and see if you can come up with one word that best suited your mood first thing this morning.

My mood is: _____

Go and talk to some other people in your class.

Find two people who felt the **same** way you did today.

- 1.
- 2.

Find two people who felt the **opposite** way from you.

- 1.
- 2.

Find two people who felt moods that were **different** from yours

- 1.
- 2.

Harriet was in a hugging mood. List three people (in your class or at home) that you think you'd like to hug today!

- 1.
- 2.
- 3.

