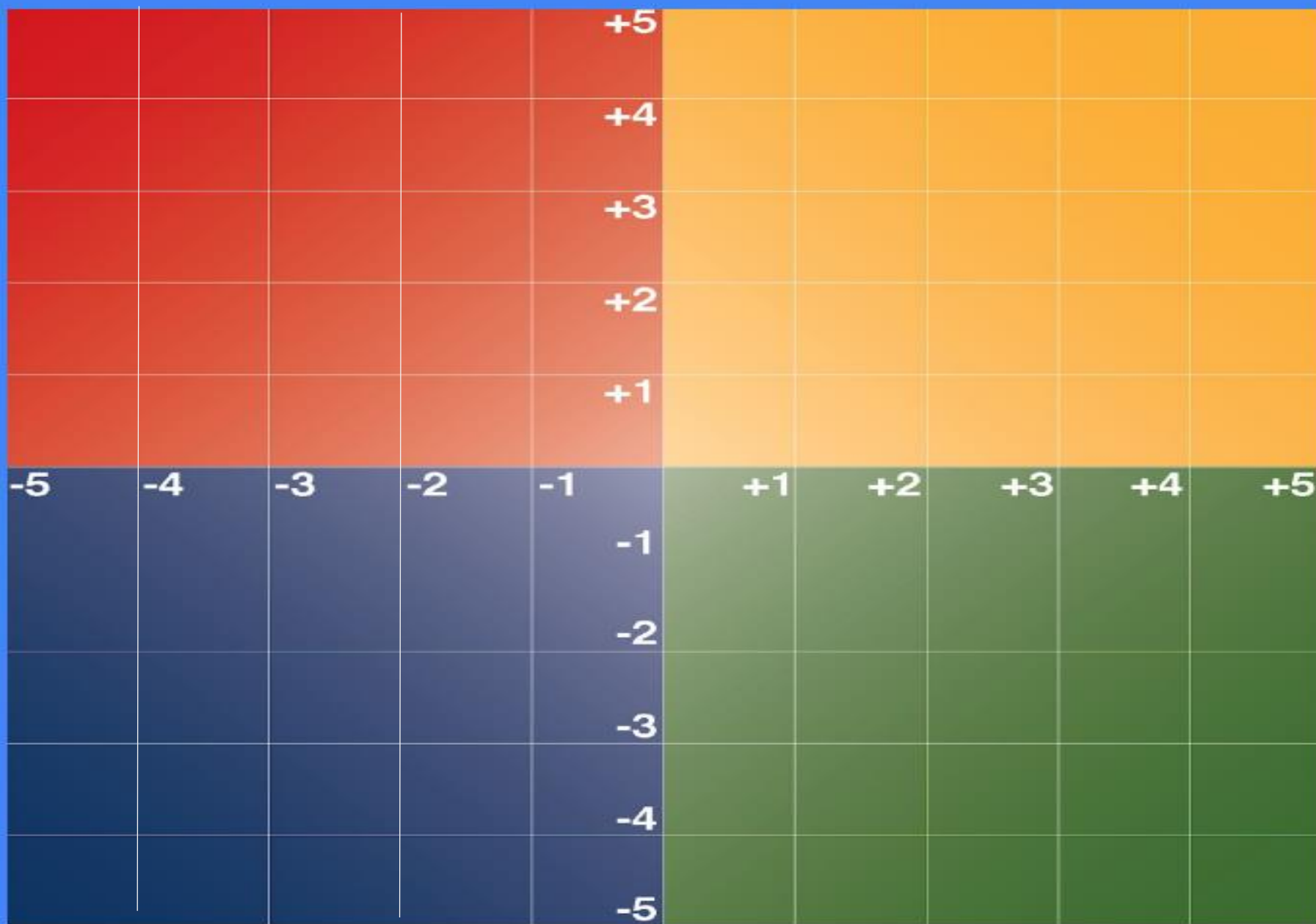


ENERGY



PLEASANTNESS

Use the Mood Meter grid to give each of these emotions a set of co-ordinates. For example, “glum” might be (-5, -3).

at ease	furious	hyper	miserable
thrilled	worried	excited	pleased
disappointed	glum	angry	peaceful
calm	lonely	cosy	terrified
bored	satisfied	proud	hopeless
shocked	relaxed	ecstatic	motivated
stressed	thoughtful	loved	tense
panicked	exhausted	safe	angry