



Examples of moods in each colour band:

Red	Livid	Frustrated	Anxious	Repulsed	Uptight
	Cautious	Angry	Nervous	On-edge	Stunned
Yellow	Excited	Ecstatic	Elated	Hyped	Cheery
	Happy	Proud	Inspired	Motivated	Joyful
Green	Tranquil	Serene	Calm	Cosy	Relaxed
	Chilled	Balanced	Satisfied	At-Ease	Thoughtful
Blue	Bored	Disappointed	Sad	Disheartened	Tired
	Pessimistic	Depressed	Lonely	Despairing	Drained