



Movement and My Mind Experiment

This activity is to experiment with yourself and see how physical movement effects your emotions. Plan an activity session of your choice, and rate your emotional state before and after the session. As with any well-conducted experient, try not to “make” yourself have a certain experience, just try and *observe* the effects 😊

Rating Before Movement

Rate your feelings on a scale from 0 (not at all) to 10 (the most intense feeling possible) before you do a physical activity of your choice.

SAD

HAPPY

STRESSED

RELAXED

WORRIED

CALM

TIRED

ENERGISED

OTHER UNCOMFORTABLE FEELING (NAME)

OTHER PLEASANT FEELING (NAME)

Rating After Movement

Rate your feelings on a scale from 0 (not at all) to 10 (the most intense feeling possible) after you do a physical activity of your choice.

SAD

HAPPY

STRESSED

RELAXED

WORRIED

CALM

TIRED

ENERGISED

OTHER UNCOMFORTABLE FEELING (NAME)

OTHER PLEASANT FEELING (NAME)