



**MOOD
Board**

Match the negative
emotion with the
weakened system that
is out of balance

*5 Digestive
System*

worry- 5
fear- 4
anxiety- 3
grief- 2
anger- 1

*1 Immune
System*

*2 Respiratory
System*

*3 Endocrine
System*

*4 Circulatory
System*