



Hi there, I am Moops

I will help you out when you have troubles with getting started on your assignments. First we figure out what you have to do, then to prioritize these tasks and give them a timelimit. If you tell me how you feel at the moment, I will keep that in mind and try to help you as good as I can. I will keep time for you and will make sure you go on enough breaks, so you keep working efficiently. Because you have structure and someone else watches over you, you feel secured. Of course your goal is to get started and getting your assignments done. Therefore I stimulate you to start and let you know when you wanted to be finished with you tasks and make you realise it when you finished one.

As your guide I will stimulate you, based on how you feel, by giving compliments and reassuring words.

Hi there!
I am Moops, here to help you to get started.

How do you feel?

- excited
- happy
- confident
- fine
- tired
- stressed
- insecure
- annoyed

I think you did very well today.
You can be proud of yourself.

I will see you next time!

I will keep track of your time and your tasks, so you feel secured

What to do today:

- Emotion selfrating
- What is happiness?
- Why does happiness matter?
- add personal task
- add personal task
- cancel done

This is your schedule for today.
I know you can do it!
You will finish at 6 o'clock.

You have worked hard the last hour and already finished the first task, you deserve a break!
You have 17 minutes.
You could make some tea?

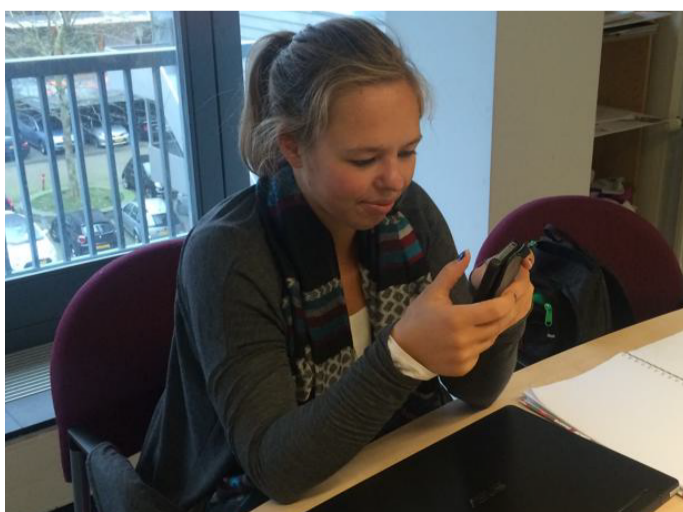
Did you enjoy your break?
You can start on 'What is happiness' again.
But first tell me how you feel?

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Have you finished 'Emotion selfrating'?

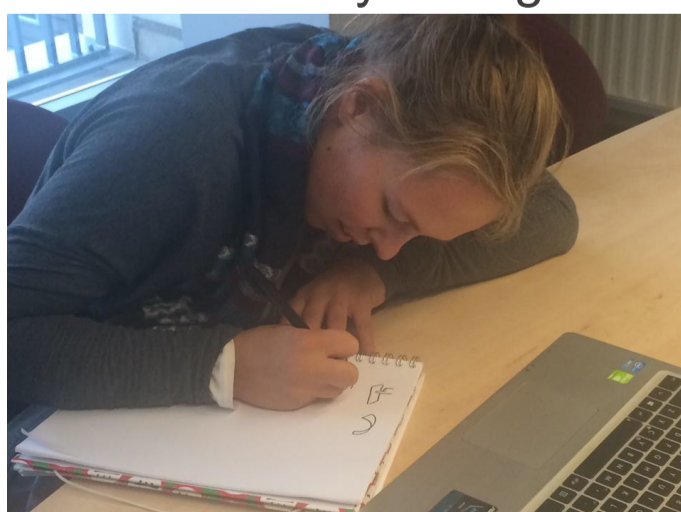
You have finished your first task, that's great!

I need more time I am finished

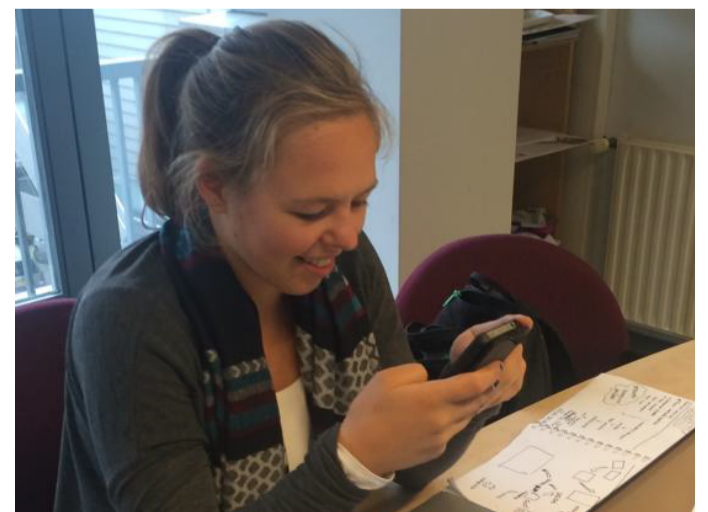
Then it is time for you to get started



Feel secured



Feel stimulated



Be happy