

RULER TOOL

THE MOOD METER

OVERVIEW

The Mood Meter

What is it?

The Mood Meter is a tool that helps people of all ages build self and social awareness. It helps us understand how our emotions influence our thinking and behavior, and it empowers us to recognize and label our full range of emotions, and manage them more skillfully. These skills help us get along with others and make better choices in our lives.

Emotions can be understood as the degrees of pleasantness we're experiencing, combined with the level of energy we have.

How it Works:

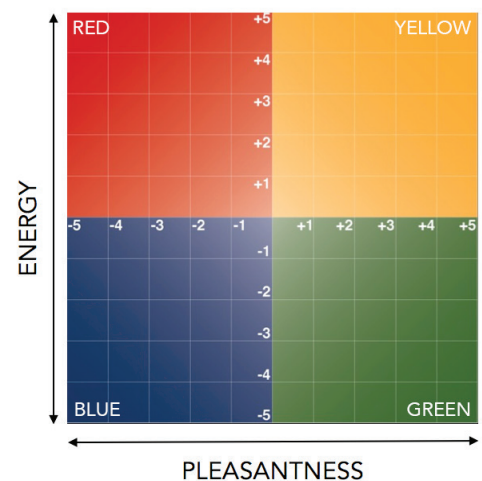
The line on the Mood Meter that runs from left to right represents how pleasant a person feels, ranging from extremely unpleasant on the far left to extremely pleasant on the far right. The line on the Mood Meter that runs up and down represents how much physical energy a person feels in their body and mind, ranging from extremely low on the bottom to extremely high on the top.

When the lines intersect, four squares (quadrants) are formed – each marked by a different color. The red quadrant is unpleasant, high energy emotions like anger, frustration, and fear. The blue quadrant is unpleasant, low energy emotions like sorrow, disappointment, and loneliness. The green quadrant is pleasant, low energy emotions like peacefulness, balance, and serenity. The yellow quadrant is pleasant, high energy emotions like happiness, joy, and excitement.

Why it Matters:

The Mood Meter shows that there is a space for all emotions – and, that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. Part of working with the Mood Meter is developing strategies that can help us work skillfully with some of those feelings in order to achieve our goals.

Experiencing a wide range of emotions is part of the human experience – and, being smart about our emotions is part of being emotionally intelligent.



Mood Meter Basics:

The Mood Meter is made up of four different colored quadrants, each representing different types of feelings.

Blue – lower energy, degree of unpleasantness (like sad or lonely)

Red – higher energy, degree of unpleasantness (like anger or fear)

Yellow – higher energy, degree of pleasantness (like joy or excited)

Green – lower energy, degree of pleasantness (like included or relaxed)

RULER TOOL
THE MOOD METER
SECOND GRADE

MY NAME _____

DATE _____

Duration: 30–45 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- We all have emotions throughout the day, but often don't notice them.
- Even if we don't notice how we're feeling, our emotions affect us.
- We often attach memories and feelings to everyday objects in our environment.

Activity Goal:

- To have an "emotion safari" by exploring objects at home that we have certain feelings about or that symbolize different emotions for us!

Activity Steps:

1. Your second grader should find four objects in your home that represent different emotions – one for each quadrant of the Mood Meter.
2. They can draw each object on the Mood Meter on Page 4.
3. Together, your second grader can invite family members to walk through the house on an emotion safari and be the guide.
4. On your walk-through, you should look for items that symbolize or bring up:
 - a. "Red" feelings
 - b. "Blue" feelings
 - c. "Green" feelings
 - d. "Yellow" feelings
5. Then, describe why each object brings up those feelings. See if you can develop a deeper understanding about the emotion associations that you have with different objects in your habitat!

2

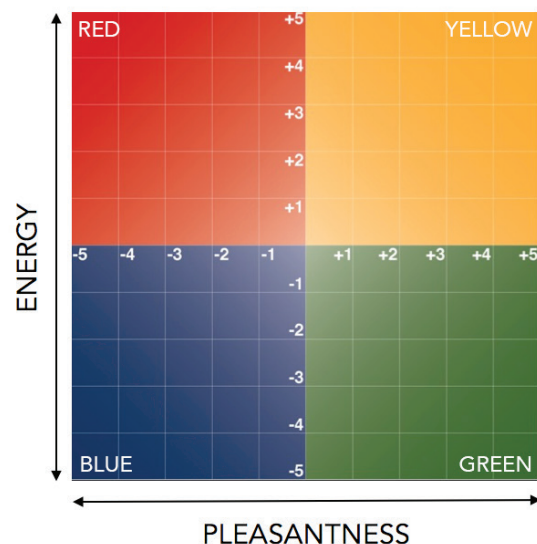
Student, follow the first step and then have fun doing the activity!

First Step

1. Gather your materials. You'll need markers, crayons, or colored pencils.

The Activity

1. Look around your house and find four things that represent how you feel. You will need one object for each quadrant of the Mood Meter. Please see the example on page 3.
2. Select one object that represents...
 - a. "Blue feelings"
 - b. "Red feelings"
 - c. "Yellow feelings"
 - d. "Green feelings"
3. Draw each object on the Mood Meter on page 4.
4. Name the emotion that each object represents and why. Write it down, like in the example.
5. Show your family.
6. Guide them on an "emotion safari" through your home. Ask them to point out something for each quadrant, too, and talk about it together.

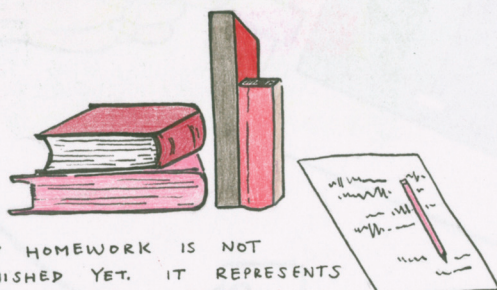


THE MOOD METER

3

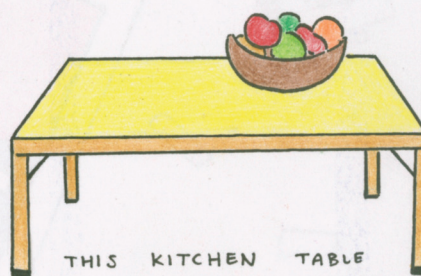
Example: Mood Meter with Objects Drawn and Emotions Labeled

RED



MY HOMEWORK IS NOT FINISHED YET. IT REPRESENTS ME FEELING "WORRIED."

YELLOW



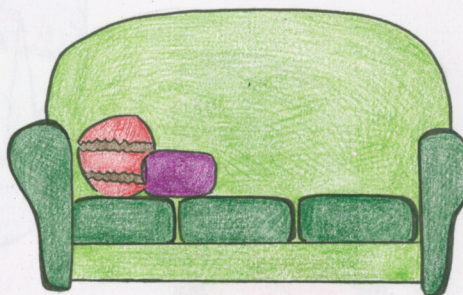
THIS KITCHEN TABLE IN MY HOME REPRESENTS ME FEELING "ENGAGED" BECAUSE IT IS WHERE I DO MY HOMEWORK.

BLUE



THIS IS A PICTURE OF GRANDMA BECAUSE I THOUGHT THAT I WAS GOING TO SEE HER TOMORROW AND I AM NOT. THIS REPRESENTS ME FEELING "DISAPPOINTED."

GREEN



OUR COUCH REPRESENTS ME FEELING "CHILL" AND "PEACEFUL" BECAUSE THAT IS WHERE I READ OR HANG OUT WITH MY FAMILY.

4

Using the Mood Meter at Home

ACTIVITY SHEET 1

INSTRUCTIONS FOR CHILD:

Draw your four objects on the Mood Meter and name the emotion each object represents and why.

Have fun leading your family on an emotion safari!

RED	YELLOW
BLUE	GREEN