

RULER ANCHOR

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:

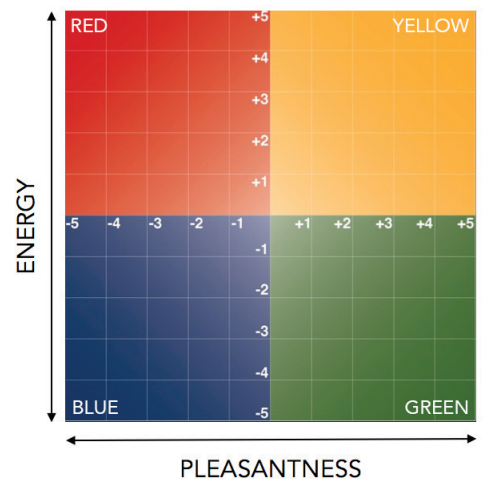
The line on the Mood Meter that runs from left to right represents how pleasant a person feels, ranging from extremely unpleasant on the far left to extremely pleasant on the far right. The line on the Mood Meter that runs up and down represents how much physical energy a person feels in their body and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

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KINDERGARTEN

MY NAME _____

DATE _____

Duration: 15–20 minutes

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

Key Ideas:

- When children understand the emotions that the characters in a story are experiencing, they become better at understanding what the story is about.
- Your child is learning about the Mood Meter, a tool we have for developing emotional self-awareness and self-management skills, as well as for building a feeling word vocabulary.

Activity Goal:

- To explore how different characters are feeling in a story by using the Mood Meter.

Activity Steps:

1. Read through the activity together with your child.
2. Prepare by cutting out Frog & Toad. Place them next to the Mood Meter on Page 3, and be sure you know how the Mood Meter works by reviewing the Mood Meter Overview handout.
3. Together, listen to the story: "Frog and Toad: Dragons & Giants" by Arnold Lobel. Search the keywords online to access a video link or the story.
4. Thinking back on the story, have a conversation about the questions on Activity Sheet, page 2, and plot Frog and Toad on the Mood Meter. The focus should be more on the conversation and the reasoning than finding the "right" answer.

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Student, have fun doing the activity!

The Activity



AFRAID: scared that something bad may happen.

BRAVE: feeling like you can do or try something even if it seems scary.

After listening to the story, discuss with your child:

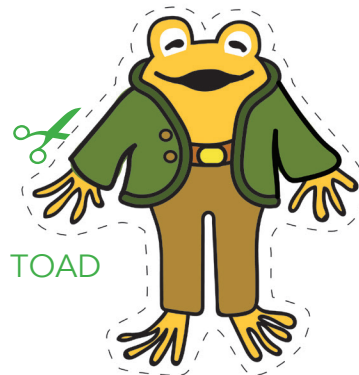
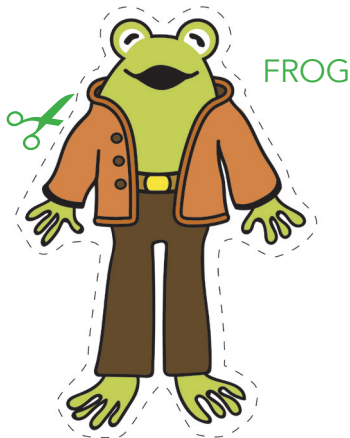
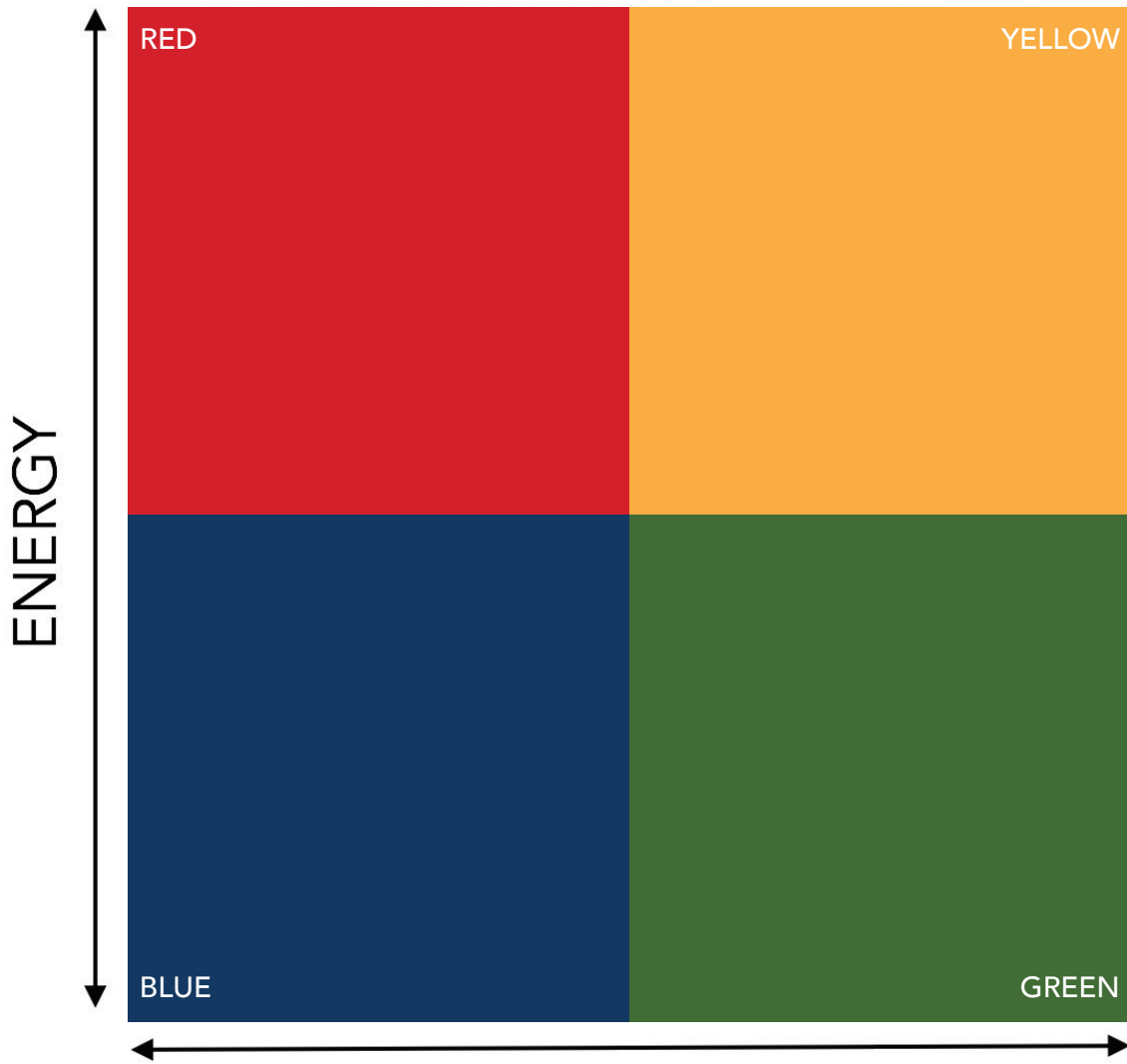
Plotting Frog

1. Do you think Frog has a lot of energy or a little?
2. Do you think Frog feels more pleasant, or unpleasant?
3. What color of the Mood Meter do you think Frog is in? Please put Frog on the Mood Meter.
4. How do you think Frog is actually feeling – more afraid or more brave? What clues in the story make you believe this is true?

Plotting Toad

1. Do you think Toad has a lot of energy or a little?
2. Do you think Toad feels more pleasant, or unpleasant?
3. What color of the Mood Meter do you think Toad is in? Please put Toad on the Mood Meter.
4. How do you think Toad is actually feeling – more afraid or more brave? What clues in the story make you believe this is true?

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