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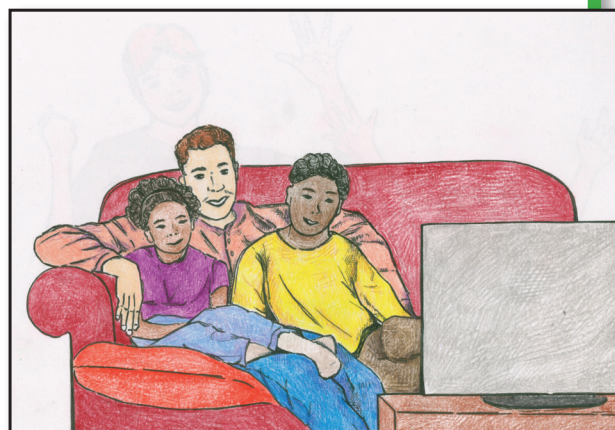
Student, follow the first steps and then have fun doing the activity!

First Steps

1. Share about the Mood Meter and how it works.
2. Share how the Mood Meter helps you, your classmates, and your teacher.

As a family:

1. Choose one character from a book, film, or TV show to focus on.
2. Pay attention to the emotions that the character feels and displays.
3. Discuss the following questions together.
 - What were the main events of the story?
 - How did the character influence or respond to these events?
 - What do you believe were the beliefs or emotions that drove the character's behavior? Why do you think so?
 - What are 8 different emotions you think the character felt? Plot on the Mood Meter.
 - Which emotions were serving the character's goals, and which may have been getting in the way of the character's goals?
 - What role did "emotion regulation" play in terms of the outcome of the story?
 - In other words, did the main character regulate or not regulate their emotions at key moments?
 - If that had been different, might the story have had a different ending?
 - Explain on Activity Sheet 1.
4. Now fill out Activity Sheet 1, page 3.



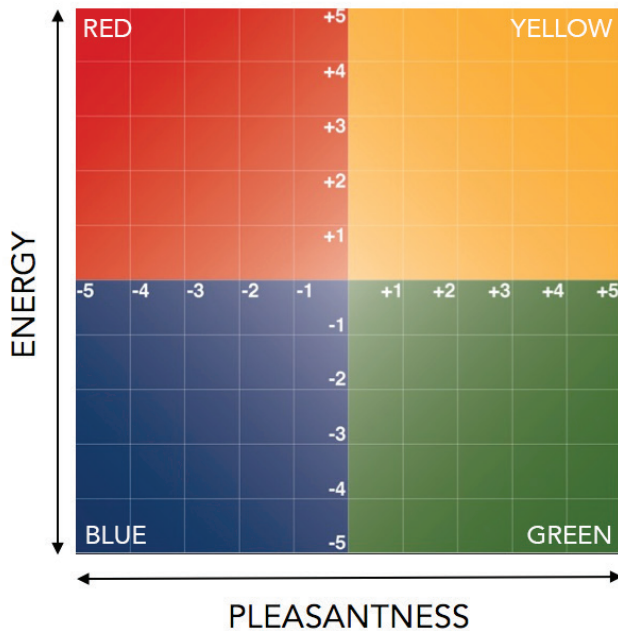
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Mood Meter Character Plot

ACTIVITY SHEET 1

INSTRUCTIONS

Plot the character's emotions. Together with your family, name eight emotions you believe the character felt during the story and plot the emotions on the Mood Meter.



Emotion name:

Where do you think the character was mainly living on the Mood Meter during this story?

Give one example of how a skillful emotion regulation strategy at a key moment could have shifted the story.
