

# 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:

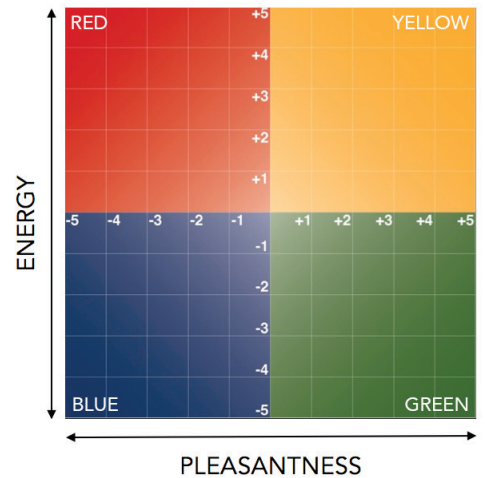
The line on the Mood Meter that runs from left to right represents how pleasant a person feels, ranging from extremely unpleasant on the far left to extremely pleasant on the far right. The line on the Mood Meter that runs up and down represents how much physical energy a person feels in their body and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

# THE MOOD METER

FOURTH GRADE

MY NAME \_\_\_\_\_

DATE \_\_\_\_\_

Duration: 45 minutes

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

### Key Ideas:

- We all have habitual words that we use over and over.
- The Mood Meter can help us expand our feeling word vocabulary and name our emotions with more accuracy.
- Accurately labeling our feelings can bring clarity, help us better understand ourselves and others, and inform our next steps.

### Activity Goals:

- For your child to expand their feeling word vocabulary.
- To practice listening for and naming emotions.
- To vary the words we use – moving from habitual feeling words to more nuanced ones.
- To engage in conversation about the different meanings of similar feeling words.

### Activity Description:

Your child will ask you to tell a story of a time you were in a particular quadrant of the Mood Meter. Then, together, you can explore the many related feelings you might have had, but perhaps not considered or mentioned.

Your child’s job is to initiate the conversation after your story by asking questions such as:

*“In addition to feeling sad, were you also feeling discouraged?”*

Your job is to consider what your child asked, explore the meanings of those words together, and ask yourself whether or not that suggestion also fits with how you were feeling. Here’s an example of what a parent might say:

*“You know, that’s true. I was feeling discouraged. This had happened so many times that I was starting to give up.”*

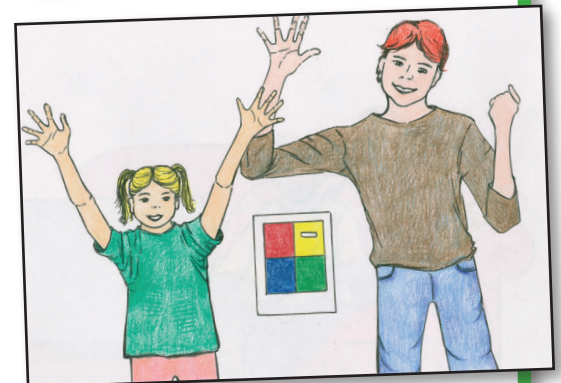
If your child’s guess at another feeling word for you feels off, then together you can look at the Mood Meter word list (page 3) to see if there might be other words that DO fit how you were feeling. The learning will come out of your discussion about why. You aren’t limited by the feeling words on this list.

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Student, review the process and then have fun doing the activity!

The Process

- Listen to understand. Does the feeling word your storyteller used match the intensity of the story? Is it possible that there are other feeling words that would also fit for how they were feeling?
- Show empathy. Remember, most people don't like to be told how they feel. Most people do like to feel understood. Acknowledge how your storyteller said they were feeling. Express your curiosity and interest by asking more.
- Examples:
  - If your storyteller said they were scared – and by listening to the story you thought they were so scared that they were actually terrified – you might say something like this: *"That does sound really scary. Maybe even terrifying! Would you say were feeling terrified?"*
  - If your storyteller said they were happy – and by listening carefully, you thought they may have even been joyful – you might ask, *"Were you so happy that you felt joyful?"*
  - If your storyteller said they were sad – and by listening to the story you thought they were losing confidence or interest in even trying anymore – you might ask, *"In addition to feeling sad, were you also feeling discouraged?"*



The Activity

1. Select a Mood Meter quadrant you're curious about (red, yellow, green, or blue).
2. Interview one family member.
3. Ask that person to share a real story of when they had a feeling in the quadrant you selected.
4. Be an emotion scientist, listening carefully for feelings.
5. Share back what you heard. Discover more by asking questions in a caring, curious way. (See the examples above).
6. Build your feeling word vocabulary and practice moving from general words to more specific ones. Were there different words you were able to explore together?

THE MOOD METER

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Mood Meter Word Examples

**Red**

Furious	Resentful	Embarrassed
Angry	Jealous	Nervous
Afraid	Aggravated	Annoyed
Frustrated	Irritable	Confused
Anxious	Worried	

**Blue**

Hopeless	Disappointed	Down
Rejected	Lonely	Timid
Excluded	Hurt	Bored
Isolated	Sad	Distracted
Discouraged	Empathic	

**Green**

Grateful	Thoughtful	Accepted
Peaceful	Patient	Forgiving
Caring	Safe	Respectful
Calm	Included	Supported
Relaxed	Comfortable	

**Yellow**

Joyful	Brave	Energetic
Excited	Curious	Motivated
Enthusiastic	Courageous	Hopeful
Happy	Confident	Focused
Cheerful	Proud	

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Expanding our Feeling Word Vocabulary!

ACTIVITY SHEET 1

INSTRUCTIONS

Write the emotion for your family member in the space below. Then, write your guesses!

Family Member's Name	
Family Member's Feeling Word	
My Guess at a Another Feeling	
Was Your Guess a Good Fit?	

Describe your experience being an emotion scientist.

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## Feeling Word Definitions (Double-sided)

- Accepted:** Feeling like others like you for who you are
- Afraid:** Scared that something bad may happen
- Aggravated:** More and more annoyed by something that keeps happening
- Angry:** Very upset because something unfair happened
- Annoyed:** Bothered by something or someone
- Anxious:** Worried and uneasy about something with an uncertain outcome
- Bored:** Feeling like you have nothing to do or are tired of something
- Brave:** Feeling like you can do or try something even if it seems scary
- Calm:** Feeling like your body and mind are still and quiet
- Caring:** Helping others or yourself; making sure they are okay or you are okay
- Cheerful:** In a good mood and showing it
- Comfortable:** Calm, relaxed, and safe where you are
- Confident:** Believing you can do something well
- Confused:** Feeling like you do not understand something
- Courageous:** Confident to face situations that seem hard or scary
- Curious:** Wondering about something and wanting to know more
- Disappointed:** Sad because something did not happen the way you thought it would happen
- Discouraged:** Feeling like you have lost confidence or interest in doing something
- Distracted:** Paying attention to something other than what you are supposed to
- Down:** Sad and like you have little energy
- Embarrassed:** Uncomfortable because you believe others may think something you did or said is weird or silly
- Empathic:** Feeling like you understand and share the feelings of another
- Energetic:** Ready to move around
- Enthusiastic:** Excited about and interested in an idea or an activity
- Excited:** Happy because something good is about to happen
- Excluded:** Feeling like others left you out of a group or activity
- Focused:** Paying close attention to something
- Forgiving:** Letting go of anger about something someone did
- Frustrated:** Upset because you are trying to do something and it's not going well
- Furious:** Very angry

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## Feeling Word Definitions (Double-sided)

**Grateful:** Happy to have something or someone; thankful

**Happy:** Full of good feelings; glad

**Hopeful:** Feeling like something good will happen

**Hopeless:** Feeling like nothing good could possibly happen

**Hurt:** Sad or in pain because of something someone did or said

**Included:** Feeling like you are part of a group and that people want you to be there

**Irritable:** Easily annoyed or angered

**Isolated:** Feeling like you are alone and without a connection to others

**Jealous:** Afraid someone close to you may care about someone else more than you

**Joyful:** Filled with happiness

**Lonely:** Sad because you are by yourself and not with others

**Motivated:** Having the energy or reason to do something

**Nervous:** Having trouble staying calm because you are afraid about something that might happen

**Peaceful:** Calm and relaxed with nothing bothering you

**Patient:** Waiting calmly for something to happen even though it may be hard to wait

**Proud:** Feeling good about yourself because of who you are or something you did

**Rejected:** Feeling unwanted or not accepted

**Relaxed:** Calm and free; feeling loose in the body

**Resentful:** Holding onto anger toward someone or something unfair or hurtful

**Respectful:** Thoughtful of others' needs and feelings and careful to treat others well

**Sad:** Bad, like you might cry

**Safe:** Feeling like you are protected from anything bad or scary

**Supported:** Feeling like others care about you and are there to help you

**Thoughtful:** Thinking about what others need or how they feel

**Timid:** Easily scared; not brave

**Worried:** Full of thoughts about something bad that may happen