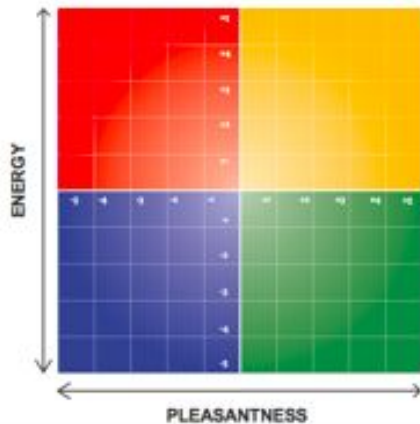


The Mood Meter is a tool we use to recognize and understand our own and other peoples' emotions. Here's how it works.

The Mood Meter is divided into four color quadrants – red, blue, green, and yellow – each representing a different set of feelings. Different feelings are grouped together on the Mood Meter based on their pleasantness and energy level.



- RED feelings: high in energy and more unpleasant (e.g., angry, scared, and anxious);
- BLUE feelings: low in energy and more unpleasant (e.g., sad, disappointed, and lonely);
- GREEN feelings: low in energy and more pleasant (e.g., calm, tranquil, and relaxed);
- YELLOW feelings: high in energy and more pleasant (e.g., happy, excited, and curious).

Once we become more aware of our emotions, we begin to notice how they impact our decisions and behaviors. As we use the mood meter, we will begin to recognize which quadrant of the Mood Meter we're in, have the ability to name the precise emotion we are experiencing (elation, dismay, anxiety, calmness, curiosity...), and develop strategies for working with a range of emotions.

When children have the vocabulary to describe what's going on in their inner life, they are going to have a better idea about what to do next, in their outer life. The Mood Meter is a tool that helps us build our skills of emotional intelligence.