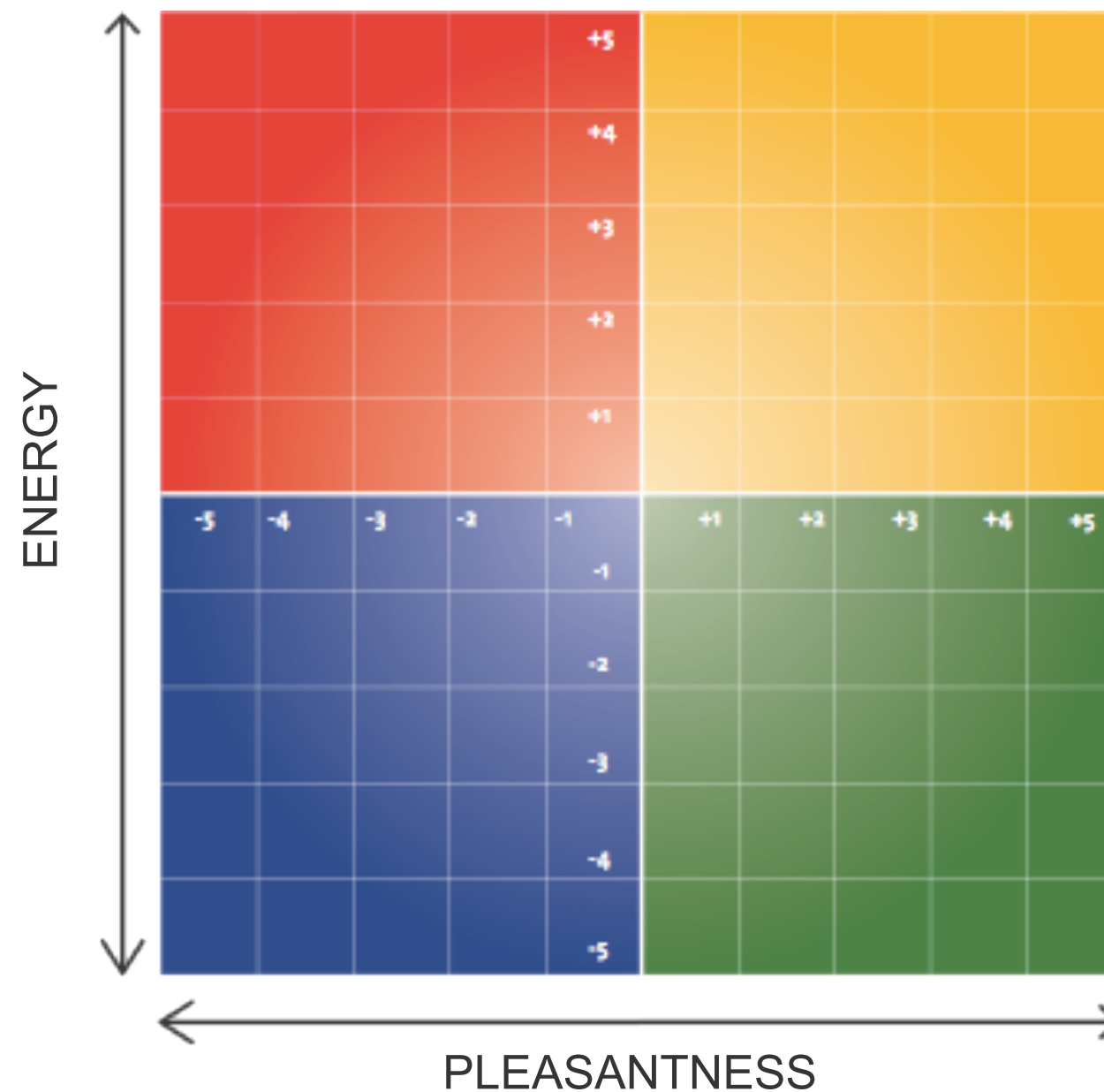




# The Mood Meter

# Mood Meter

## Building Self- and Social-Awareness

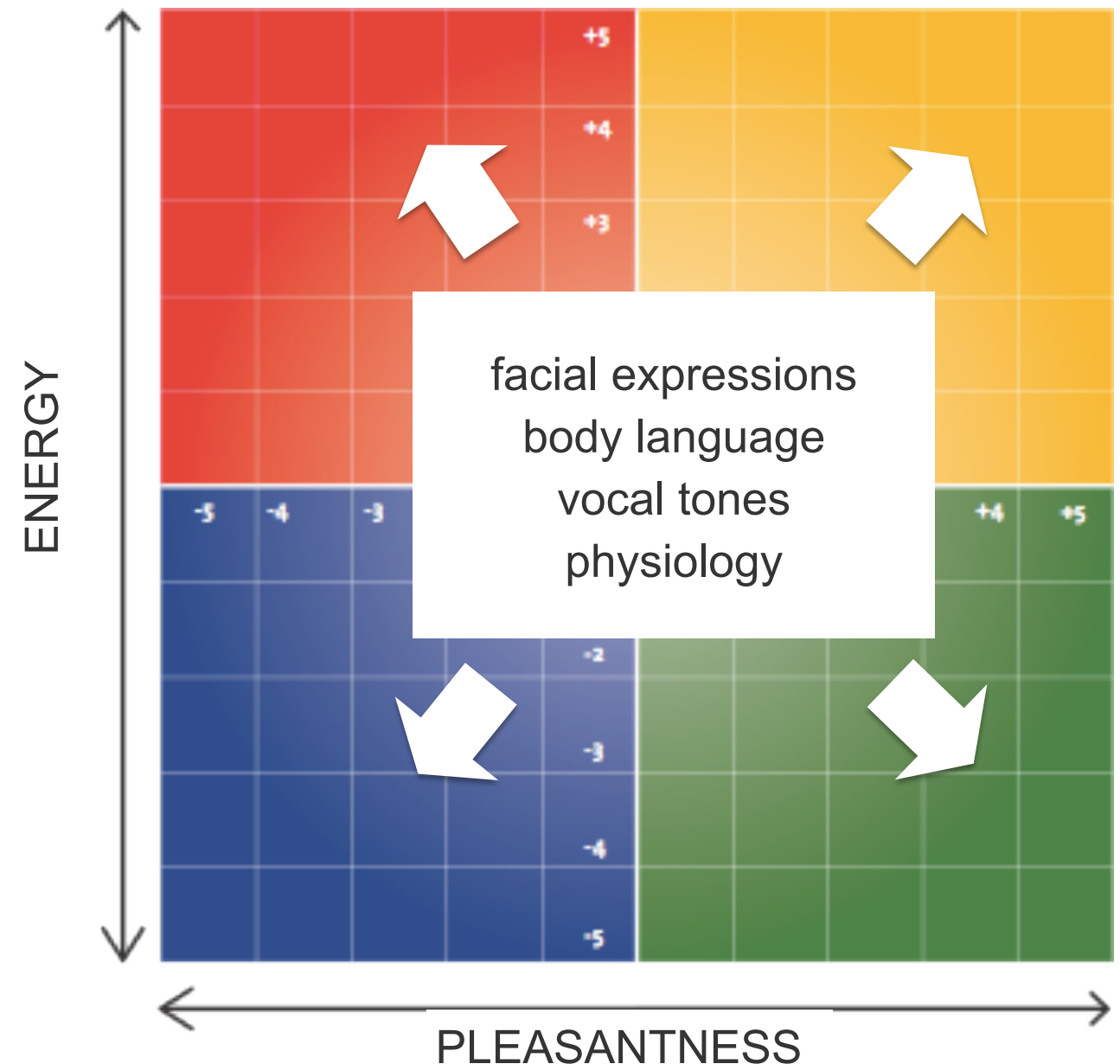




# Mood Meter

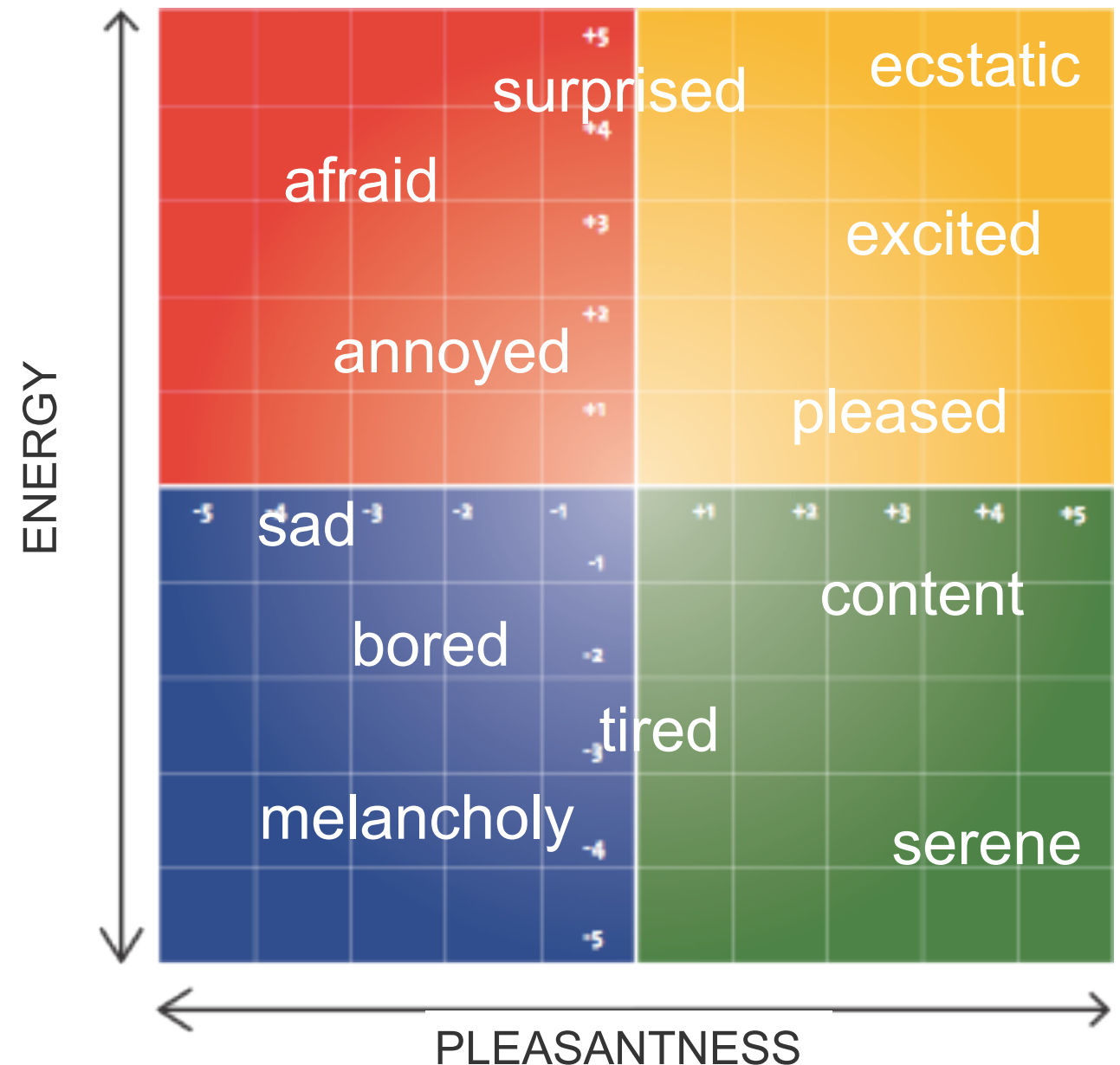
**Energy:** how much physical energy we have (body)

**Pleasantness:** our subjective private experience of pleasantness (mind)



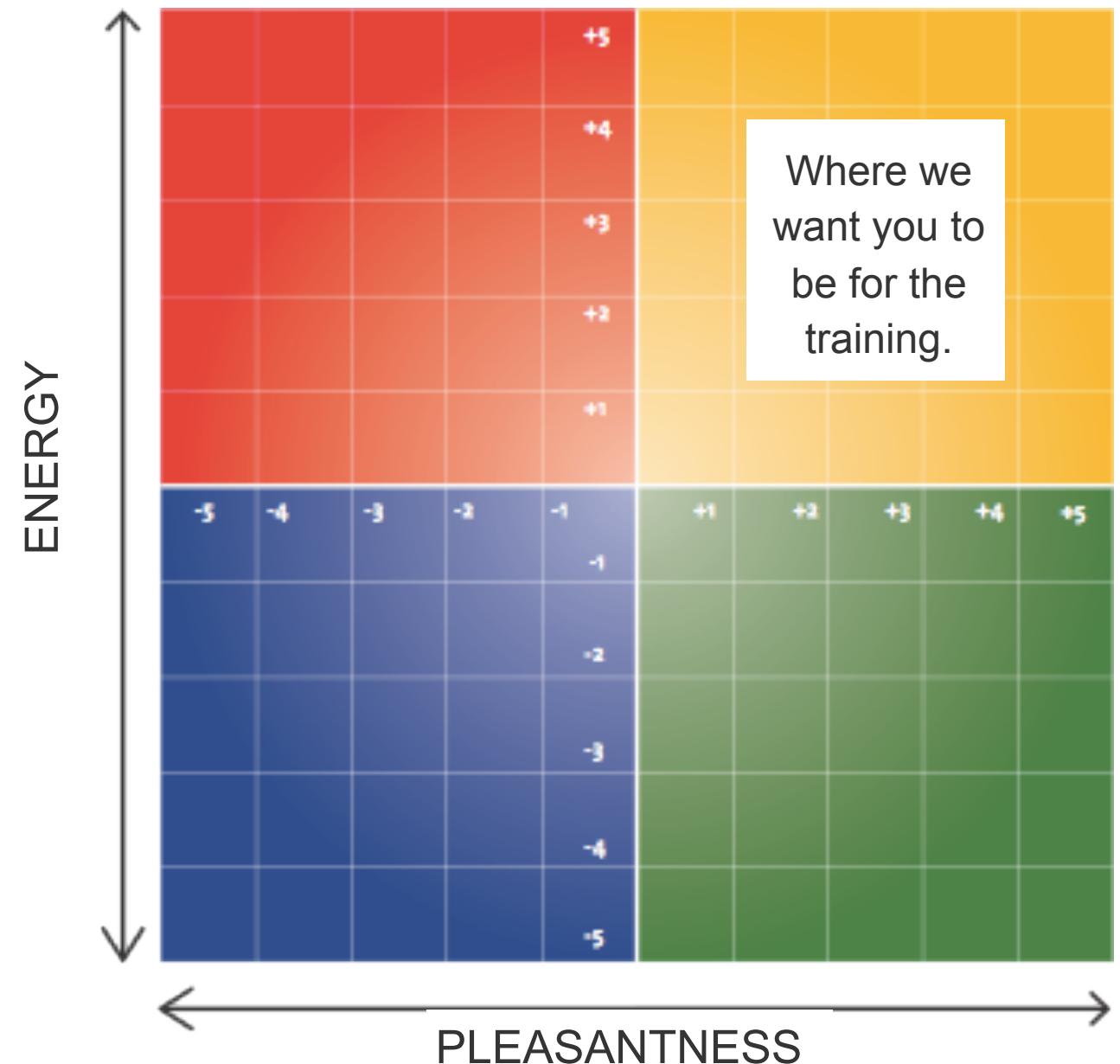
# Mood Meter

1. Where are you on the Mood Meter?
2. What caused you to feel this way?
3. What word best describes your current feeling?



# Mood Meter

4. How are you expressing this feeling?
5. Given where you've plotted yourself, what strategy will you use to get the most out of the day?



# Mood Meter

Why is it helpful for teachers to know where their students are on the Mood Meter and vice versa?

How will using the Mood Meter enhance student engagement and learning, as well as classroom and school climate?

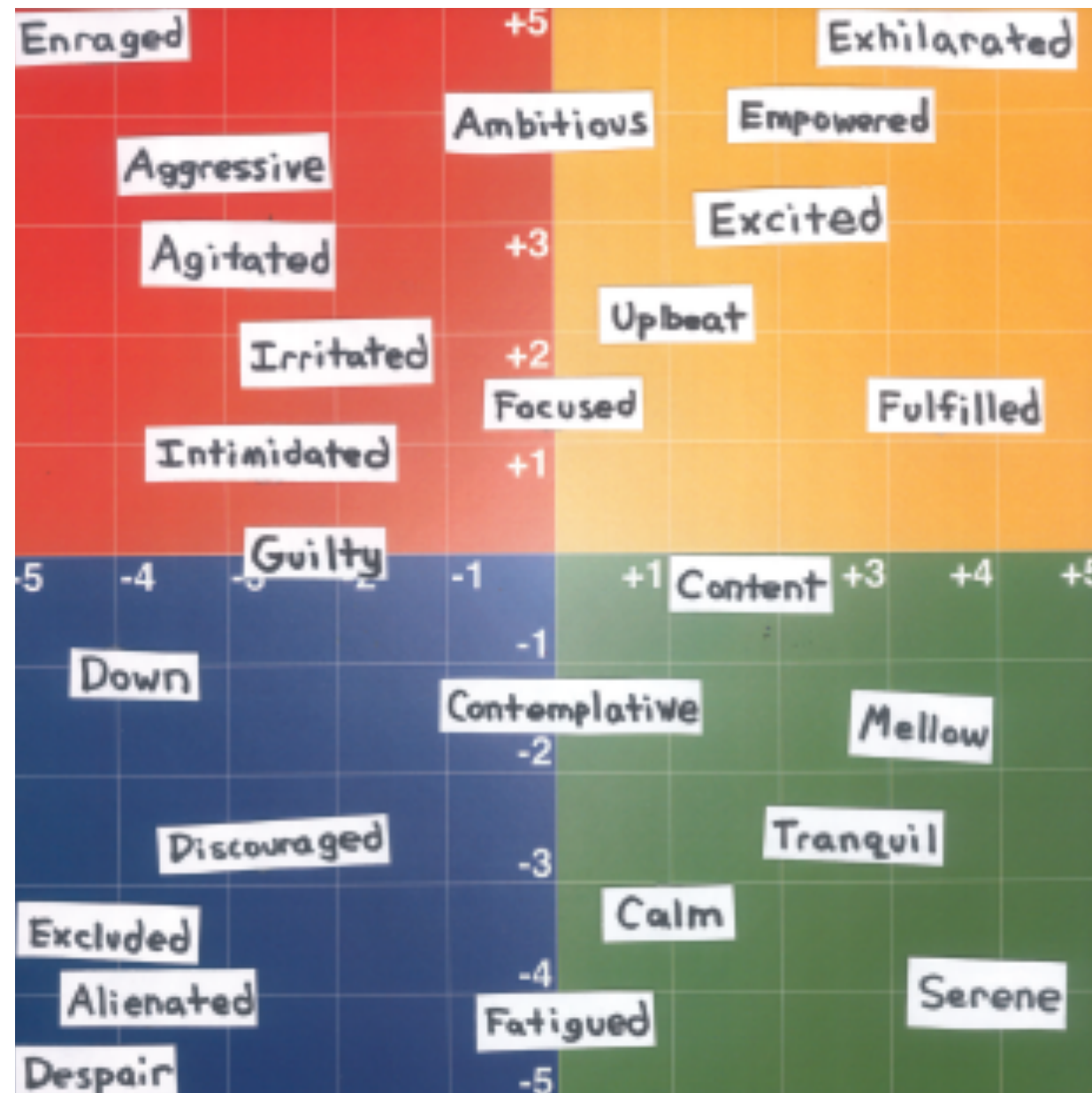


# Mood Meter



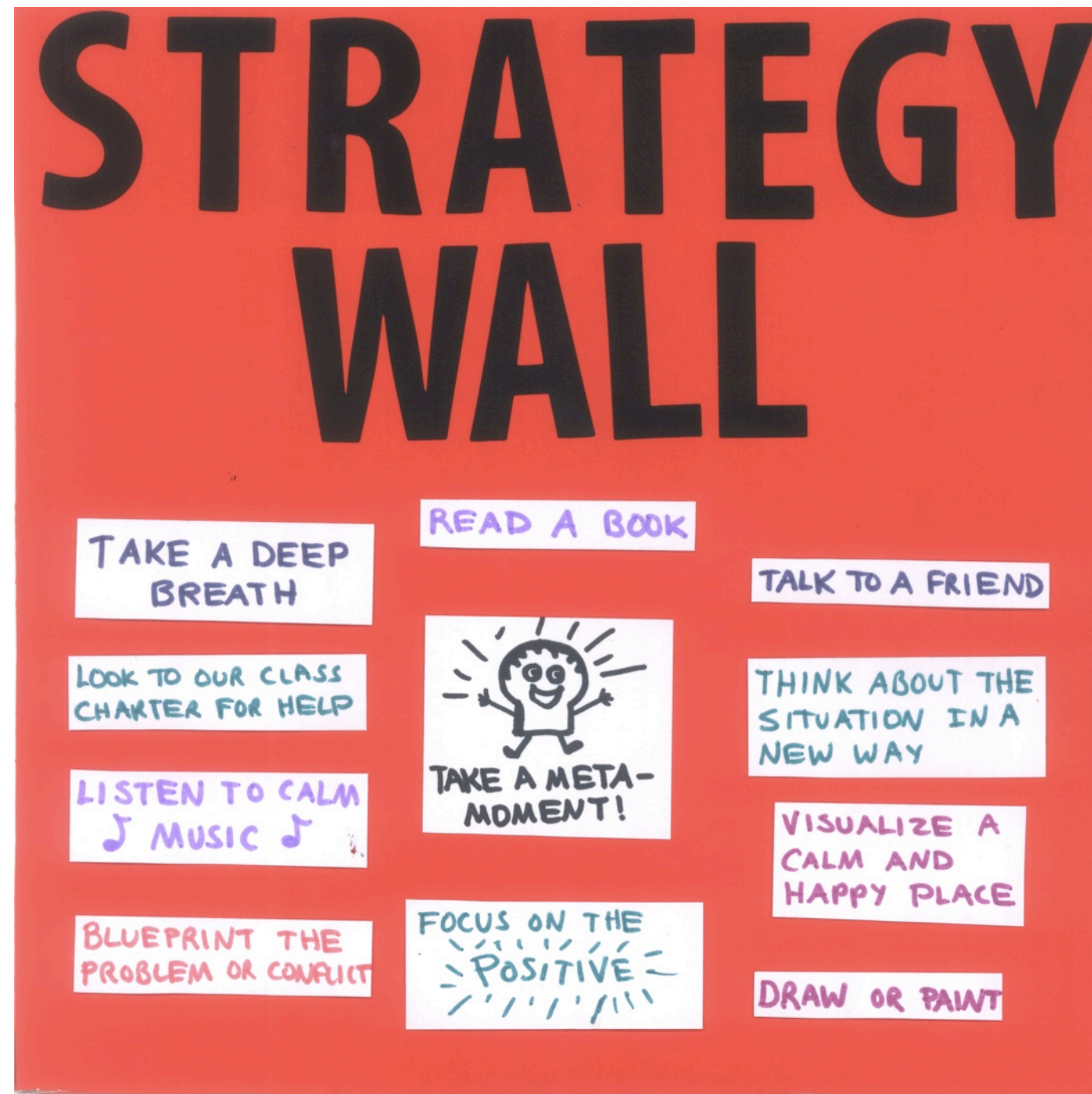


# Mood Meter





# Mood Meter



# Mood Meter

Name: \_\_\_\_\_

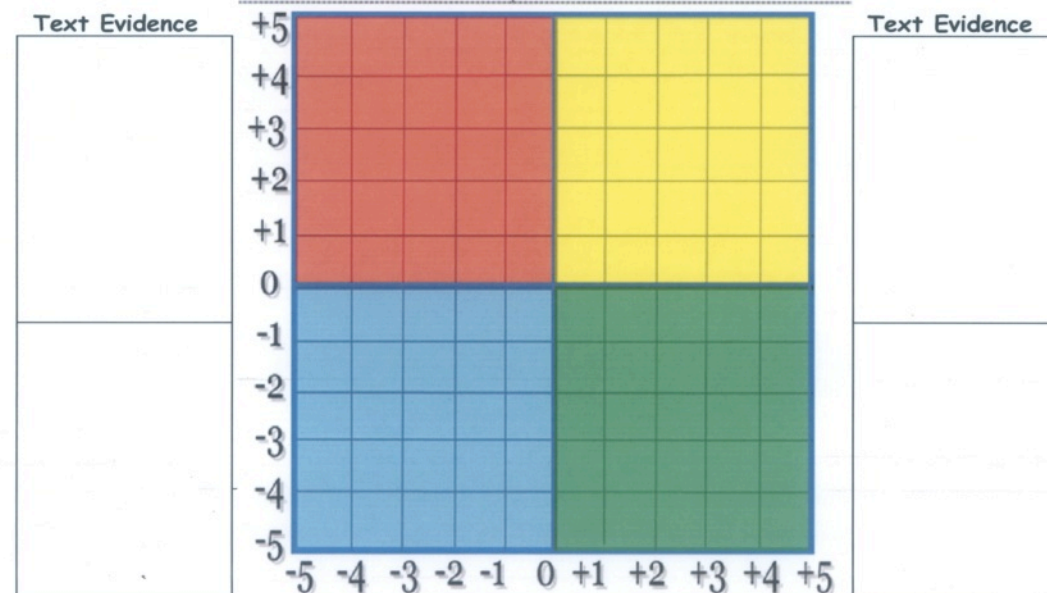
**Shmuel** experienced many emotions throughout the story.



**Directions:**

1. Plot an emotion that he had in the story for each of the 4 quadrants. Remember to think about his energy level, and feelings carefully, and label a word for each point that you plot.
2. Provide evidence from the text that shows why he was feeling this way.

## Shmuel's Emotions Throughout the Story



**Strategize:** Choose one emotion Shmuel was feeling. Think of a strategy he could use to help himself feel better, or cope more successfully throughout his day.

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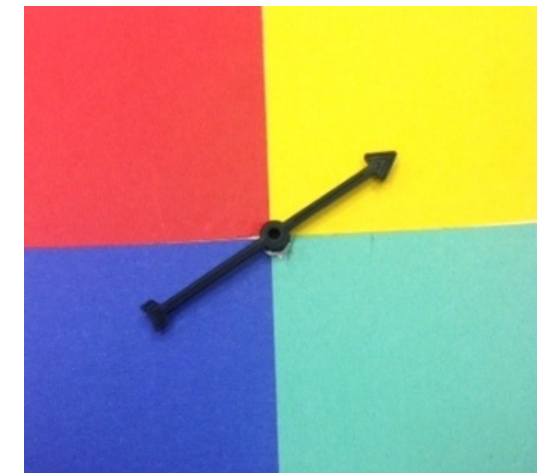
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# Mood Meter



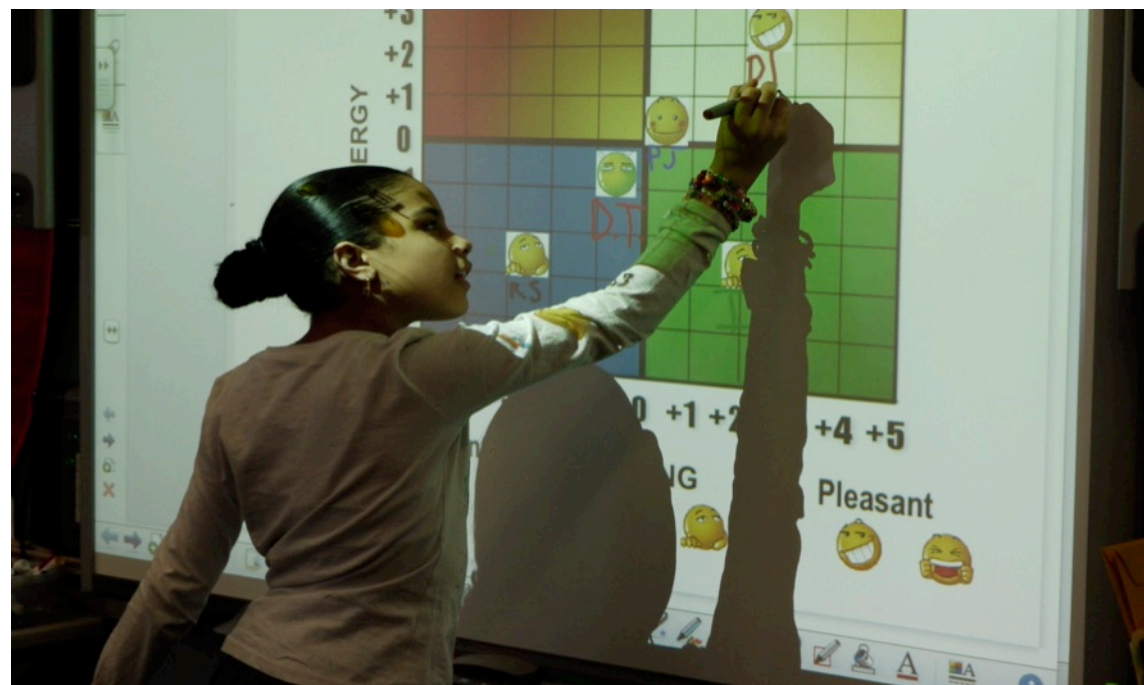
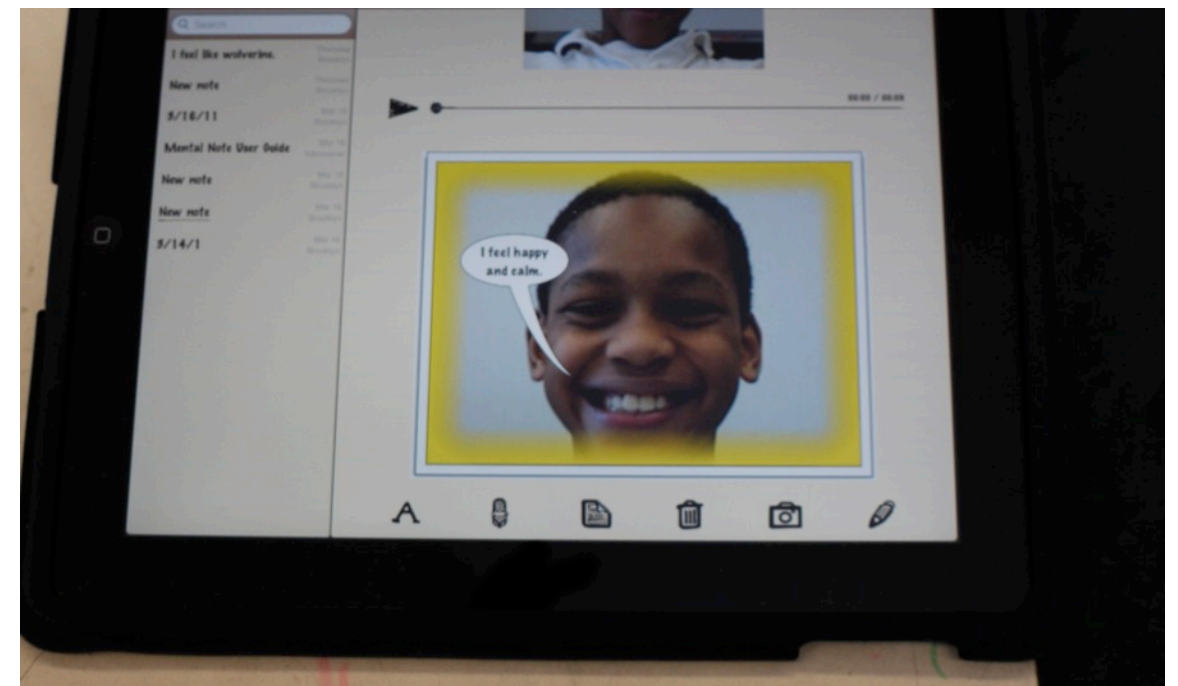
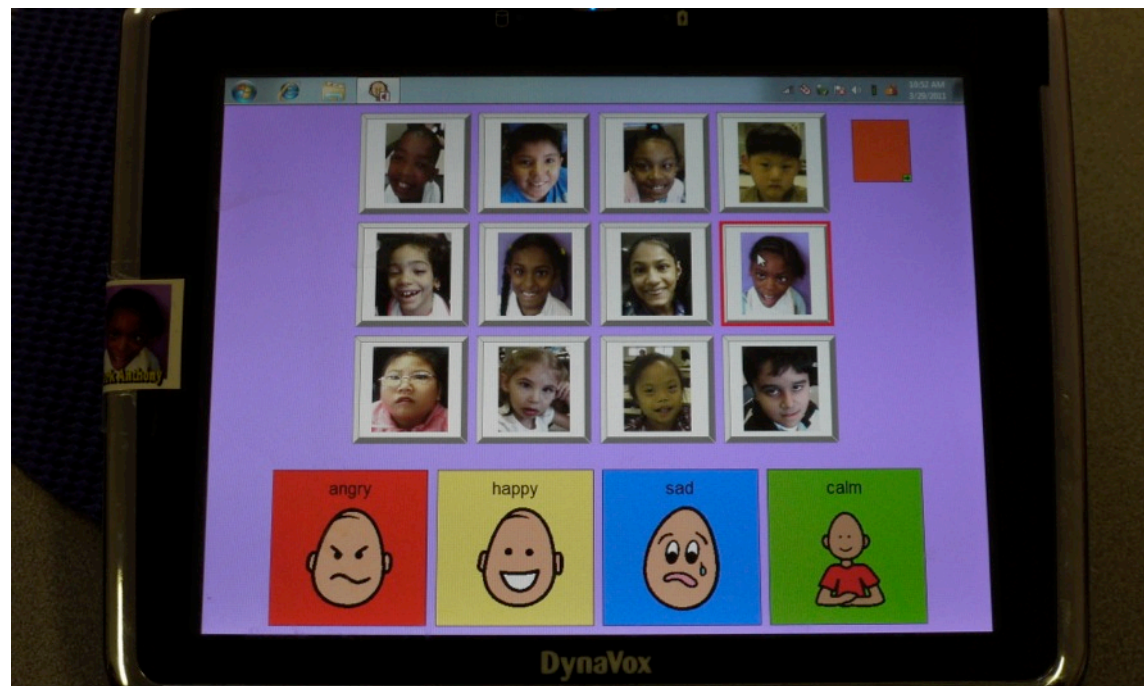


# Mood Meter

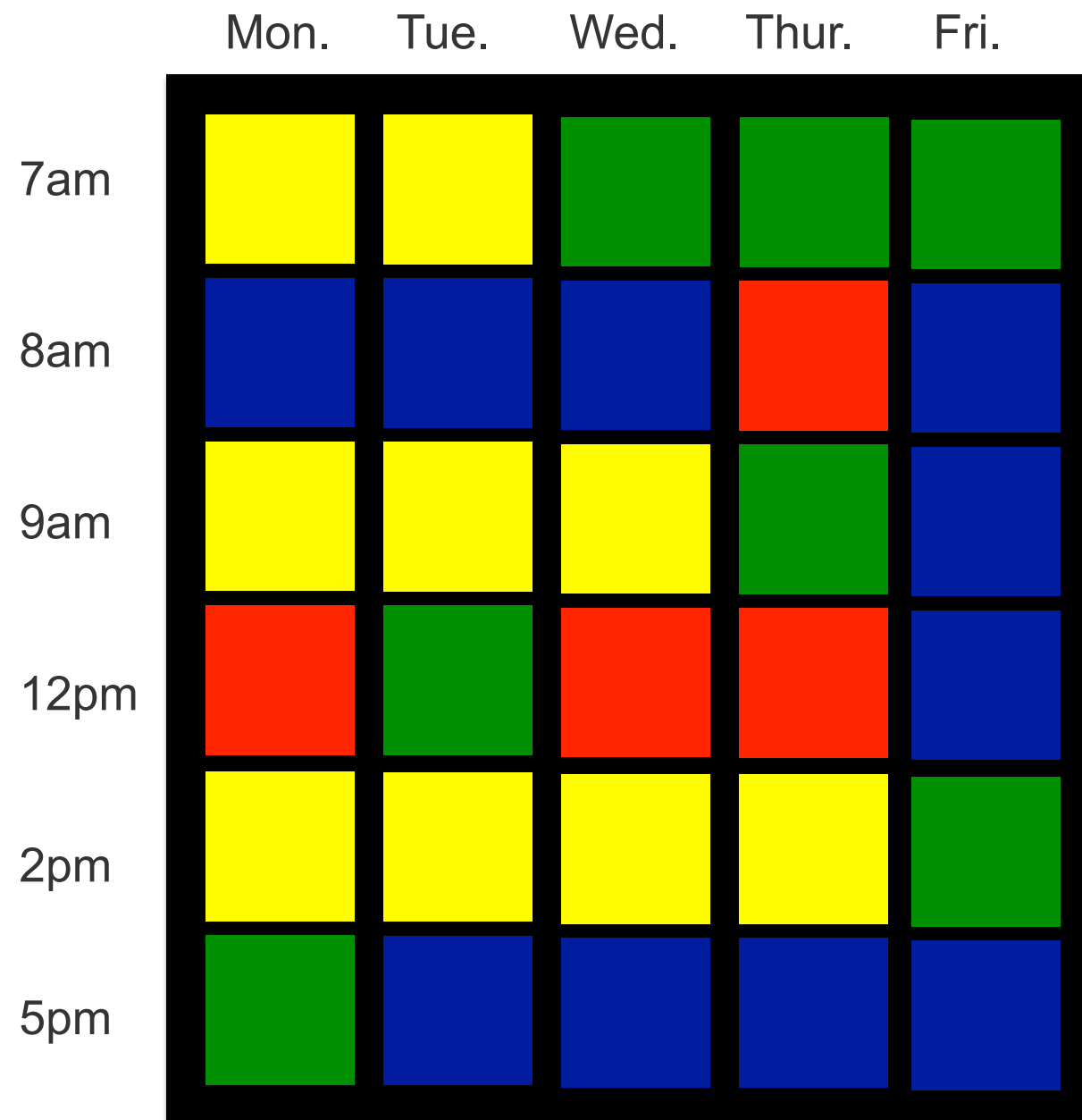




# Mood Meter



# Mood Meter





# Mood Meter

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Let's take a look...

# Mood Meter

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## Mood Meter Brainstorm:

What are the different ways you could use the Mood Meter in and out of school?

# Mood Meter

## Introducing the Mood Meter

- The Mood Meter is introduced after the Charter is established
- Display Mood Meter poster prominently in your classroom
- Practice using the Mood Meter on your own for a few weeks before teaching it to students
- Refer to “Mood Meter Implementation Guide” for lesson plans



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# Mood Meter

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## Key Points to Remember

- The green and yellow quadrants are where we want to spend much of our time (mood) in school; however, evoking different emotions throughout the school day is critical to student engagement and learning
- Always validate where students are on the Mood Meter
- Be authentic about where you are on the Mood Meter
- Demonstrate your own skill at regulating emotions effectively
- The goal is for the Mood Meter to be integrated seamlessly into daily routines

# Mood Meter

## Rolling out the Mood Meter

### LESSON 1

Introducing the Mood Meter

### LESSON 2

Labeling Emotions with  
the Mood Meter

### LESSON 3

Regulating Emotions with  
the Mood Meter

### LESSON 4

Using the Mood Meter Daily



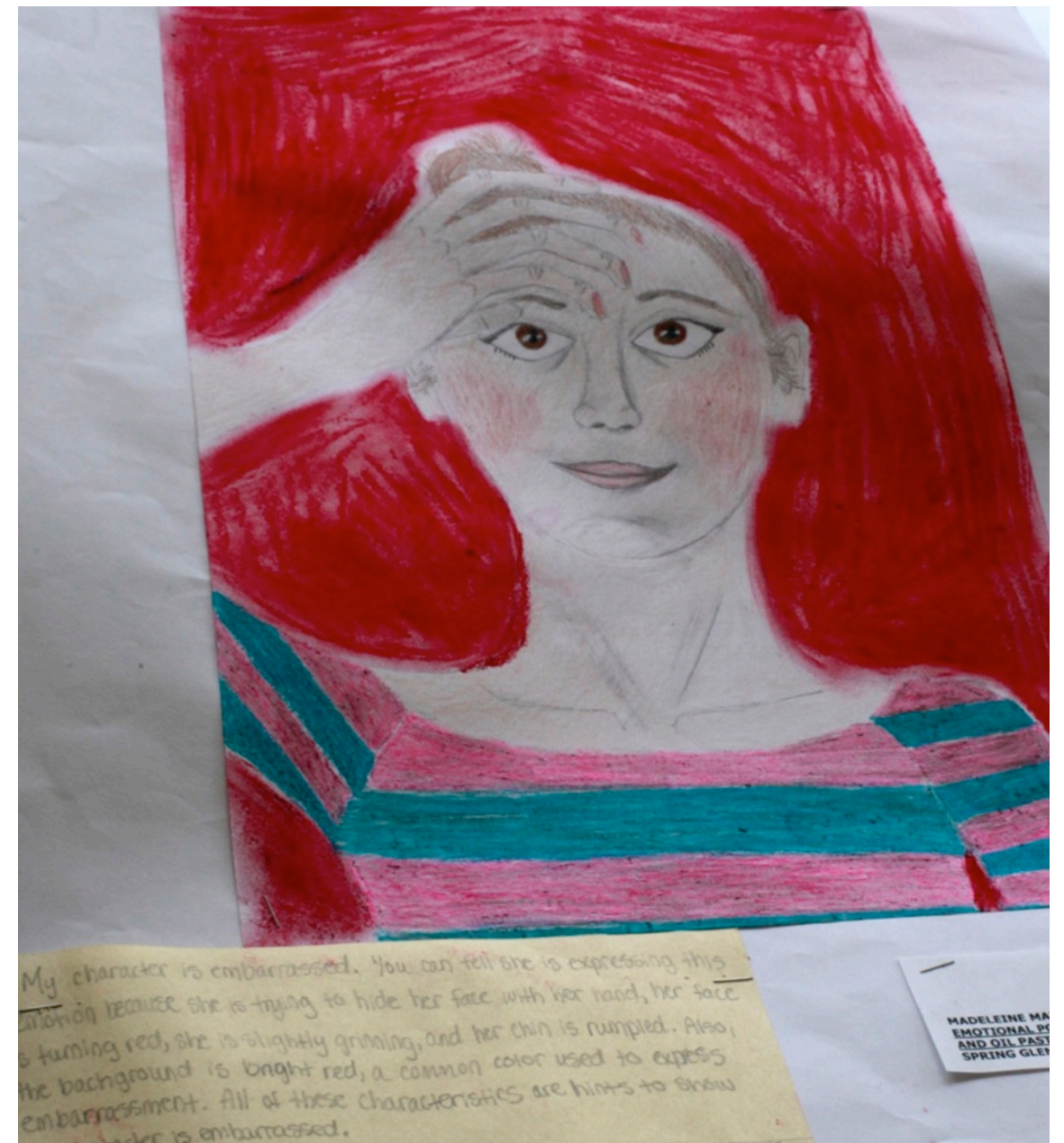
WORKBOOK PAGE 46 C



# Mood Meter

## Mood Meter Implementation Tips

- Once understood, use the Mood Meter in Morning Meetings and for daily journaling
- Use the Mood Meter for daily check-ins related to course content, tests, end of day reflections, and longer reflections (daily/weekly tracking)
- Use the Mood Meter for planning lessons by generating appropriate moods for different activities and content



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