

The Mood Meter

This lesson was adapted from the Yale RULER curriculum



The WHY behind the Mood Meter:

- We all experience emotions!
- Being aware of our emotions can help us:
 - talk about **feelings more clearly**
 - avoid or resolve conflicts better
 - move past difficult feelings more easily
 - build and maintain relationships

Name It to Tame It

Thinking of the exact, right word for how we are feeling can be difficult. It's not easy to put emotions into words.

Naming an emotion can put you in control of the feeling, and it can help you communicate clearly to others how they can help you.

Let's look at a tool that can help you name your emotions more specifically.

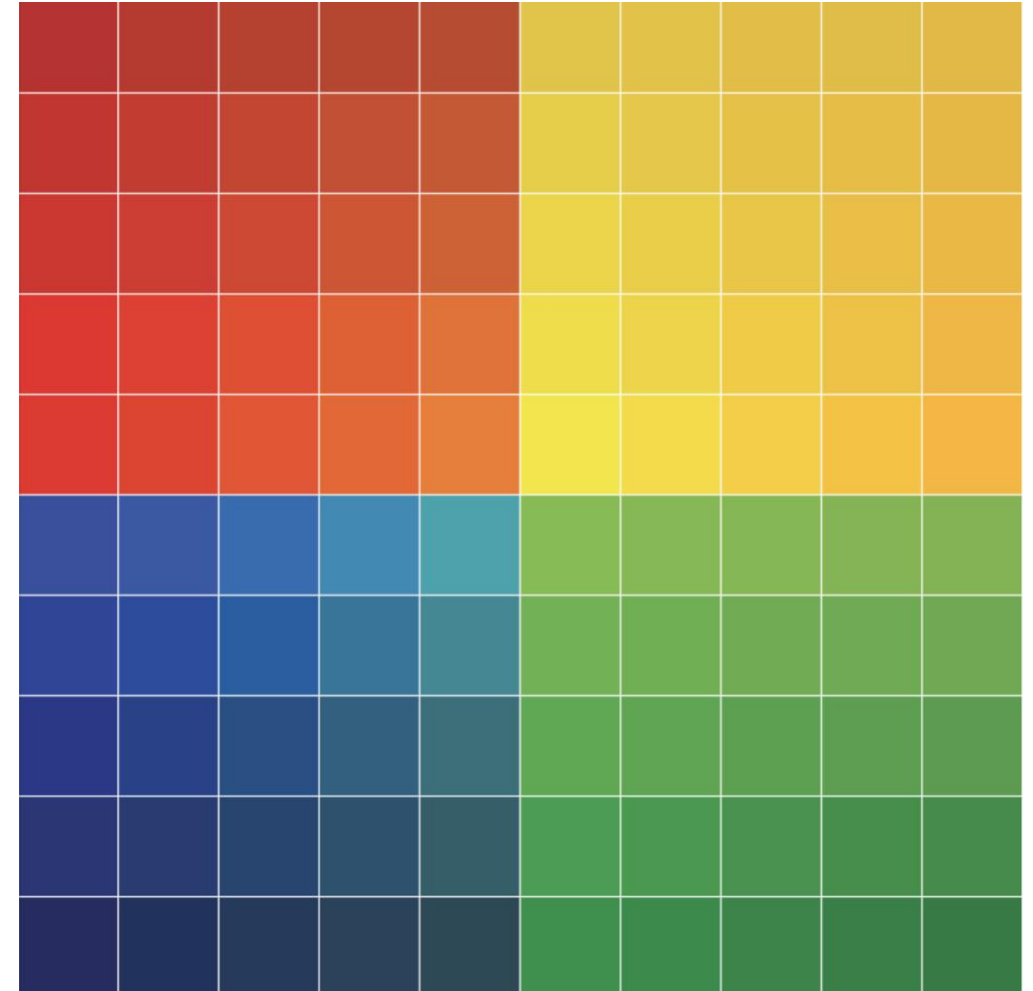
The Mood Meter

The Mood Meter is made up of four, color-coded quadrants

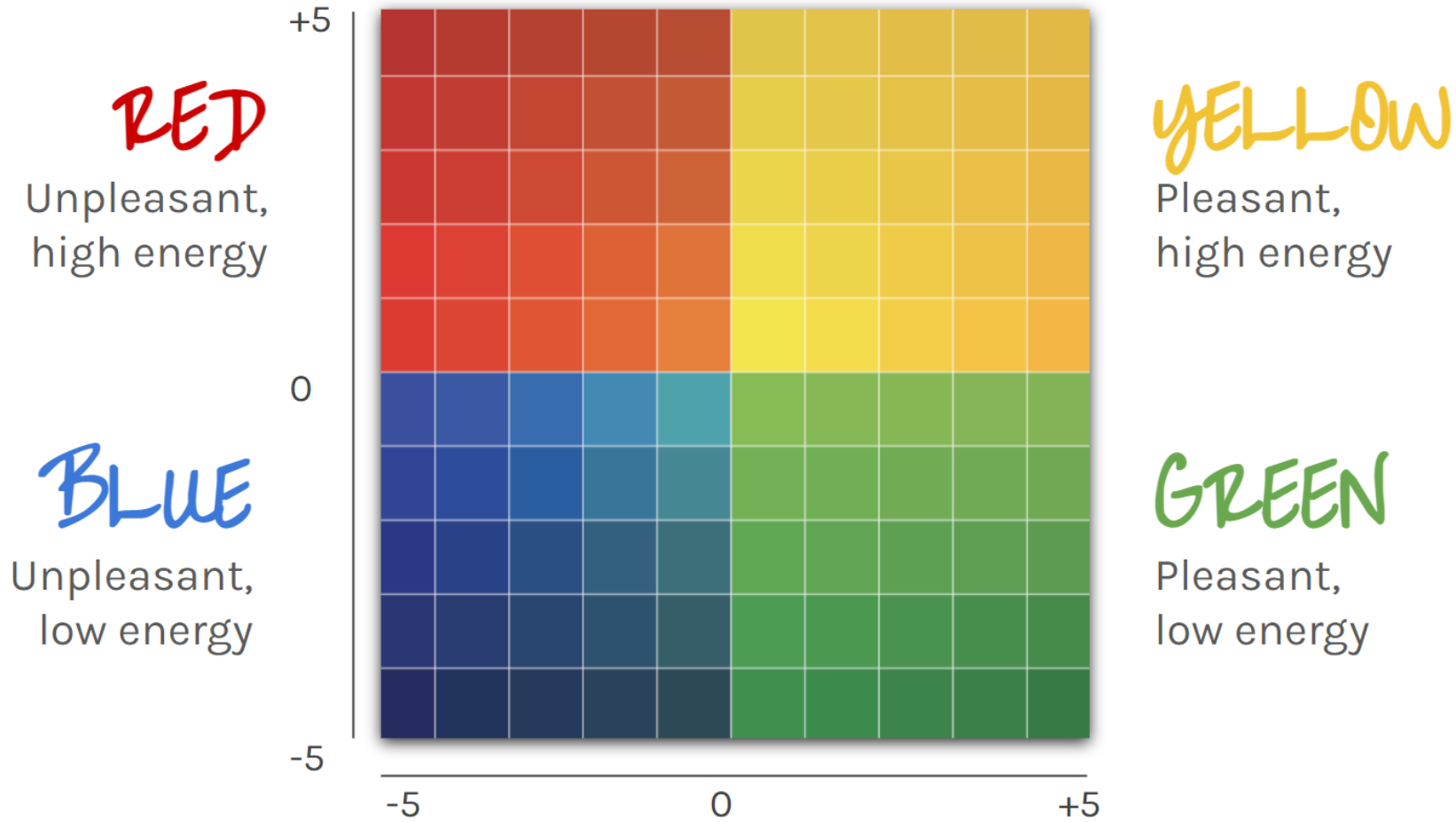
Each quadrant corresponds to a different group of emotions

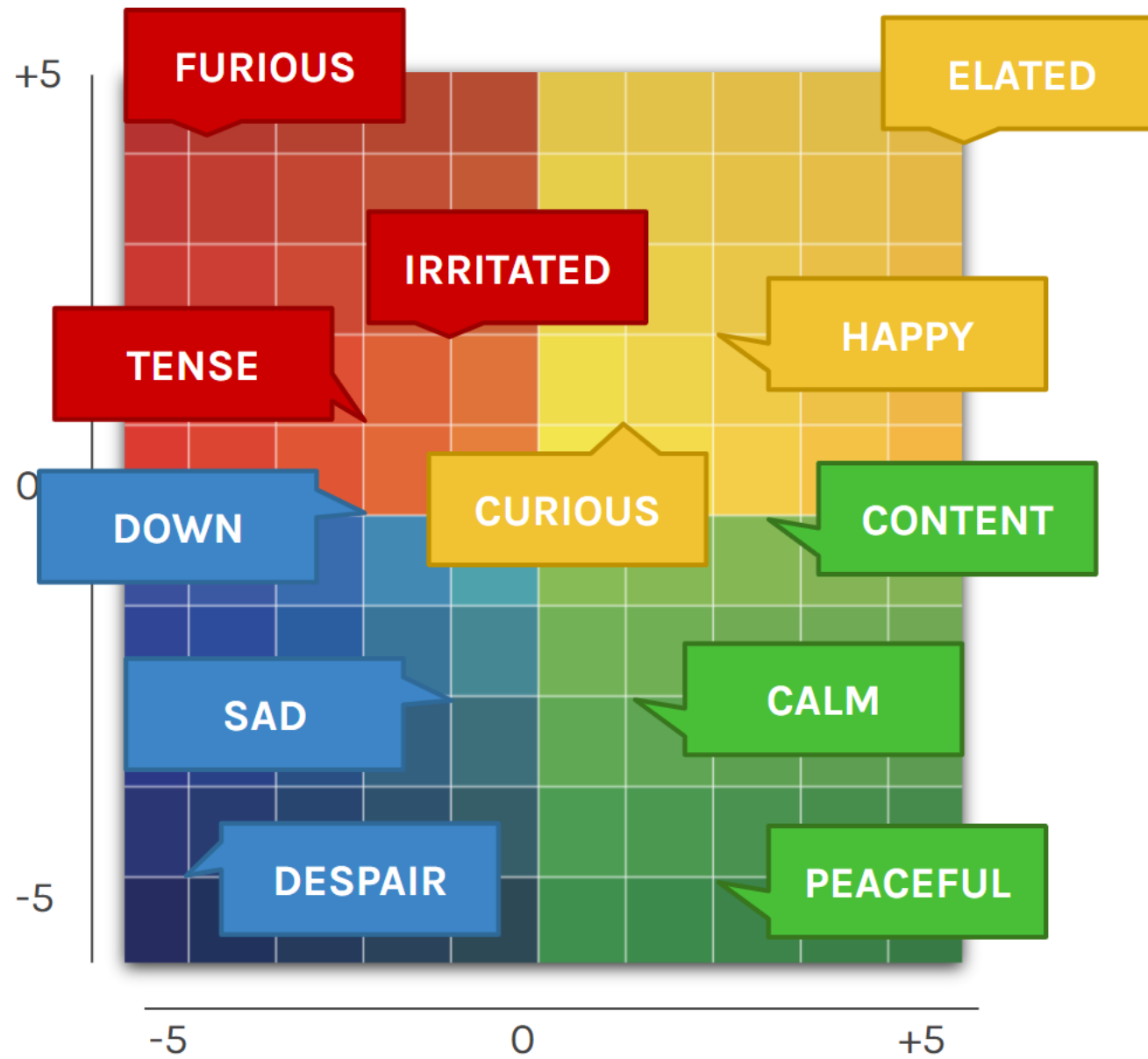
The higher up the chart you go, the more energy you have.

The farther across the chart you go, the more pleasant the emotion feels.



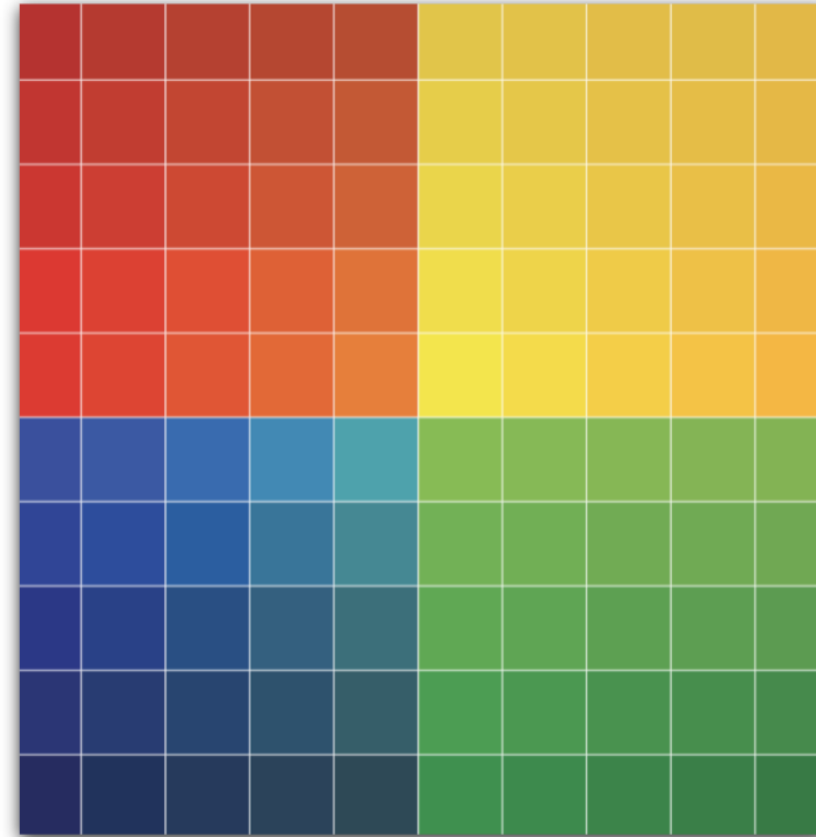
The x- and y-axes form four quadrants.



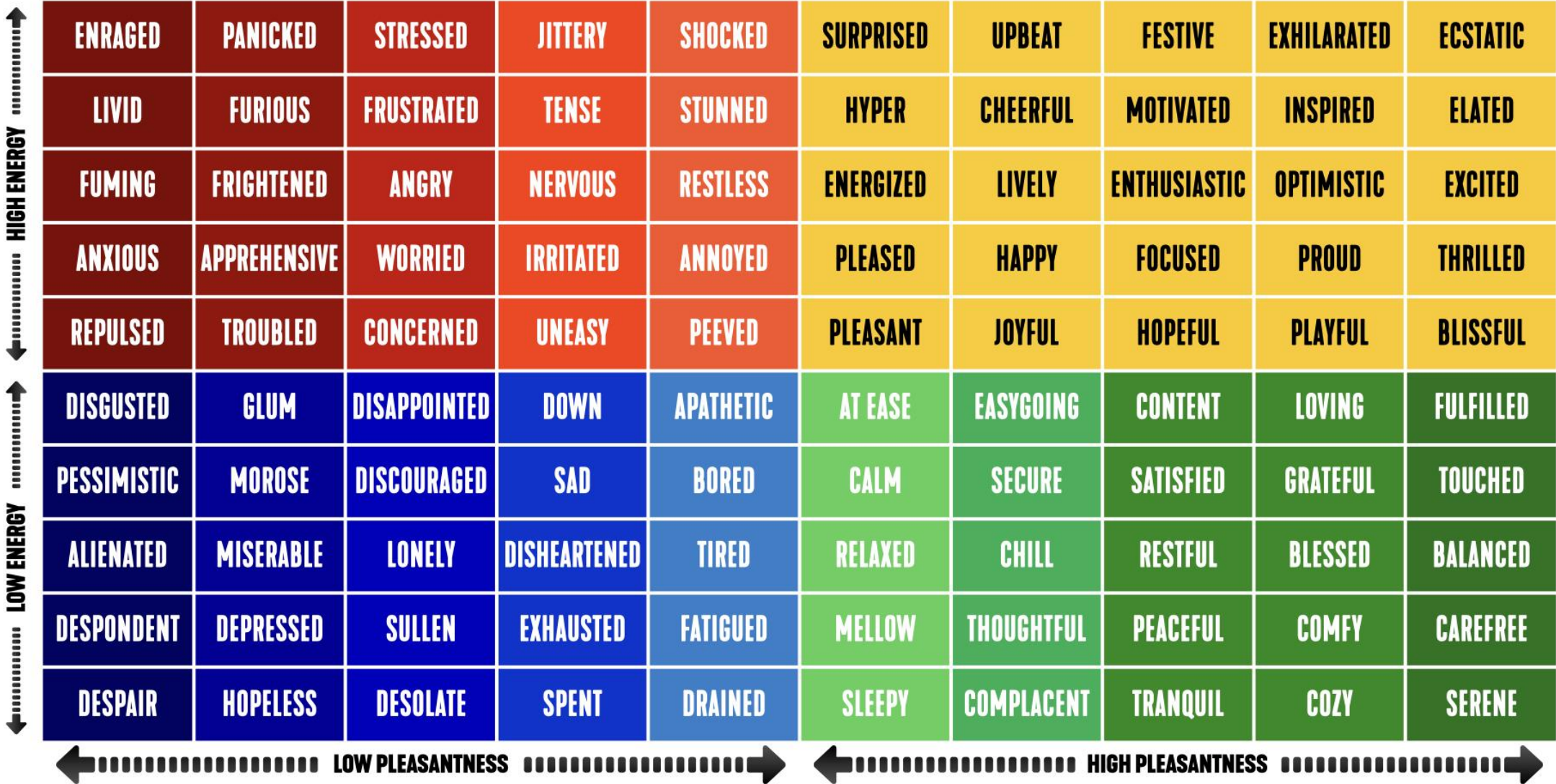


Plot Yourself!

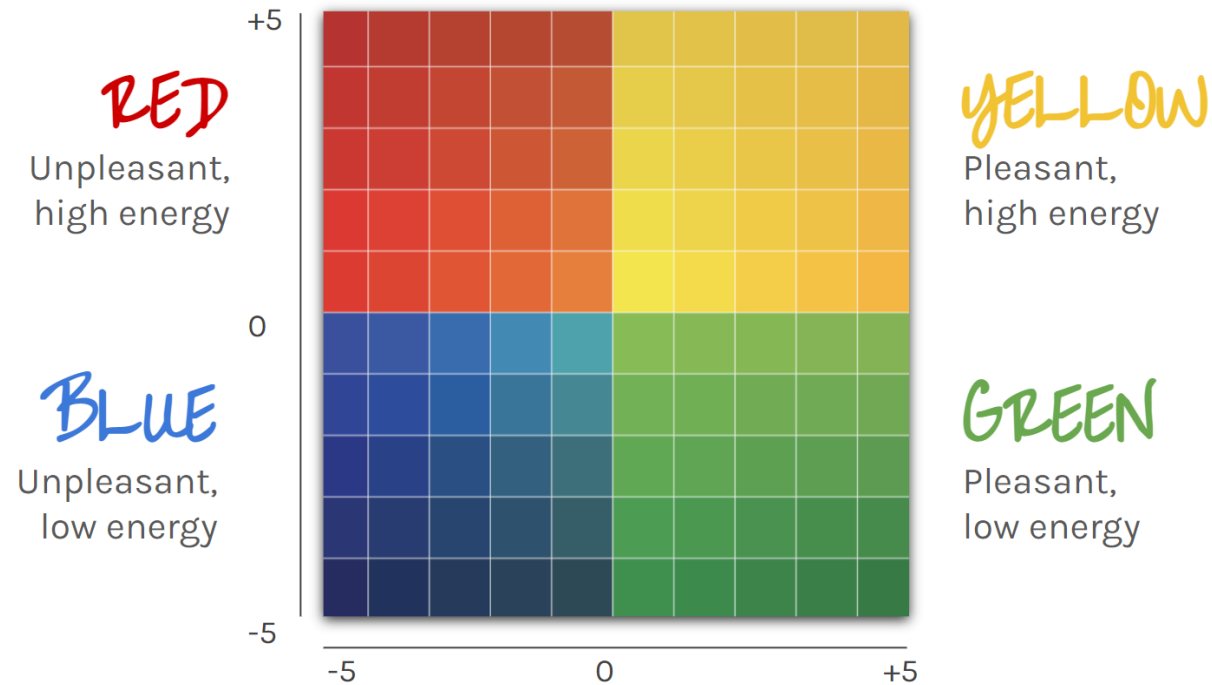
- How are you feeling?
- Are your thoughts pleasant or unpleasant?
- How energetic do you feel?
- What may have caused you to feel this way?



Mood Meter: *How are you feeling?*



Activity:

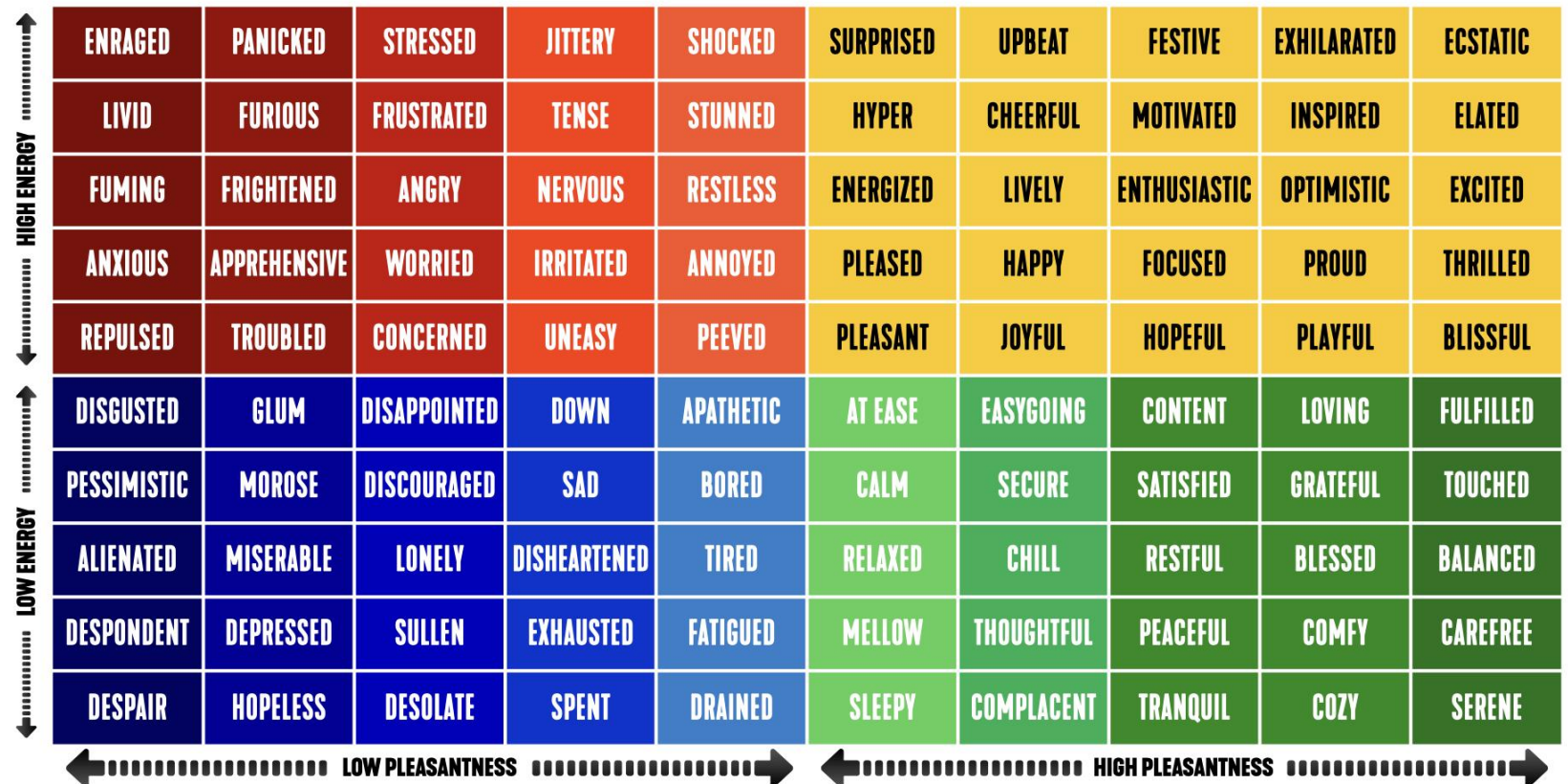


- Plot the four quadrants of the Mood Meter onto your classroom by assigning each corner of the classroom a color from the Mood Meter.
- For each scenario, move to the quadrant that corresponds to how you think you would feel in that moment.
- After everyone has moved, have two or three people name a specific emotion from the mood meter for the quadrant they chose.

Scenario 1:

- It's the first day of school and you're not sure where your first period classroom is. You ask someone in the hallway for help to get to class on time.

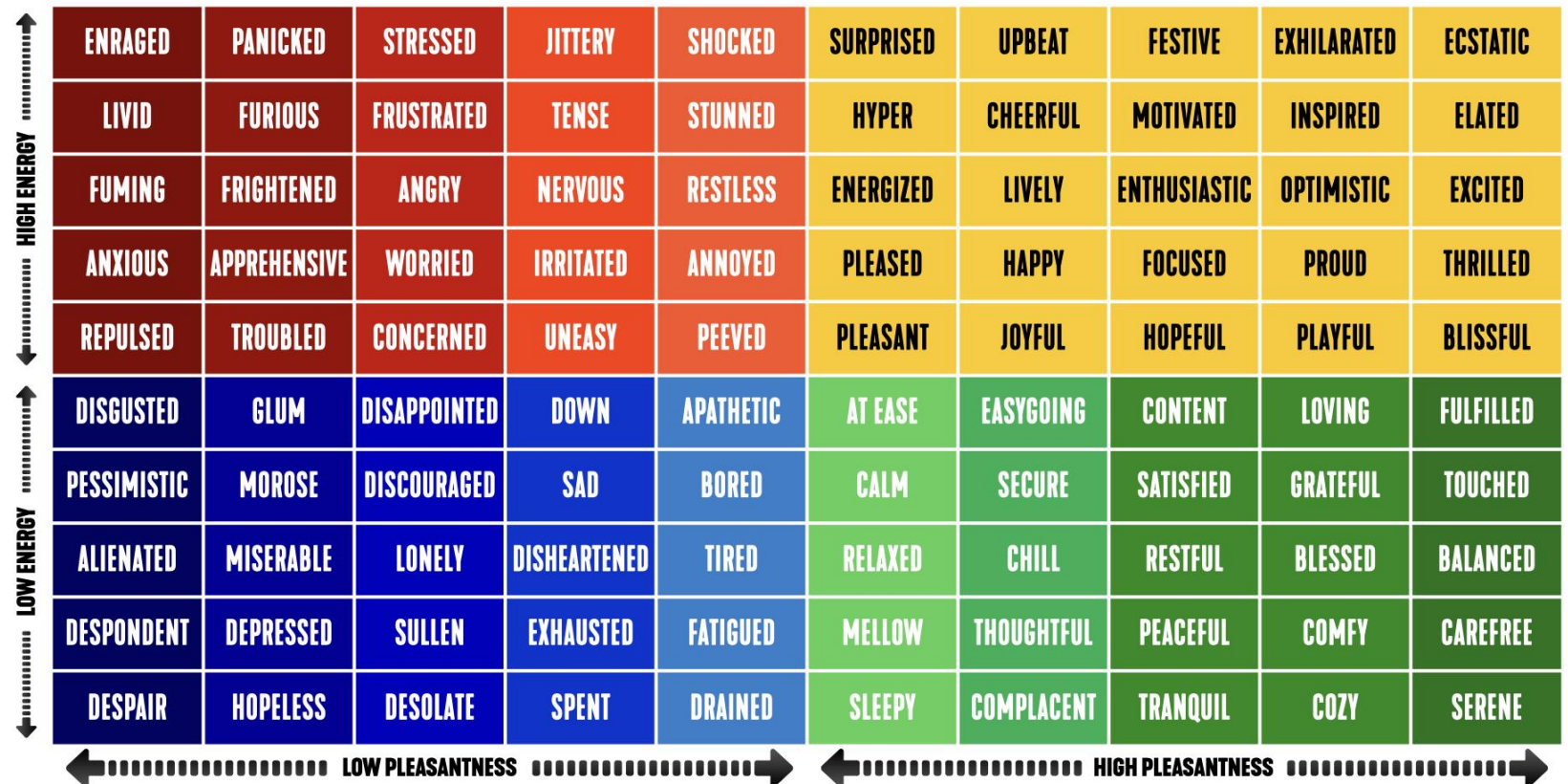
Mood Meter: How are you feeling?



Scenario 2:

- It's the first day of school, and you see one of your best friends for the first time since June.

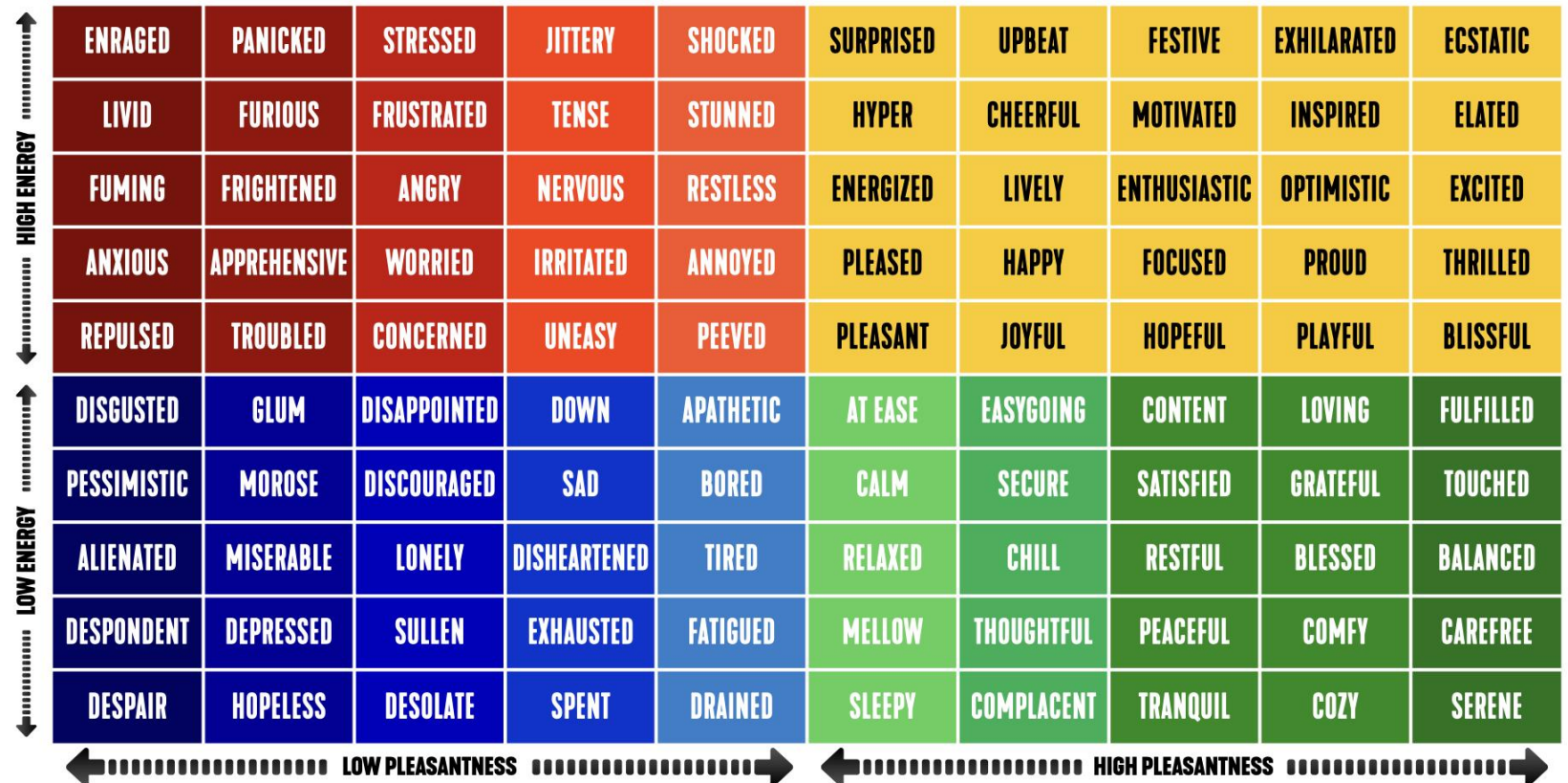
Mood Meter: How are you feeling?



Scenario 3:

- It's Friday afternoon, you have no homework, and you just arrived home after a long day of school and practice.

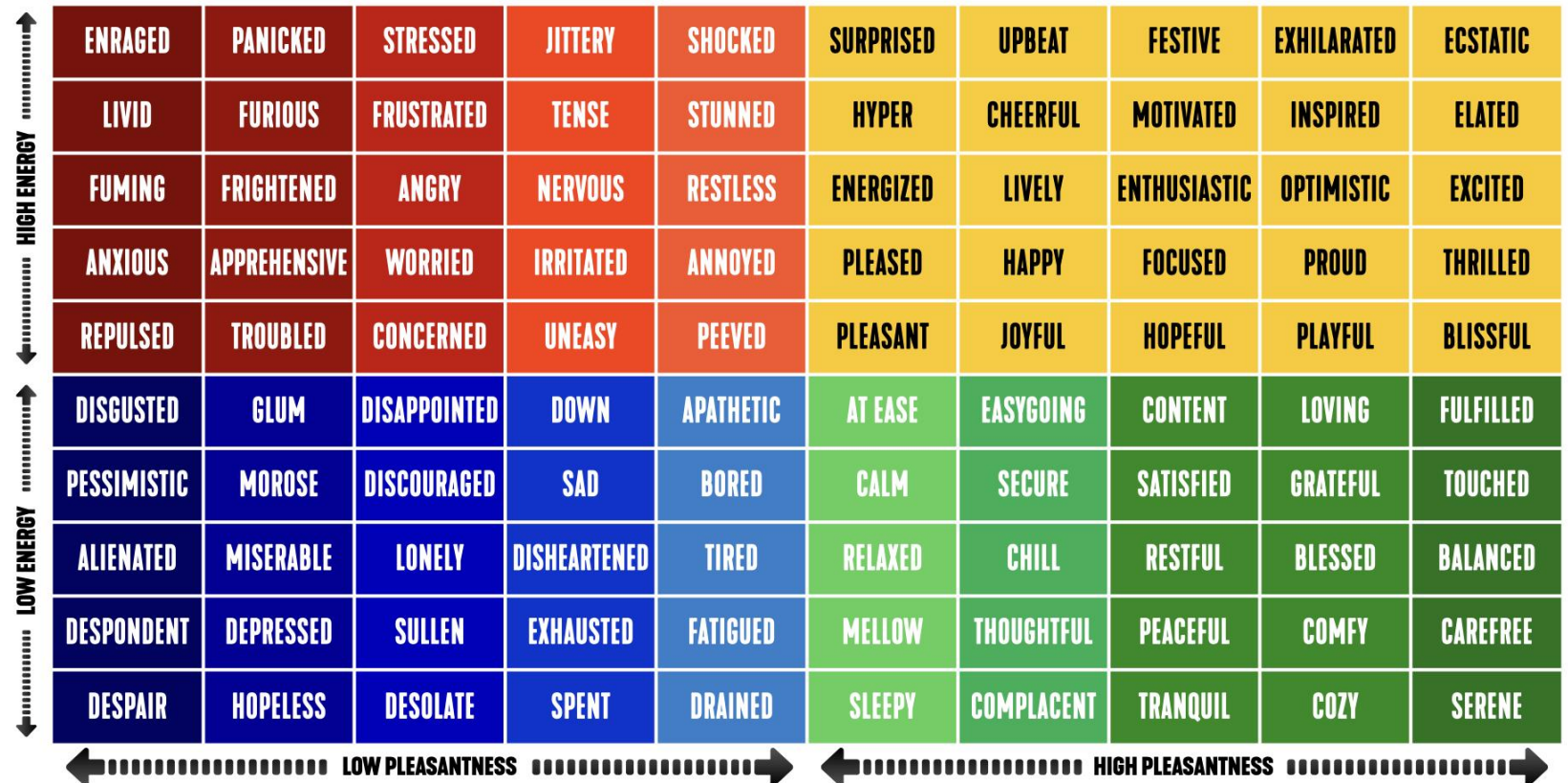
Mood Meter: How are you feeling?



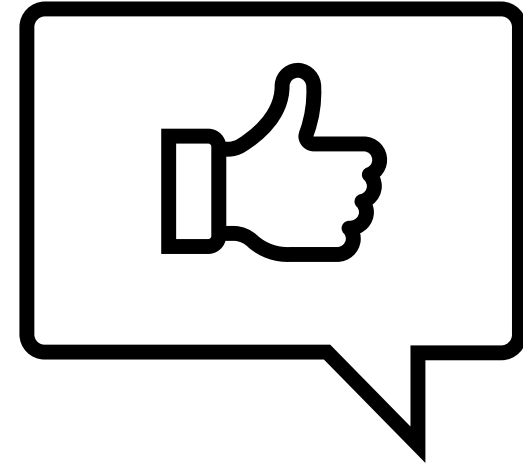
Scenario 4:

- You find out that you got a lower grade than you expected on your last Math test.

Mood Meter: How are you feeling?



Reflection



- Why is the Mood Meter a useful tool?
- Did anything surprise you about this activity?

Teachers!

We want your feedback to help review this lesson.

Please take a few minutes to answer the questions in this optional survey:

- [SEL Teacher Feedback](#)