

TAKE 20: The Mood Meter

About This Workshop

This workshop corresponds with tips 1, 2, 5 on the Families Tipsheet.

Enduring Understandings/Big Ideas:

By using the Mood Meter we can become more aware of how we and others are feeling and understand more about how our emotions influence thinking and behavior. When we recognize and label the full range of emotions, we can make wise choices about whether to keep or shift them.

Materials:

- Mood Meter poster
- Large white paper (4 pieces)
- Sticky notes
- Markers

Workshop Goals:

At the completion of this workshop, participants will:

- Discuss what the Mood Meter tool is and more about how it is used.
- Identify a range of emotion words that can be plotted on the Mood Meter.
- Understand that emotions can influence our behavior and that being aware of our emotions can help us make wiser decisions.

Welcome/Introduction

Begin the workshop by displaying the Mood Meter poster and handing out the worksheets. Then, share the following introduction.

- The Mood Meter is a tool that helps us to become more aware of how we and others are feeling. This allows us to pay attention to how emotions can influence thoughts and behaviors. Then, we can decide, based on the context and our goals, if we want to maintain or shift how we are feeling.
- On the Mood Meter, the horizontal line shows how pleasant a person feels, ranging from extremely unpleasant emotions on the far left, like rage or depression, to extremely pleasant emotions on the far right, like joy or serenity. Other emotions are somewhere in between, like *irritability* and *relief*.
- The vertical line represents how much energy a person feels, ranging from extremely low to extremely high. For example, how fast is your heart beating? How quickly are your thoughts moving through your head? Does your body feel cold or warm, tense or relaxed?
- When the two lines intersect, four squares (quadrants) are formed - each marked by a different color. The red quadrant is unpleasant, high energy emotions like anger and fear. The blue quadrant is unpleasant, low energy emotions like sadness and loneliness. The green quadrant is pleasant, low energy emotions like peacefulness and balance. The yellow quadrant is pleasant, high energy emotions like happiness and excitement.
- The colors can provide a common language (e.g. "I'm feeling yellow," "I'm in the red," etc.) that makes it easier to share how we are feeling. This can be helpful for children and students as they are learning.

Workshop Steps

**Facilitator Note: Organize the room into four tables/groups. Each group will need a one or two markers and*

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small sticky notes. Have one large piece of paper per group, placed or hung somewhere in the room near the group. Assign each group a different quadrant of the Mood Meter. (If you have more than 4 groups, you can assign multiple groups to the same quadrant.)

Use these instructions as a guide to facilitate the workshop.

1. For the next five minutes, work with your group to think of as many emotion words as possible, write them on your sticky notes and plot them in your quadrant of the Mood Meter.
2. Discuss each word and decide where in the quadrant it belongs based on pleasantness and energy. You can label larger paper with the numbers and lines for your quadrant before you begin if it is helpful.
3. Let's come back together and talk about how this activity went.
 - a. Can someone from each group volunteer share some of the words and plots as well as the process you used to plot the feeling words in your quadrant?
 - b. How easy or difficult did you find this activity?
 - c. What did this activity highlight about communicating our emotions?
 - d. Can you think of a time where it could be helpful to feel an unpleasant emotion or a time when it could be unhelpful to feel a pleasant one?

Summary/Debrief to Close the Workshop

- The Mood Meter shows that there is a space for all emotions and that all emotions are okay. It is what we do with them that matters. Even unpleasant emotions - though they may feel uncomfortable - can help us in certain situations and lead us to grow and change. For instance, sadness or grief can lead us to meaningful reflection and connect us to others. Anger over an injustice may motivate us to take action.
- It is helpful to check in with ourselves, especially during emotionally charged situations. Simply being aware of how we are feeling can help us pay attention to the way our emotions influence the words we use, the choices we make and how we respond to others.
- We can use the Mood Meter to help us become more aware of how we - and others - are feeling. Building this self and social awareness is the first step in being able to more skillfully manage our emotions.

Key Ideas for Discussion

You may choose to share these with the group if time allows.

- Everyone experiences a range of emotions -- teachers, parents and children, alike. They come, they go -- and, they are all okay. We may be all over the Mood Meter in a typical day. Sometimes these feelings change quickly, and keep changing throughout the day in different ways.
- Our emotions are signals, or clues, that provide us with important information that we can learn from, and use to better connect with one another.
- During emotionally charged situations, it is helpful to check in with ourselves before having conversations with others.
- When we pay attention to how we feel, and understand and develop strategies for managing our emotions, we can make wiser choices and better decisions.
- We all have different definitions for emotion words, but we tend to use a limited emotion vocabulary. The ability to accurately label emotions may help us communicate more clearly. We can model this skill to our children/students in day to day interactions and as it relates to characters in stories or films.

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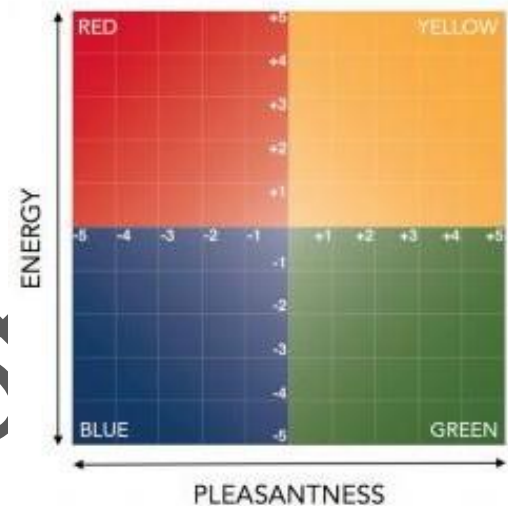
Take-Home Worksheet- Page 1

Enduring Understandings/Big Ideas:

By building our self and social awareness using the Mood Meter, we can understand how our emotions influence our thinking and behavior. When we recognize and label the full range of emotions, we can learn ways to manage them.

Key Ideas

- Everyone experiences a range of emotions -- teachers, parents and children, alike. They come, they go -- and, they are all okay. We may be all over the Mood Meter in a typical day. Sometimes these feelings change quickly, and keep changing throughout the day in different ways.
- Our emotions are signals, or clues, that provide us with important information that we can learn from, and use to better connect with one another.
- During emotionally charged situations, it is helpful to check in with ourselves before having conversations with others.
- When we pay attention to how we feel, and understand and develop strategies for managing our emotions, we can make wiser choices and better decisions.
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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)


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We Invite You to Practice:

Use the space below to check-in with yourself on the Mood Meter at least one time a day, over the course of one week. See if you can: identify which quadrant you are in AND identify a feeling word that describes your precise emotion.

You may want to invite your child/children to do the same. Take it one step further by challenge them to also find an emotion word that describes their feeling.

	<i>Quadrant:</i>	<i>My Emotion Word:</i>	<i>Level of Pleasantness? Energy?</i>
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			