

Music and the Mood Meter

Developing the Skills of Emotional Intelligence using the Mood Meter

Video 5

The Mood Meter is a tool that we can use to build emotional intelligence through practice. There is a strong connection between emotions and music. We can use the Mood Meter to think about this connection and consider how we can use music to influence our emotions.

Activity Summary: In this activity, staff will work together to create playlists for moving into each quadrant of the Mood Meter.

Time: 20 minutes (including time to watch the video)

Materials

- Paper and pen, cell phone or other digital device (optional)

Facilitator Directions

1. *Review the Mood Meter.* The horizontal line on the Mood Meter represents how pleasant a person feels, ranging from extremely unpleasant (far left) to extremely pleasant (far right). The vertical line on the Mood Meter represents the physical energy a person feels, from extremely low (bottom) to extremely high (top).
2. Divide staff into four groups (red, yellow, green, and blue) or work as a whole group one quadrant at a time.
3. Ask each group (or work together as a staff) to brainstorm and record (write or type out) songs that would help them to move into each colored quadrant. Groups may use cell phones or other devices to look up song titles and artists or to play songs to share with the group. Allow 5 minutes per quadrant to brainstorm and record songs.
4. Allow groups to share their quadrant and a few of their songs.
5. Debrief by discussing the following as a whole group:
 - What about the song puts you in that quadrant?
 - Were there any songs that your group disagreed on? Which ones, and why?
6. How can we use what we have just learned about music in our work with youth?