

Plot Yourself on the Mood Meter

Developing the Skills of Emotional Intelligence using the Mood Meter

Video 5

When we plot ourselves authentically on the Mood Meter, we are owning our emotions. Remember, all emotions are a natural part of our everyday lives. There are no good or bad emotions. Thinking of them as information helps us use them wisely. When we model sharing our authentic emotions, we can form closer connections with our colleagues and with youth in our program.

Activity Summary: In this activity, staff will use the Mood Meter to reflect on all of the RULER skills (recognize, understand, label, express, and regulate).

Time: 15 minutes or less (including time to view video)

Materials

- Your program's Mood Meter, pen, paper, sticky notes(optional)

Facilitator Directions

1. Display the Mood Meter.

2. Pose the questions below in order. After each RULER skill, pause and allow a minute for staff to reflect.

R: *How pleasant or unpleasant are you feeling? How much energy do you have in your mind and body?*

U: *What is causing you to feel this way?*

L: *What word best describes your feeling?*

E: *How are you expressing this feeling? Is it helpful in this situation?*

R: *How do you want to feel? What strategy will you use to stay or shift?*

3. Ask each person to check in on the Mood Meter. You can use a variety of ways for people to show where they are on the Mood Meter. One way is to give each staff member a sticky note and ask them to place it on the quadrant of the Mood Meter that reflects how they are feeling.

4. Debrief as a group, after everyone has had a chance to plot themselves on the Mood Meter, using the prompts below:

- *What did you like about this check-in? What felt challenging?*
- *How can we use a Mood Meter check-in with youth in our program?*