



RULER ANCHOR

THE MOOD METER

OVERVIEW

The Mood Meter

What is it?

The Mood Meter is a tool that helps people of all ages build self and social awareness. It helps us understand how our emotions influence our thinking and behavior, and it empowers us to recognize and label our full range of emotions, and manage them more skillfully. These skills help us get along with others and make better choices in our lives.

Emotions can be understood as the degrees of pleasantness we're experiencing, combined with the level of energy we have.

How it Works:

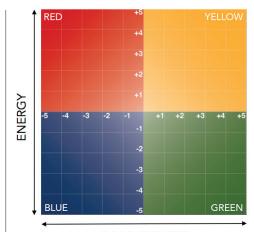
The line on the Mood Meter that runs from left to right represents how pleasant a person feels, ranging from extremely unpleasant on the far left to extremely pleasant on the far right. The line on the Mood Meter that runs up and down represents how much physical energy a person feels in their body and mind, ranging from extremely low on the bottom to extremely high on the top.

When the lines intersect, four squares (quadrants) are formed – each marked by a different color. The red quadrant is unpleasant, high energy emotions like anger, frustration, and fear. The blue quadrant is unpleasant, low energy emotions like sorrow, disappointment, and loneliness. The green quadrant is pleasant, low energy emotions like peacefulness, balance, and serenity. The yellow quadrant is pleasant, high energy emotions like happiness, joy, and excitement.

Why it Matters:

The Mood Meter shows that there is a space for all emotions – and, that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. Part of working with the Mood Meter is developing strategies that can help us work skillfully with some of those feelings in order to achieve our goals.

Experiencing a wide range of emotions is part of the human experience – and, being smart about our emotions is part of being emotionally intelligent.



PLEASANTNESS

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)



RULER ANCHOR THE MOOD METER FIFTH GRADE DATE

Duration: 60 minutes



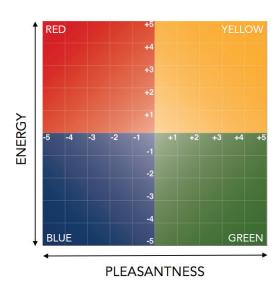
Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- In life and in stories, we often pay more attention to people's behaviors versus the underlying emotions that lead to those behaviors.
- Being an "emotion scientist" offers a different lens for understanding ourselves, others, and the world around us.
- When we pay attention to the emotions at play, we often understand things in a new way. Having a fresh perspective may inspire us to respond differently than we may have otherwise.

Activity Goal:

 To explore how all five RULER skills (Recognizing, Understanding, Labeling, Expressing, and Regulating emotions) can be practiced using the Mood Meter.









Student, follow the first steps and then have fun doing the activity!

First Steps

- 1. Share about the Mood Meter and how it works.
- 2. Share how the Mood Meter helps you, your classmates, and your teacher.

As a family:

- 1. Choose one character from a book, film, or TV show to focus on.
- 2. Pay attention to the emotions that the character feels and displays.
- 3. Discuss the following questions together.
 - What were the main events of the story?
 - How did the character influence or respond to these events?
 - What do you believe were the beliefs or emotions that drove the character's behavior? Why do you think so?
 - What are 8 different emotions you think the character felt? Plot on the Mood Meter.
 - Which emotions were serving the character's goals, and which may have been getting in the way of the character's goals?
 - What role did "emotion regulation" play in terms of the outcome of the story?
 - o In other words, did the main character regulate or not regulate their emotions at key moments?
 - If that had been different, might the story have had a different ending?
 - Explain on Activity Sheet 1.
- 4. Now fill out Activity Sheet 1, page 3.





FAMILY & CONNECTIONS

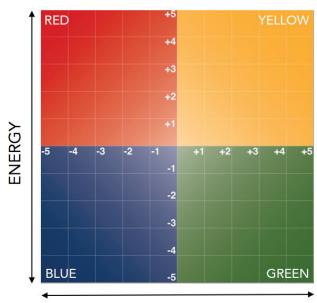


Mood Meter Character Plot

ACTIVITY SHEET 1

INSTRUCTIONS

Plot the character's emotions. Together with your family, name eight emotions you believe the character felt during the story and plot the emotions on the Mood Meter.



Emotion name:

PLEASANTNESS

Where do you think the character was mainly living on the Mood Meter during this story?

Give one example of how a skillful emotion regulation strategy at a key moment could have shifted the story.