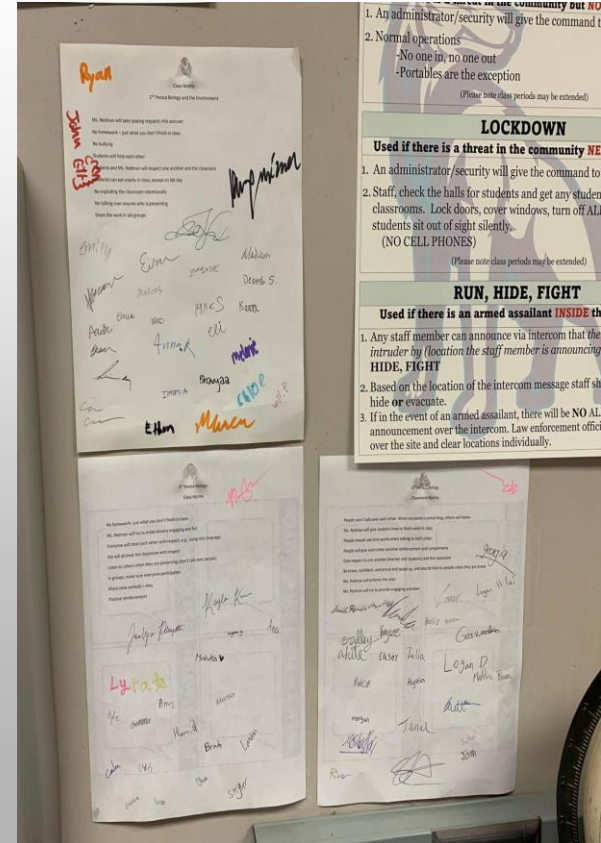
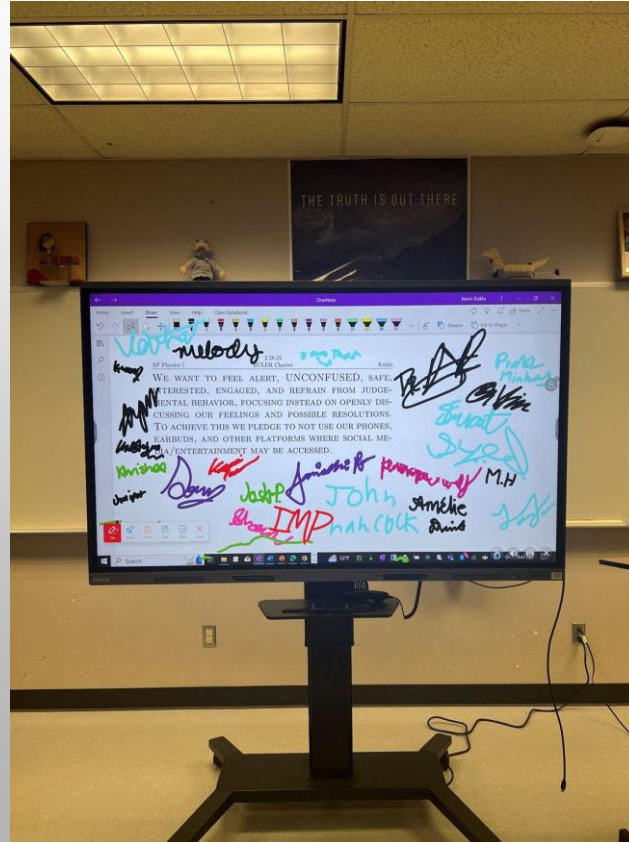
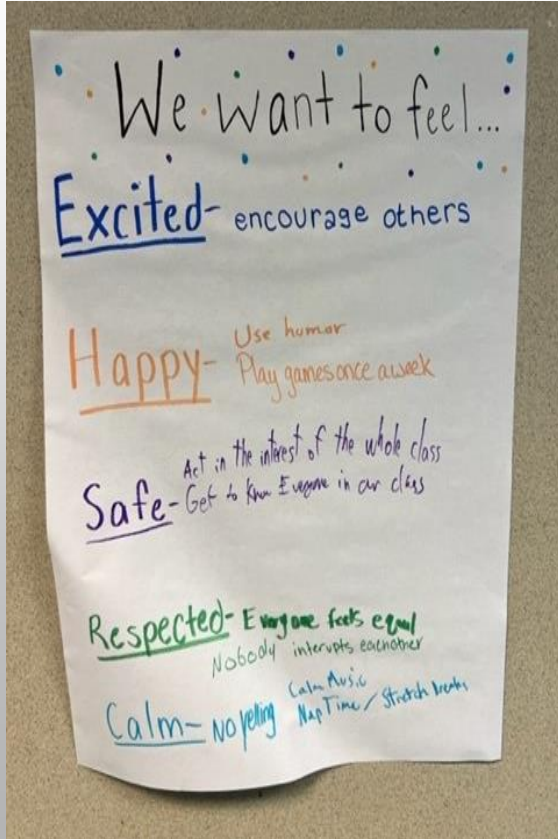




*JACKSON HIGH SCHOOL*

*The Mood Meter*

# Check out our Jackson Charters



## In this lesson:

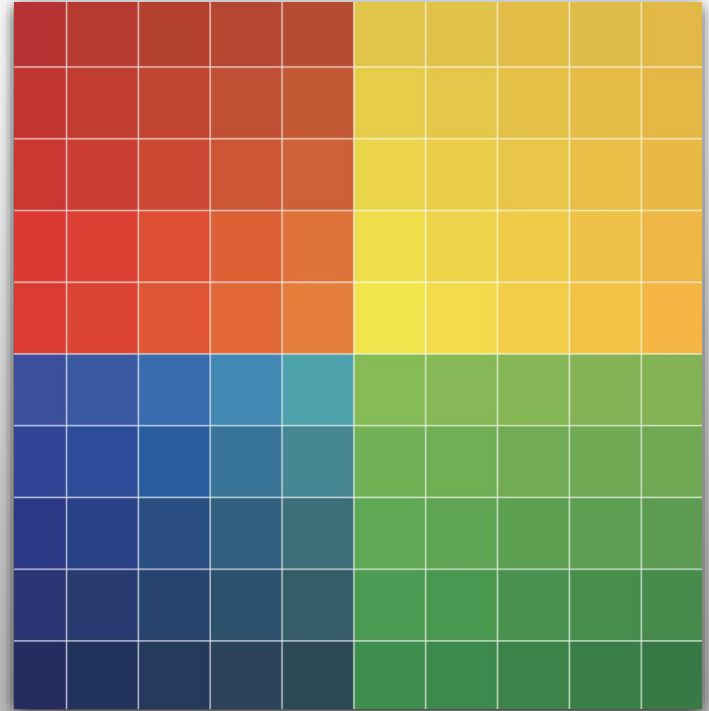
- We will learn how to use the Mood Meter as a tool for self and social awareness.
- We will also identify feeling words for each of the four Mood Meter quadrants.

**Let's get started!**



# The Mood Meter

**The Mood Meter** helps us to better recognize emotions in ourselves and others, then label these emotions with an appropriate feeling word.



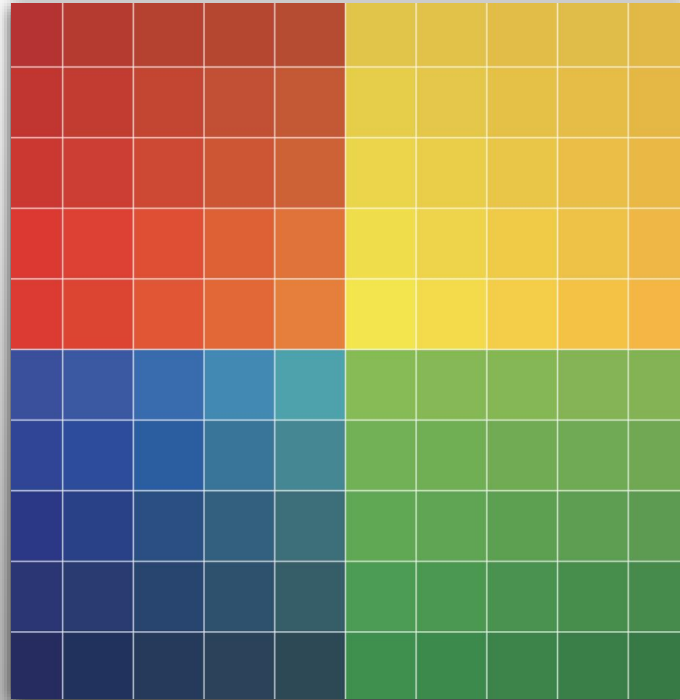
# Mood Meter - Four Quadrants

RED

Unpleasant,  
high energy

BLUE

Unpleasant,  
low energy

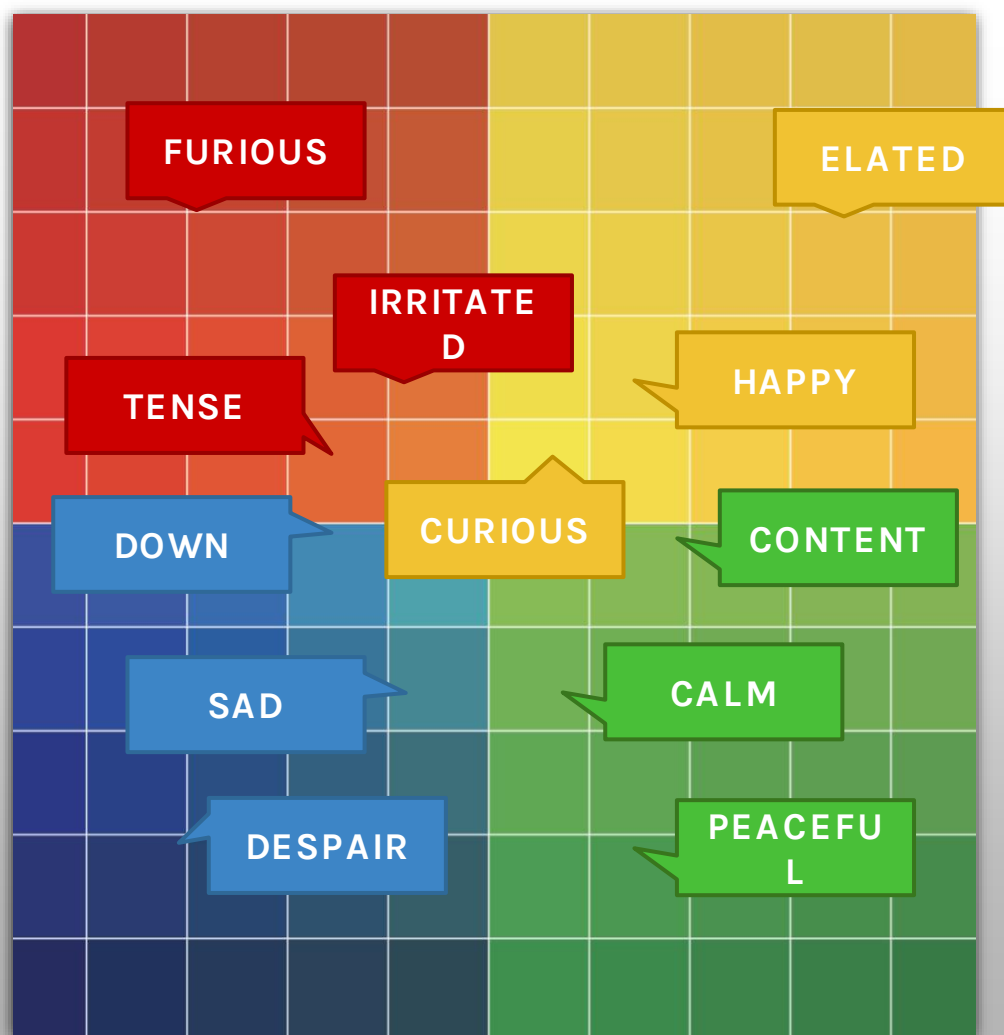


YELLOW

Pleasant,  
high energy

GREEN

Pleasant,  
low energy



# Different feeling words mean different things

Anxiety = Uncertainty about the future

Stress = Too many demands, not enough resources

Pressure = Something at stake is dependent upon your action

Fear = Feeling as if there is impending danger

Overwhelmed = Overcome by emotion

# RED



## IF YOU'RE FEELING...

- Irritated
- Angry
- Afraid
- Frustrated
- Stressed
- Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being a little in the red helps us get things done or rise to a challenge.

## WANT TO MOVE OUT OF THE RED?

Try going for a walk and exercising or taking a few slow deep breaths to clear your head and calm your body. Use self-talk (e.g., "This is part of my day, but it does not define my day"). If someone else is involved in a situation that puts you in the red, take a moment to think about their feelings or perspective too.





# YELLOW



## IF YOU'RE FEELING...

- Happy
- Excited
- Motivated
- Productive
- Energetic
- Focused

Now is a good time to start a new project, have a brainstorming or problem-solving session with your team, or work on a creative project. Being in the yellow is a good place to be for checking things off your to-do list!

## WANT TO MOVE OUT OF THE YELLOW?

Try turning one of your meetings into a walking meeting to use some energy. Take slow deep breaths, listen to calm music, or move to a workspace where you can be alone (if possible).

# BLUE



## IF YOU'RE FEELING...

- Discouraged
- Sad
- Lonely
- Disappointed
- Bored
- Depressed

Now is a good time to work on a detail-oriented project by yourself, like proof-reading or critical thinking. Being in the blue can be a good time for writing poetry, songwriting or being an empathic listener with a friend.

## WANT TO MOVE OUT OF THE BLUE?

Try a strategy with movement, like putting on music and dancing, talking with a friend or having a snack. Use self-talk to remind yourself of the big picture or try positive reframing - putting a positive spin on a situation. If someone else is involved in a situation that puts you in the blue, take a moment to think about their feelings or perspective.

# GREEN



## IF YOU'RE FEELING...

- Cooperative
- Calm
- Peaceful
- Safe
- Relaxed
- Content

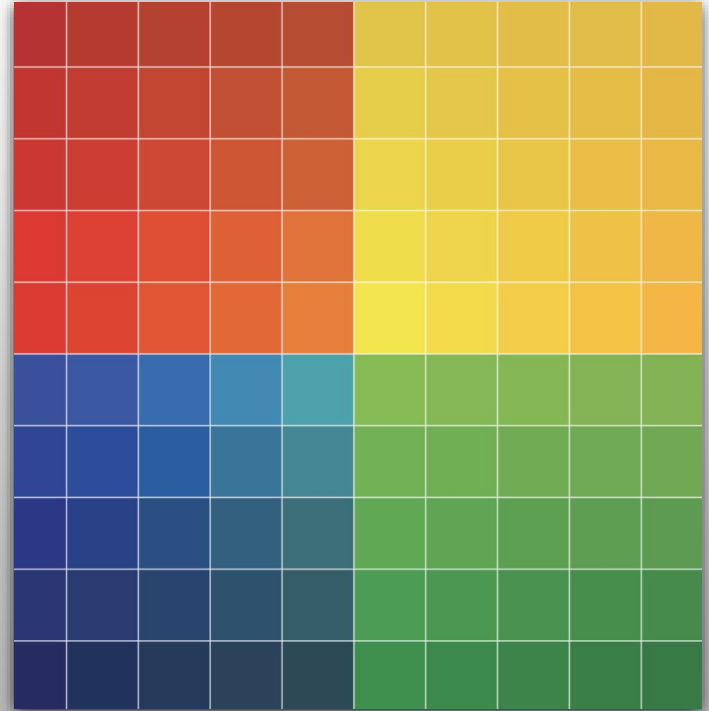
Being in the green is a good place to be for concentration and productivity. Being in the green is also a great place to be for working collaboratively, giving or receiving feedback, and taking time for self-reflection.

## WANT TO MOVE OUT OF THE GREEN?

Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work, or use your imagination to dream up exciting possibilities in life.

# Plot Yourself

- How are you feeling?
- Are your thoughts pleasant or unpleasant?
- How energetic do you feel?
- What might be causing you to feel this way?





A group of five young adults are standing in front of a chain-link fence. The fence has various graffiti tags, including 'TY 924', 'SECURE BOTH HANDS BEFORE MOVING', and 'CLOSE ALL DOORS BEFORE MOVING'. The group consists of three men and two women. One man is standing on the left, another is sitting on the ground in the center, and a third is standing on the right. Two women are standing on the far right. They are all looking towards the center of the group. The background is a dark, industrial-looking area with a building in the distance.

# *Name it to tame it*

With the Mood Meter's help in **labeling** how we are feeling, we can more effectively address our emotions.

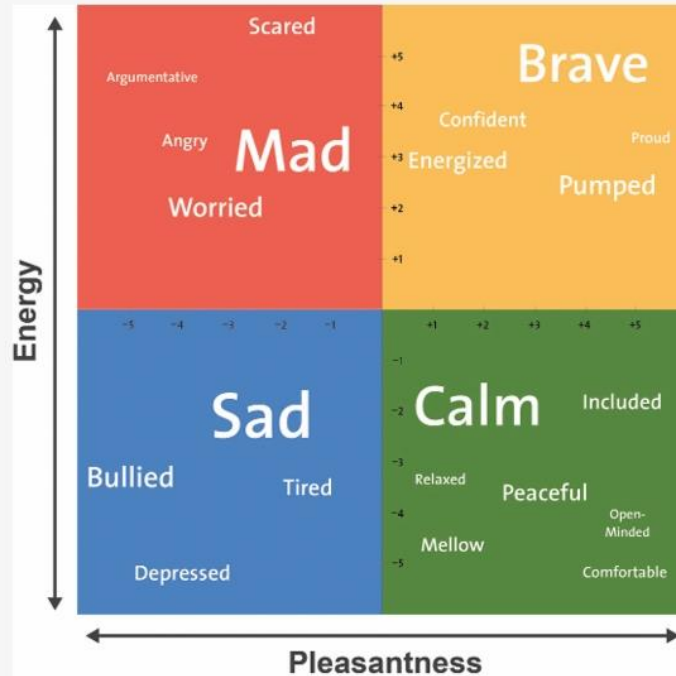
For our next RULER Lesson,  
we will learn more about the

*Meta Moment*

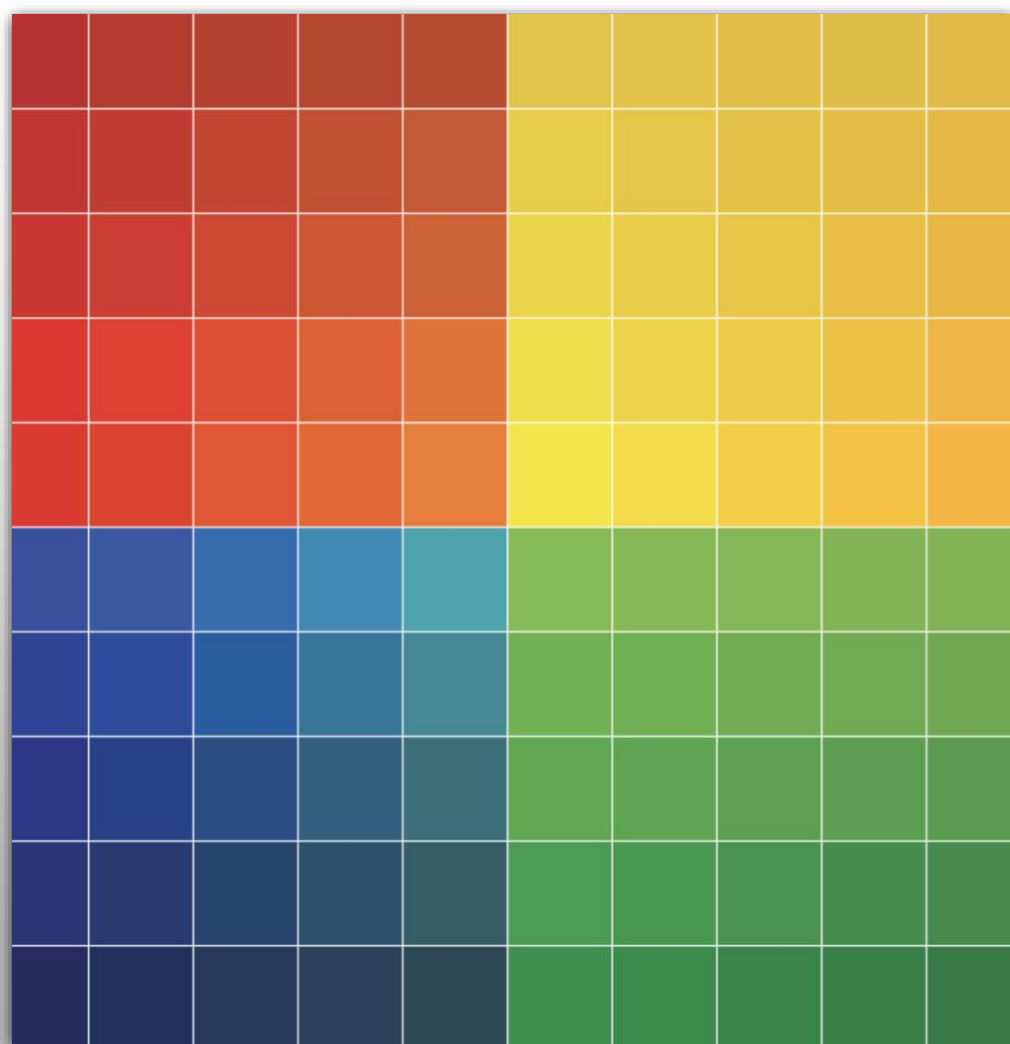
a tool to help you “tame”  
your emotions



# Optional Activity



1. Divide into small groups.
2. Choose one pleasant emotion and one unpleasant emotion you experience each day. Share with your group members.
3. Each group shares out their words to the class and writes them on the whiteboard/panel.
4. As a class, identify which quadrant (color) is a match for each feeling word.



Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic	HIGH ENERGY
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated	
Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic	
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled	
Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful	
Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled	LOW ENERGY
Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched	
Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced	
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree	
Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene	
LOW PLEASANTNESS					HIGH PLEASANTNESS					