

## MOOD METER ACTIVITY

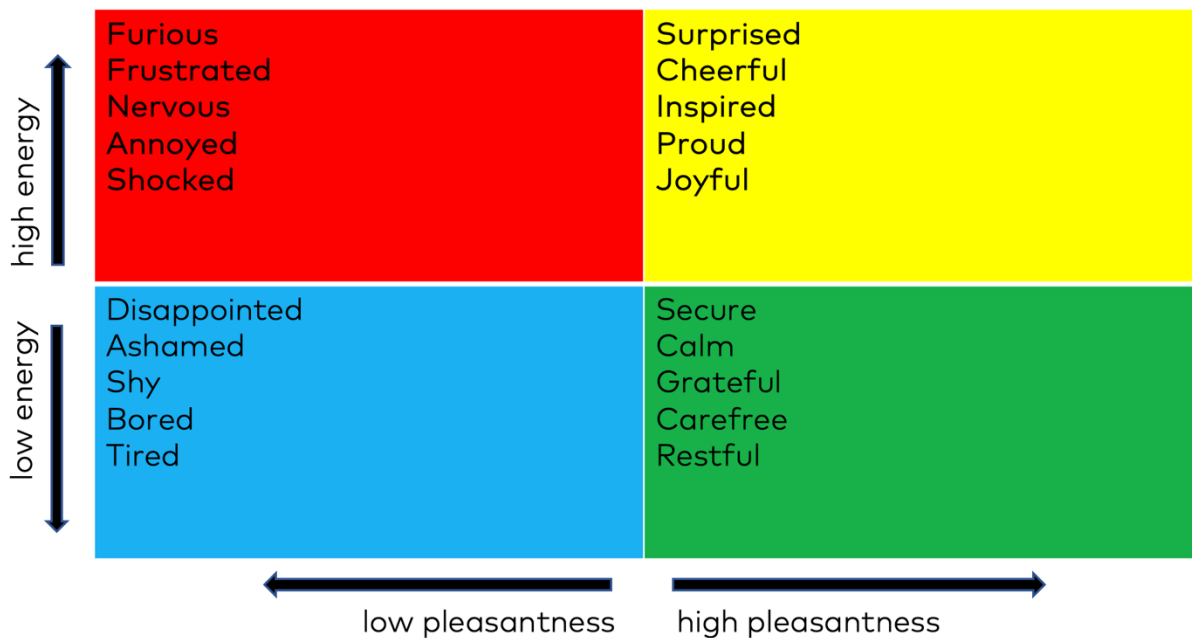
The Mood Meter, originally developed by Yale Professor Marc Brackett, is an evidence-informed tool for building emotional intelligence through self-awareness and self-regulation. The Mood Meter is a colorful grid that seeks to measure the energy and pleasantness of each individual feeling to give you a better understanding of your current emotional state. The goal of the Mood Meter is to help both children and adults understand, label, express, and regulate their emotions in order to build emotional intelligence.

In Kabbalah, we learn that we each have unique triggers based on our Tikkune (soul correction). A "trigger" is anything that activates the voice of the Opponent within us; it is an external stimulus that creates a reaction internally (in our thoughts and feelings). For example, "my friends went to the movies and didn't invite me." When we are triggered, the voice of the Opponent speaks to us in the form of negative, limiting belief systems, such as "something is wrong with me" or "no one likes me" and these beliefs cause us to feel certain emotions. When we are feeling uncomfortable, negative emotions, we often choose a reactive behavior, such as shutting down and not speaking to our friends, being passive-aggressive, or gossiping.

One of the most powerful things we can do to interrupt this chain reaction and respond more proactively to our triggers is to recognize the emotions we're feeling in response to the voice of the Opponent. As you help your child become comfortable reflecting on their emotions, you will help them to begin pausing instead of jumping into reactive behaviors and begin building resilience to handle their emotions proactively.

### **What You Need**

- 1 sheet of paper for listing emotions & matching emotions to faces
- At-home mood meter worksheet. There are many options online; we recommend to google this worksheet, choose the style that you like best and print it out. The most important features the worksheet should include are the energy (high/low) + feelings (unpleasant/pleasant) parameters, as well as the four distinct quadrants separated by color. Simple example below. The emotions listed below are examples; your child is free to list the emotions *they* personally relate to.



- Pencils
- Markers
- 22" x 13" poster
- Metal fastener
- Compass
- Ruler
- Construction paper

### Instructions

- 1) Initiate a conversation with your child to speak about emotions. You may ask them: what are emotions, where do emotions come from, where do emotions live, what do emotions feel like, etc.? Just allow them to share organically – there are no 'right' and 'wrong' answers here.
- 2) Ask your child to name as many emotions as they can think of and write them down on the piece of paper.
- 3) Next to the different emotions, list different faces (for example, "happy" or "silly" would be a smiley face).
- 4) Explain to your child that everyone experiences different emotions on different days. Help them understand that there are no "good" or "bad" emotions.
- 5) Explain that we can use the mood meter to check in on how we are feeling.

- 6) Explain that they will be creating their own mood meter to use as a tool to see how they are feeling whenever they want.
- 7) Work with your child to create their own mood meter using the parameters shared above.
- 8) After creating the mood meter, brainstorm with your child about when they might take time to use the mood meter (before or after school, before or after homework, before bed, etc.). Then ask where they would like to keep it at home.
- 9) Ask your child to consider how the mood meter could potentially help them deal with their emotions. You can even give a hypothetical example and have your child imagine what it would look and feel like to use the mood meter in this case.
- 10) Finally, put the mood meter to the test! If your child is ready and has a desire to, have your child use the mood meter to share how they are feeling right now! Notice how your child responds to being prompted about their emotions. Are they excited or apprehensive to share? Be mindful of this and be patient with your child as they navigate this new activity.