

Name _____

Date _____

At-Home Mood Meters

Emotions are always changing and this mood meter can be a great tool to use to be aware of how you may be feeling at any time of the day.

Draw or list as many emotions that you can think of below:

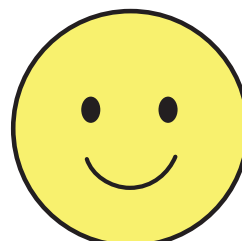
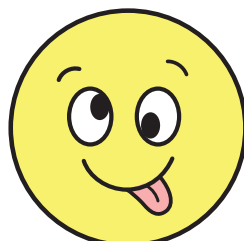
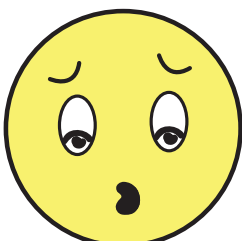
Match the words to each face and emotion below:

Silly

Happy

Angry

Tired



At-Home Mood Meters

Using your materials and poster board:

- On the top of your poster, write a title (or get an adult's help to write a title) such as, "In this moment, I feel..."
- Make a large half-circle with your compass centered in the middle of your poster.
- Divide the half-circle in half again using the ruler and then divide each half once more. (You will have created four parts or "slices.")
- Use each color of the construction paper—blue, green, yellow, and red—to match each slice. (You may also color in each part if you do not have construction paper.)
- Glue the colors from left to right in each section: blue, green, yellow, red.
- Write on the first section of blue: sad, sick, tired, lonely, bored.
- For the green, write the following: happy, calm, feeling good, ready to learn, and focused.
- In the yellow zone section, write the following: upset, worried, frustrated, silly, and excited.
- Write in the final red section: mad, mean, scared, unsafe.
- Cut out a 6-inch-long arrow (or get a caring adult's help to do this).
- Attach the arrow to the poster board with the metal fastener.
- You may draw faces or glue faces on each section to match the feeling or mood.
- Place your mood meter in your home to use whenever the time seems appropriate.
- Parents or caring adults: Ask your child to notice how they are feeling and to talk about it using the phrases, "I feel bored," or "I feel happy." Remind them that it is okay to be feeling whatever they may be feeling and to notice how it feels in their body.

