

# Make a Mood Meter

Children spend a lot of time learning how to work in groups, whether that means doing projects, participating during circle time, or playing outdoors together. This goes great when everyone is feeling happy, but it's also important to teach kids how to recognize when they are upset and when others are upset. In this social emotional learning activity, children will be guided to create their own mood meter that will allow them to check in with how they are feeling. The goal is to be able to track and manage their emotions, rather than letting their emotions manage them. This is a great activity to help kindergarteners and first graders develop self-awareness and mindfulness of emotions.



## What You Need:

- [At-Home Mood Meters](#) worksheet
- Pencils
- Markers
- 22" x 13" poster
- Metal fastener
- Compass
- Ruler
- Construction paper

## What You Do:

1. Talk to your child about different emotions.
2. Ask them to name as many emotions as they can think of.
3. List all of the different emotions next to the different faces/emotions on the At-Home Mood Meters worksheet.
4. Explain that everyone experiences different emotions on different days. Help them understand that there are no "good" or "bad" emotions.
5. Explain that we can check in with how we are feeling using a mood meter.
6. Explain that they will be creating their own mood meter to use as a tool to see how they are feeling in any given moment.
7. Work with your child to complete the At-Home Mood Meters worksheet and create their mood meter.
8. After creating the mood meter, brainstorm with your child about when they might take time to use the mood meter. Then ask where they would like to keep it at home.
9. Ask your child to consider how the mood meter could help them sort through their emotions.
10. Finally, have your child use the mood meter to share how they are feeling right now.

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