

Mood Meter

How *are* you feeling? Yale research psychologist Marc Brackett discusses that we often ask ourselves and others this simple question without giving time and language to answer. The world of virtual connection deprives us of much needed transition time. Coffee breaks with co-workers, walks with friends between school classes, and daily commutes typically provide our brains time to transition between tasks – to briefly disconnect so that we can effectively reconnect. As we travel quickly and efficiently from Zoom-to-Zoom, it is more important than ever to add time to assess our feelings so that we can create space for mindful transitions and connectivity. This activity demonstrates how to use the [Mood Meter](#) to do just that!

Activity

Social Emotional Learning Competency:

- Self-Awareness/Self Management

Connection Key:

- Add time to create space

Purpose:

- Demonstrates how to recognize and manage feelings.
- Teaches language for labeling feelings.
- Encourages a growth mindset.
- Success Indicators:
 1. Participants can label emotions.
 2. Participants report feeling calm after activity.

- Share an image of the Mood Meter with your participants via Zoom's 'screen share' feature. Be sure to adapt language to fit your audience.
- Explain the Mood Meter colors according to Dr. Brackett's description. Ask participants what color they are feeling:
 1. **Red** - Unpleasant, high energy emotions, like anxiety, rage, frustration, anger, and fear.
 2. **Blue** - Unpleasant, low energy feelings like disappointment, sadness, discouragement, hopelessness, and loneliness.
 3. **Green** - pleasant, low energy feelings like calm, relaxation, serenity, contentment, and balance.
 4. **Yellow** - pleasant, high energy feelings like joy, excitement, enthusiasm, elation, and empowerment.
- Prompt participants to assess their emotions, name feelings, and to permit those feelings so that they can be present.
- Sample guiding statements include the following. Intentionally add at least three seconds between each phrase when guiding participants:
 1. *We are not only doers. We are also thinkers and feelers. Take a moment to stop doing and to pay close attention to how you are thinking and feeling.*
 2. *Think about what you were doing before you joined this Zoom. Was it fun? Was it tough? Was it stressful? All three?*
 3. *Focus on your body – your heartbeat, your breathing, and your muscles. What does your body tell you about how you are feeling right now?*
 4. *Now, name at least one feeling you notice. Write it down.*
 5. *We do not decide when to feel, and we know that feelings affect our connections with others.*
 6. *So, give yourself permission to be an emotional scientist! Accept your feelings as information, ask what your feelings mean for this moment, know they are temporary, and learn to walk with them.*

For more information and activity resources visit <https://u.osu.edu/4hjournal/>

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