

Introducing Staff to the Mood Meter

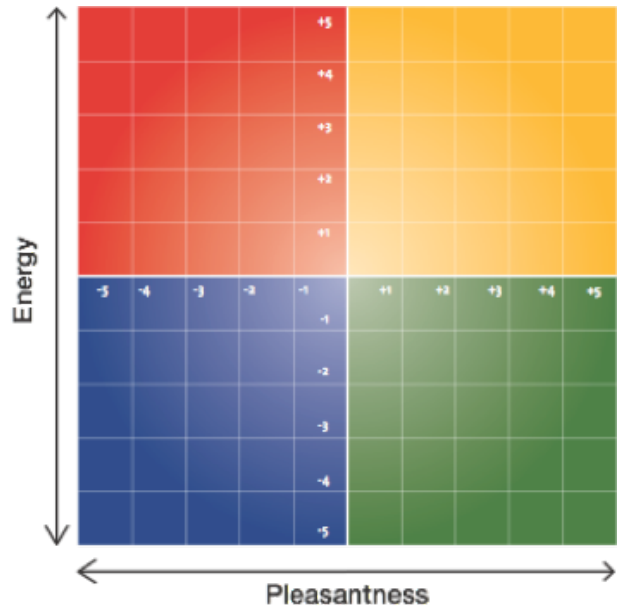
Total Time: 30 minutes

Introduce the Mood Meter (1 minute):

SAY: “The Mood Meter is the foundational tool for building the RULER skills. It is the second Anchor Tool introduced to students, after the Charter. It is a tool for building self-awareness and social awareness.”

Explain the two axes (3 minutes):

SAY: “The Mood Meter has two axes. The X-axis is pleasantness: your subjective, private mental experience. The X-axis goes from -5, the most unpleasant you have ever felt, to neutral in the middle, all the way to +5, the most pleasant you have ever felt.



The Y-axis is energy: how much physical energy is running through your body. The Y-axis goes from -5, when you have extremely low energy, are lethargic, asleep even, to neutral in the middle, all the way to +5, the most energetic you have ever felt. The two axes cross to form four quadrants, and each has a color: red, blue, green, and yellow.”

Explain the four quadrants using personal stories (5 minutes):

Example stories from which you can draw are provided here:

- “The **RED** quadrant is unpleasant, high energy. When I am running late, this makes me anxious, and sometimes obstacles or people in my way make me furious. Feelings like nervousness, rage, frustration, anger, and fear are in the red quadrant.”
- “The **BLUE** quadrant is unpleasant, low energy. When I spend extra time with a student preparing for an exam that he or she still fails, I feel disappointed. Feelings like sadness, discouragement, devastation, and loneliness are in the blue quadrant.”
- “The **GREEN** quadrant is pleasant, low energy. Last year after I returned from a surgery, I found a card on my desk with thoughtful messages from my students. When I read through them, I felt content and at ease. Feelings like calm, relaxation, serenity, gratification, and balance reside in the green quadrant.”
- “The **YELLOW** quadrant is pleasant, high energy. When our city’s football team made it to the Super Bowl last year, everyone was elated, jumping up and down and cheering. Feelings like joy, excitement, enthusiasm, jubilation, and empowerment reside in the yellow quadrant.”

Demonstrate a Mood Meter Check-In (10 minutes)

SAY: “The Mood Meter can be used to “check in” on how people are feeling with a Mood Meter Check-In that uses five questions based on the RULER acronym.

Everyone please sit up straight in his or her chair and take a deep breath in and out as you ask the following questions.

R

The first R in RULER is for recognizing emotions. *Where are you on the Mood Meter?* First, consider the x-axis: how pleasant do you feel? Assign yourself a number from -5 to +5. Next, consider the y-axis: how much energy is running through your body? Assign yourself a number for energy from -5 to +5. Lastly, use your two numbers to plot yourself on the Mood Meter.

U

Next, the U in RULER is for understanding emotions. Now that you have plotted yourself, consider *what caused you to feel this way?*

L

The L in RULER is for labeling emotions. *What word best describes your feeling?* There are hundreds of words to describe the feelings in each quadrant; a major part of increasing emotional intelligence is developing a sophisticated emotion vocabulary. (You also may share the word to describe how you are feeling.)

E

The E is for expressing emotions. *How are you expressing this feeling?* What are you doing with your facial expression, body language, and voice? Is the way you are expressing your feeling helpful for the situation you are in and the people around you?

R

Finally, the second R in RULER is for regulating emotions. *What strategy will you use to feel more, less, or the same of what you are feeling?* Is your current feeling helpful? If so, what will you do to continue feeling that way or to intensify that feeling? If not, what could you do to feel less of the feeling?

Provide time for group practice (10 minutes):

Provide copies of this tip sheet to staff so that each person has access to the RULER questions and instructions for leading a Mood Meter Check-in.

SAY: “Please break into small groups and let’s practice leading a Mood Meter Check-in by going through the RULER questions. Each person will have about 2 minutes to lead a Mood Meter check-in, and then we will move on until everyone has had a chance.”