The Mood Meter is a tool used to recognize and understand emotions. The Mood Meter helps us to understand that all emotions are ok. We all experience a wide variety of emotions throughout our lives daily. We also begin to learn about appropriate strategies for self-regulation of our emotions. The Mood Meter is divided into four color quadrants - red, blue, green, and yellow - each representing a different set of feelings. Feelings are grouped together on the mood meter based on their pleasantness and energy level.

MOOD METER
How are you feeling?

ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SUPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	HAPPY	FOCUSED	PROUD	THRILLED
REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
DISGUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	FULFILLED
PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATSIFIED	GRATEFUL	TOUCHED
ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE

ENERGY

PLEASANTNESS

Red feelings: High in energy and more unpleasant

Blue feelings: Low in energy and more unpleasant

Green feelings: Low in energy and more pleasant

Yellow feelings: High in energy and more pleasant

Here's a Mood Meter Introduction Video to learn more.

Why recognize feelings?

Helping members of our school community, especially students, recognize feelings helps them understand how feelings impact decisions and behaviors. It's also the first step in helping students develop empathy, the ability to understand the feelings of another person.