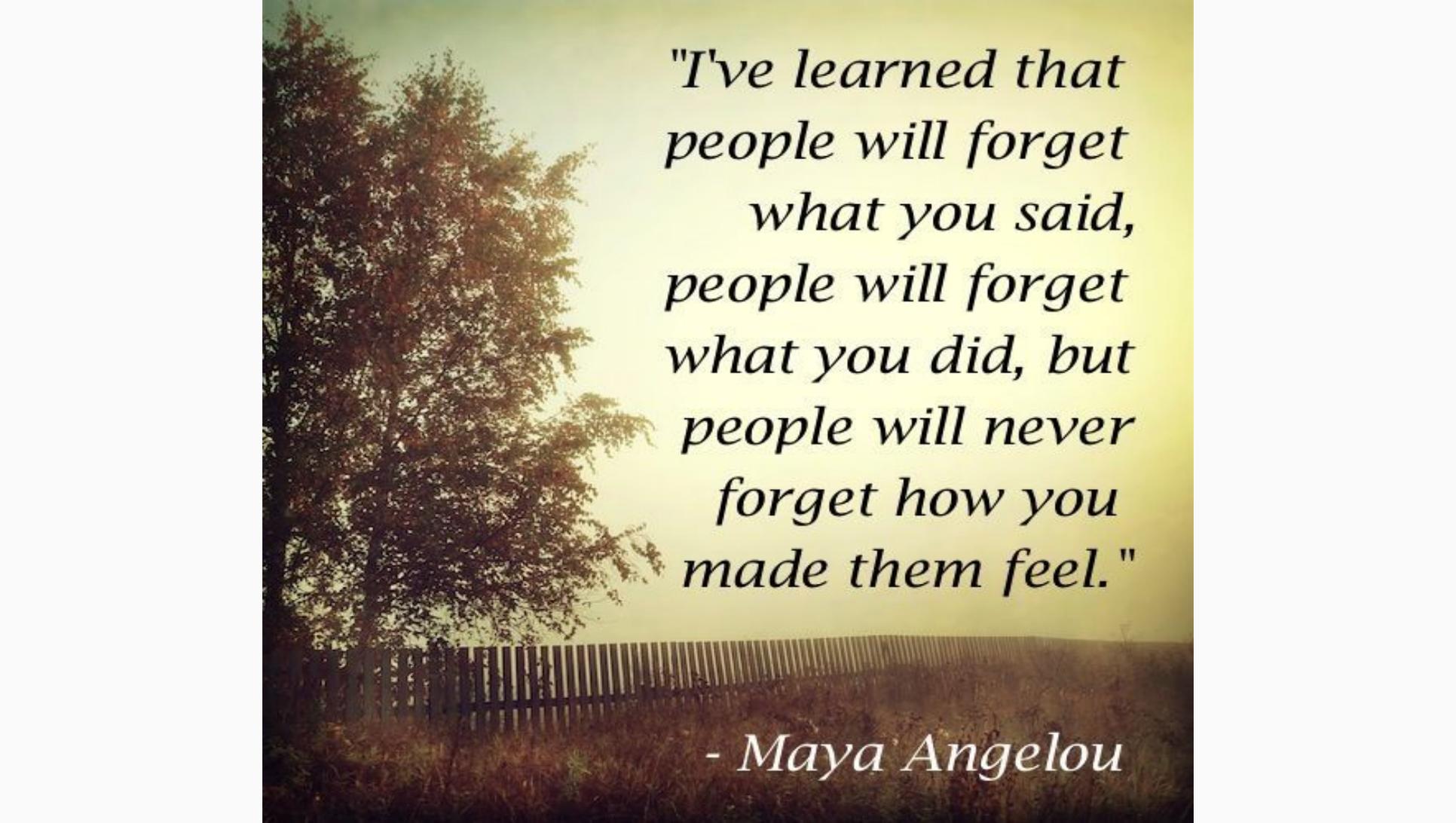


Mood Meter for Parents

Dr. Valerie Babich, Coordinator of Psychological Services
Mrs. Janna Sirowich, Principal Coleytown Elementary School





*"I've learned that
people will forget
what you said,
people will forget
what you did, but
people will never
forget how you
made them feel."*

- Maya Angelou

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions appropriately

Regulating emotions effectively

Anchor Tools

Emotional Intelligence Charter

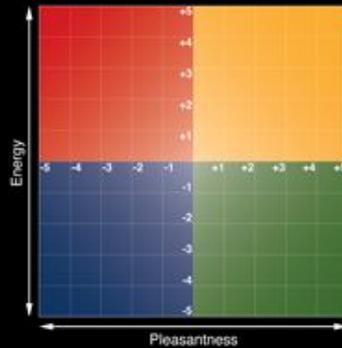
As a class, we want to feel...

In order to have these feelings consistently, we will...

We will prevent and manage conflict by...

The Mood Meter

How are you feeling?



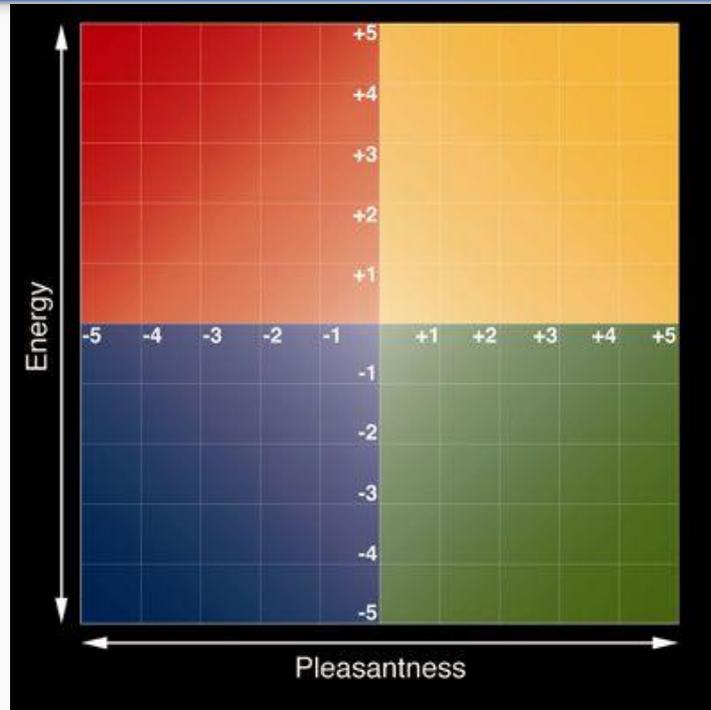
TAKE A META-MOMENT

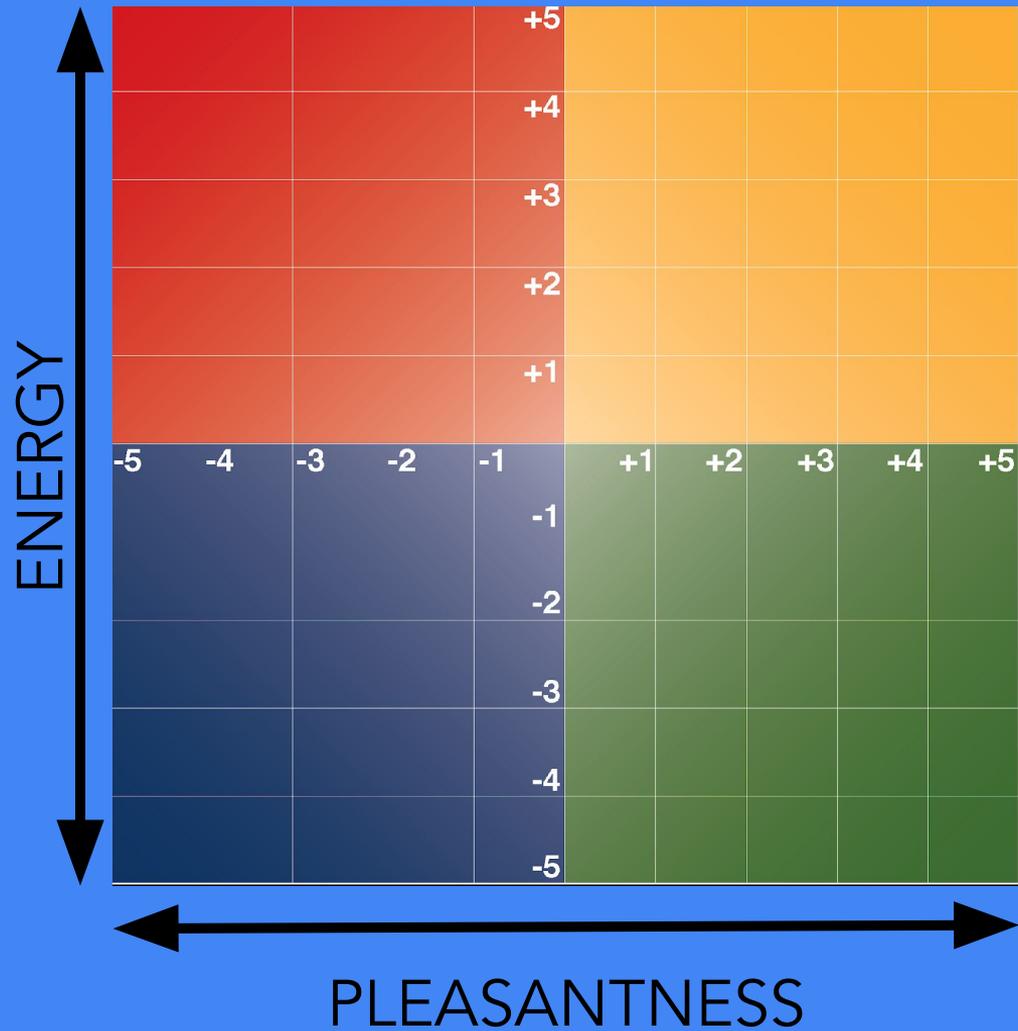
1. Something happens (Character with red arrows pointing towards them)
2. Sense (Character with a lightning bolt on their head)
3. Stop (Character holding a red stop sign)
4. See your best self (Character looking at a thought bubble of themselves)
5. Strategize (Character holding a red box labeled 'What's my strategy?')
6. Succeed! (Character with rays of light emanating from their head)

Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ____ feel?
Understand	What caused my feelings?	What caused ____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

Introduction to the Mood Meter





Labeling Emotions Activity





“LABELING
your emotions
is key. If you
can name it,
you can tame it.”

– MARC BRACKETT

Yale Center for Emotional Intelligence

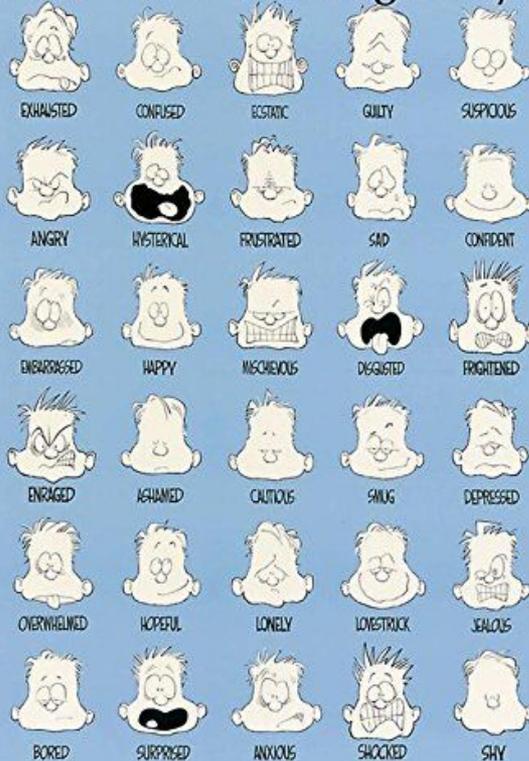
MOOD METER

How are you feeling?



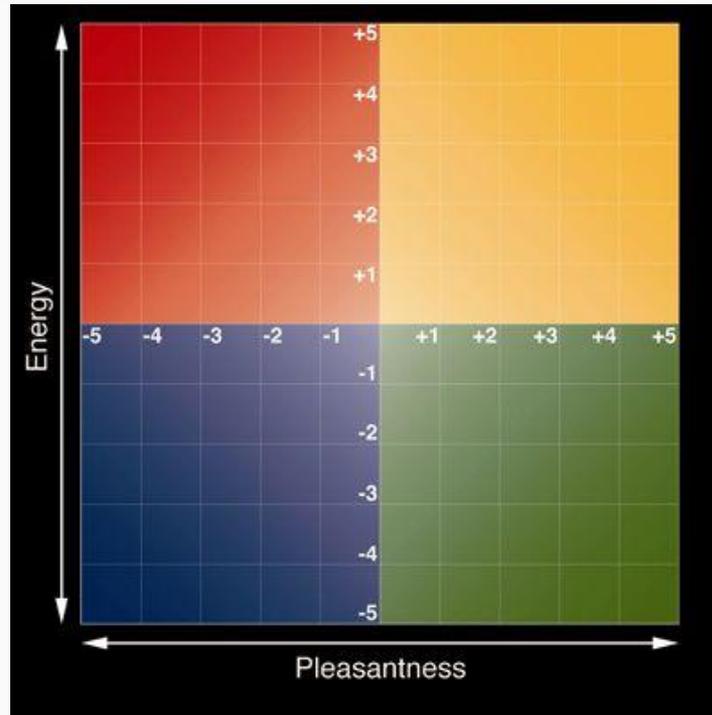
How Are You Feeling Today?

How Are You Feeling Today?





Where do you live on the Mood Meter?



My Typical Day

What about your work and home life contributes to where you live on the mood meter?

How is your work life and home life impacted by the feelings you experience most often?

Emotional intelligence refers to five key skills:

R

ecognizing emotions in self and others

U

nderstanding the causes and consequences of emotions

L

abeling emotions accurately

E

xpressing emotions appropriately

R

egulating emotions effectively

How to Use the Mood Meter

R: *Where are you on the Mood Meter?*

U: *What is causing you to feel this way?*

L: *What word best describes your feeling?*

E: *How are you expressing this feeling? Are you comfortable expressing?*

R: *How do you want to feel? What strategy will you use to stay or shift?*

Ask your child

R What is your body telling you?

U What happened?

L How are you feeling?

E Is there another way to show your feeling?

R Do you want to keep feeling this way? How do you WANT to feel? How can I help you feel this way?

Inside Out Movie



Debrief: Who did you identify with?

R: *Where was _____ on the Mood Meter?*

U: *What is causing _____ to feel this way?*

L: *What word best describes _____'s feeling?*

E: *How is _____ expressing this feeling?*

R: *How does _____ want to feel? What strategy could _____ use to stay or shift?*

Goals of Emotion Regulation - PRIME

Prevent an unwanted emotion like anxiety

Reduce an unwanted emotion like anger

Initiate a new emotion like inspiration

Maintain an existing emotion like tranquility

Enhance or increase an emotion joy

Breathing

Breathing is an aspect of your nervous system you can control. If you want to reduce your energy and refocus your attention, you may take deep belly breaths, slowly and intentionally, while focusing your mind on the in-and-out of the breath. To increase your energy, you may take shorter, quicker breaths.



Self Talk

Self-talk means saying something positive and encouraging to yourself. For example, you might say "You can do it!"; "You're almost there"; or "This is hard, but not impossible."



Reframing

Reframing means thinking about a negative event in a more positive way. For example, if a colleague ignores you in the hallway, you could view it as a snub, or you could figure instead that she must be busy and distracted and just didn't notice you.

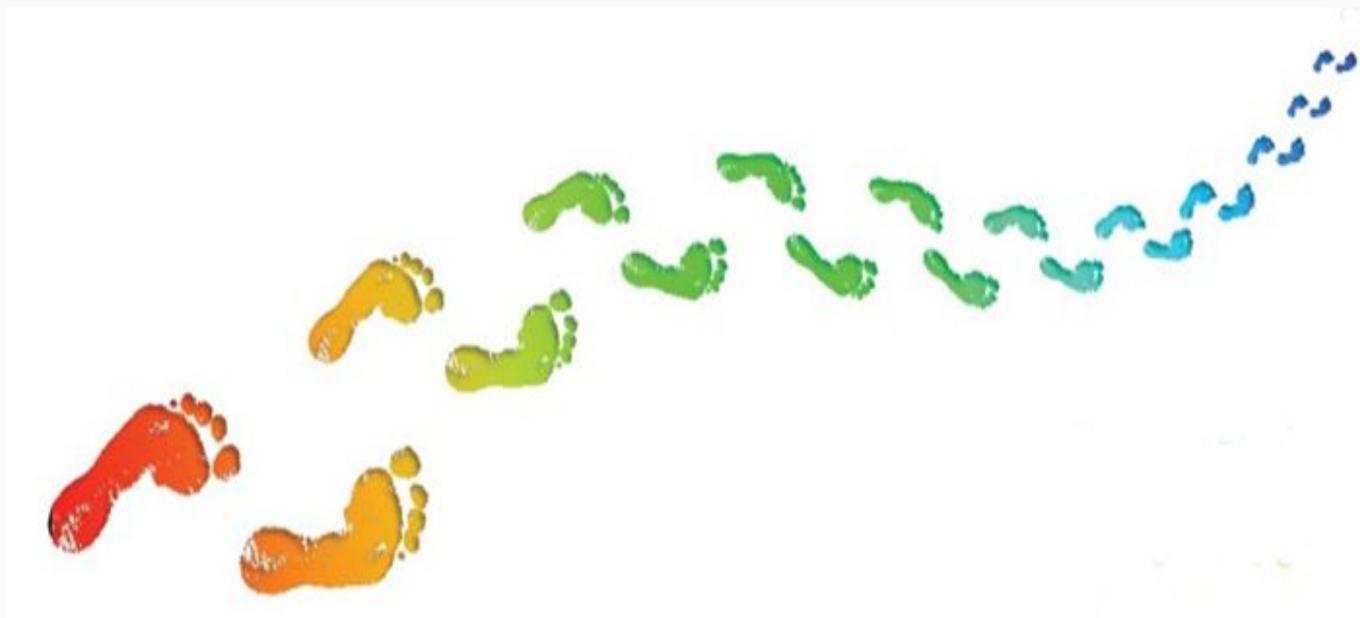


What is your helpful strategy?

- Music
- Exercise
- Meditation/Mindfulness
- Time with friends or Time alone
- Distractions
- Embrace the senses

Why Do Emotions Matter?

- Attention, memory and learning
- Decision making
- Relationship quality
- Physical and mental health
- Everyday effectiveness



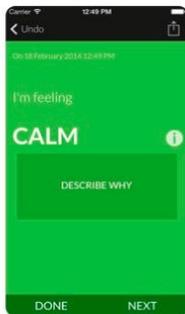
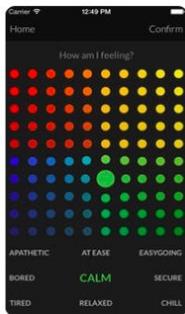
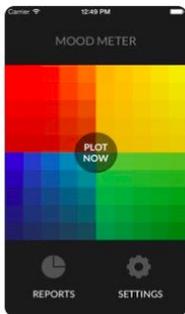
Search mood meter Cancel



The Mood M...
Education

★★★★☆ 25

OPEN



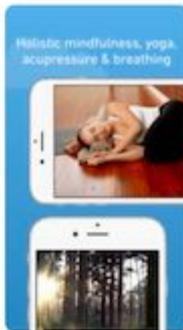
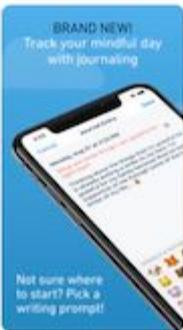
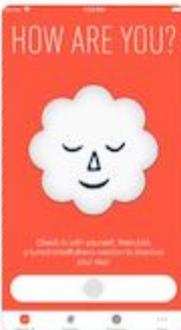
Search stop, breathe & think Cancel



Stop, Breathe...
Meditation for Ca...

★★★★★ 9.28K

OPEN



Calm
Meditation and Sl...

Editors' Choice

OPEN



QUESTIONS?

