

RULER ANCHOR
THE MOOD METER
FIRST GRADE

MY NAME _____

DATE _____

Duration: 30 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- Building a feeling word vocabulary helps us understand ourselves and others better.
- When we check-in with one another about how we're feeling, it can help us feel more connected.
- We can learn from and help one another build successful strategies for expressing and managing our emotions.

Activity Goals:

- For your child to learn more about the Mood Meter by teaching it.
- To engage family members in naming and plotting feelings on the Mood Meter.
- To have a discussion about emotion management.

Activity Steps:

- See the activity steps on Page 2. Please help read and support your child in doing this activity.

2

Student, follow the first steps and then have fun doing the activity!

Before You Start

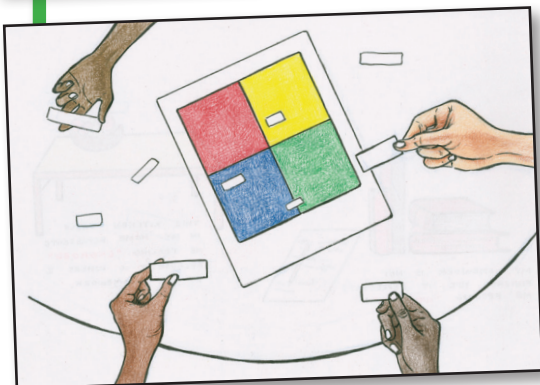
1. Have a Mood Meter ready to show.
2. Cut out each of the feeling words and the blank boxes on Page 3 and spread them out to see.
3. Gather your family members.

First Steps



1. With your family, share how the Mood Meter works.
2. Give an example of a feeling word that would go in each of the four colors.

The Activity



1. Ask each member of your family to choose two feelings that they had today. They can choose words from the Word Bank or come up with their own to write in the blank spaces.
2. Help each family member plot their two words on the Mood Meter.
3. Ask each family member:
 - a. Why did you feel that way today?
 - b. Has anyone else ever felt that way?
 - c. Were you okay with feeling that way, or did you try to shift your feeling?

3

Word Bank

Word Bank



Patient	Disappointed	Frustrated	Left out	Fearful
Amused	Honest	Confident	Energetic	Sad
Joyful	Included	Thrilled	Embarrassed	Bored
Loved	Worried	Curious	Brave	Relaxed
Caring	Proud	Cheerful	Afraid	Excited



4

The Mood Meter

