The Mood Meter

Discovering How to Name and Share What We Feel

Are you always aware of how you feel? Often, we go through the day not thinking about it. However, assigning a daily number between 1-10 and thinking about what drove that choice is a great way to keep in touch with your emotions and develop an early warning system if things aren't going well.

CHECK-IN

Give yourself a number on the Mood Meter from 1-10, with one being 'not good at all,' and ten being 'great"! Consider and write down what drives this number on a piece of paper—it can be many things!

1   2   3   4   5   6   7   8   9   10

SHARE

Fold your paper up and hand it in. The leader will share the range of numbers with the group as a whole.

DISCUSS

How did you react to the range of numbers? What was surprising?

What would you say to someone who feels like a 2?

How would you like someone to approach you if you felt like a 1 or 2?

Why is it sometimes hard to talk about how we're really feeling?

Do you have someone that you regularly check in with? Who? How does this help?

Daily Check-in

It's hard to assess our own feelings, let alone talk about them. For the next 7 days, check in with yourself every day and record how you feel on a 1-10 scale. After the week is over, review your entries and reflect.

DAY 1   1   2   3   4   5   6   7   8   9   10

DAY 2   1   2   3   4   5   6   7   8   9   10

DAY 3   1   2   3   4   5   6   7   8   9   10

DAY 4   1   2   3   4   5   6   7   8   9   10

DAY 5   1   2   3   4   5   6   7   8   9   10

| DAY 6 | ☹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | ☺ |

| DAY 7 | ☹ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | ☺ |

Reflections & Actions

What happened each day that moved the number up or down? What positive or negative feelings resulted?

What trends were there? Make a list of things that went RIGHT this week—at least one a day. **Reflecting back on the whole week, what number would you give it and why?**