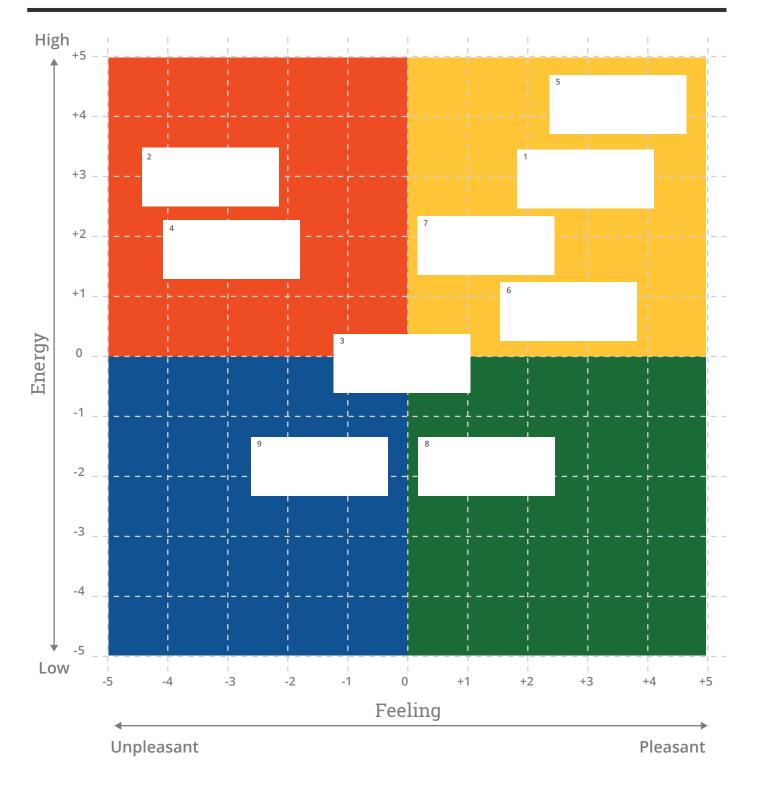
The Mood Meter PreK – 1st Grade

How are you feeling?



Try to put these words where they belong in the Mood Meter. See last page to find answers

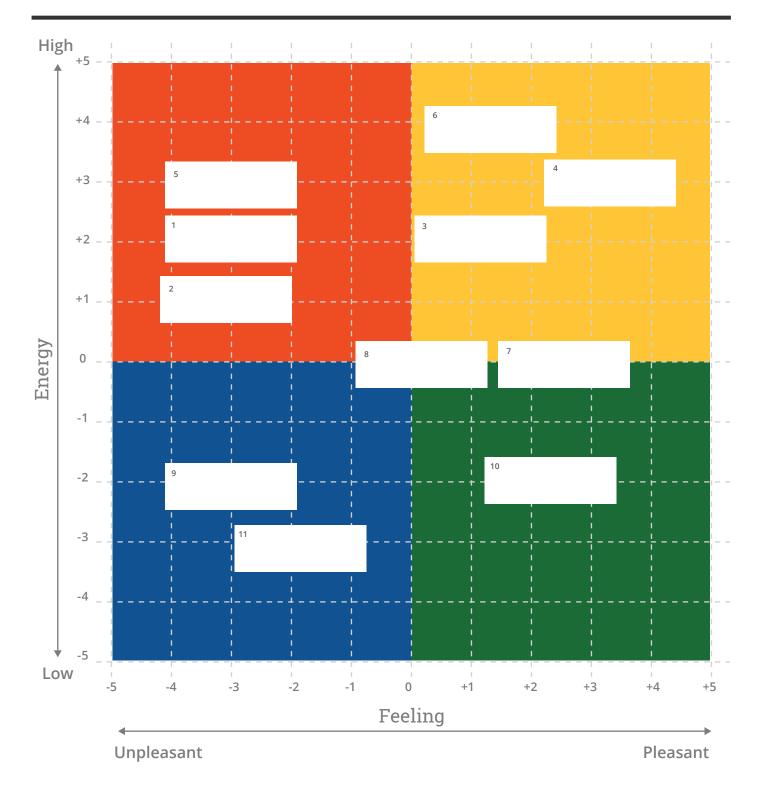
Bored - Relaxed - Brave - Excited - Angry- Cheerful - Proud - Angry - Worried - Patient



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Yale Center for Emotional Intelligence © Emotionally Intelligent Schools, LLC The Mood Meter 2nd – 3rd Grade

How are you feeling?



Try to put these words where they belong in the Mood Meter. See last page to find answers.

Peaceful - Bold - Frightened - Blamed - Relieved - Dissapointed - Hyper - Thoughtful - Eager - Timid - Discouraged

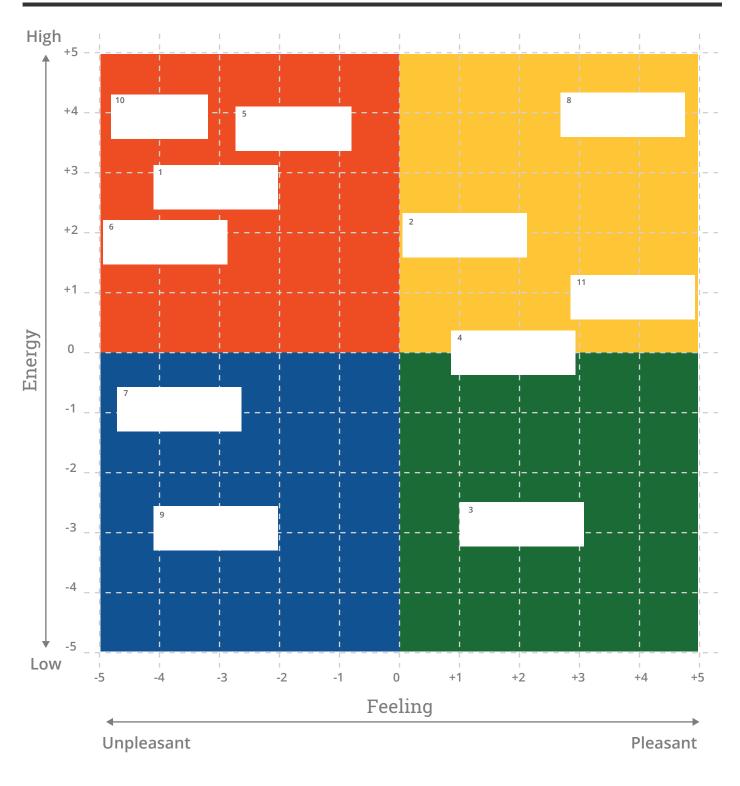


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The Mood Meter 4th – 5th Grade

How are you feeling?



Try to put these words where they belong in the Mood Meter. See last page to find answers

Aggressive - Overwhelmed - Terrified - Ashamed - Resentful - Distressed - Content - Optimistic - Ecstatic -Sympathetic - Competent - Tranquil



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The Mood Meter Answers

How are you feeling?

The Mood Meter PreK – 1st Grade

9. Bored - 8. Relaxed - 7. Brave - 5. Excited - 2. Angry - 1. Cheerful - 6. Proud - 2. Angry - 4. Worried - 3. Patient

The Mood Meter 2nd – 3rd Grade

10. Peaceful - 3. Bold - 5. Frightened - 2. Blamed - 8. Relieved - 9. Disappointed - 6. Hyper - 7. Thoughtful - 4. Eager - 1. Timid - 11. Discouraged

The Mood Meter 4th – 5th Grade

5. Aggressive - 1. Overwhelmed - 10. Terrified - 7. Ashamed - 6. Resentful - 4. Content - 11. Optimistic - 8. Ecstatic - 9. Sympathetic - 2. Competent - 3. Tranquil