PULSE CHECK: MOOD METERS

Recognise. Learn to identify physical cues to understand what we and others are feeling, for example, if someone’s feelings are hurt.

Understand. Develop an understanding of the causes and consequences of an emotion, such as what makes you angry and why taking it out on your siblings is not OK.

Label. Build an emotional language to start to differentiate and describe the full range of human emotions, like expressing when you are happy or sad.

Express. Learn how to show and express our emotions in socially appropriate ways, such as not shouting at others when we are upset.

Regulate what we think about or do to feel more or less of an emotion, so we can be our best selves whatever the situation, for example, how to control ourselves when we feel cross.

Emotional Weather Report

What Kind of Emotional Weather Are You Having Today?

Sunny (happy, excited)

Dewy (relaxed, peaceful)

Rainbow (hopeful)

Rain (sad, lonely)

Stormy (angry, frustrated)

Windy (anxious, stressed)

Foggy (confused, depressed)

Cloudy (grumpy, sick)

SECONDARY: Mood Meter APP for identification and tracking