

Mood Meter



To create your own Mood Meter:

Gather together magazines, scissors and glue. Cut out pictures of faces showing various moods and expressions. Glue the faces in the corresponding color on the Mood Meter.

Blue - Less pleasant, low energy. Some feelings words include glum, tired, depressed, lonely.

Green - Pleasant, low energy. Some feelings words include relaxed, chill, carefree, satisfied.

Yellow - Pleasant, high energy. Some feelings words include cheerful, ecstatic, proud, energized.

Red - Less pleasant, high energy. Some feelings words include furious, troubled, worried, annoyed.