



Mood Meter Check-Ins

Recognizing Emotions:

How are you feeling?

How do you know you are feeling this way?

What does your body look like when you feel this way?

What does your face look like?

What does your voice sound like?

Understanding Emotions:

What happened to make you feel this way?

What do you want to do when you feel this way?

What do you want to say when you feel this way?

Labeling Emotions:

What is the name of this feeling?

What other feelings are like this feeling?

Expressing Emotions:

What would be a helpful way to tell someone that you are feeling this way?

Regulating Emotions:

What could you do to feel less of this feeling?

What could you do to feel more of this feeling?

When you feel this way, what do you do?