

Mood Meter Student Tool

Students, you can use this tool to think about how you are feeling. Find the word or words that best describe your current mood, and think about what color quadrant it is on. If it is red, those are unpleasant, high energy feelings. The blue quadrant also represents unpleasant feelings, but they are low energy. Feelings in yellow are pleasant and high energy, while green is pleasant and low energy. Or, if you are having a hard time defining your emotions, think about what quadrant you might be in, and look for a word that describes how you feel.

If you find yourself in the yellow or green quadrant, great! Think about what you are doing that is causing those feelings, and make a plan for staying there. If you find yourself in the red or blue quadrant, think about what you can do to shift to the yellow or green. Make a plan for your own well-being.

Understanding how you feel is the first step!



Frustrated
 Annoyed
 Panicked
 Worried
 Angry
 Concerned
 Enraged
 Nervous
 Scared
 restless
 Frightened
 Unsure
 Anxious



Upbeat
 Motivated
 Ecstatic
 Hyper
 Cheerful
 Inspired
 Elated
 Joyful
 Optimistic
 Excited
 Pleasant
 Proud
 Thrilled
 Blissful



Mood Meter

Troubled



Down

Ashamed

Complacent

Tired

Excluded

Apathetic

Bored

Disgusted

Miserable

Lonely

Depressed

Disappointed

Guilty

Sad

Confused



Satisfied

Fulfilled

Content

Carefree

Chill

Grateful

Relieved

Secure

Collected

Relaxed

Calm

Rested

Tranquil

Thoughtful

