

Mood Meter School Home Activity App

PHE Curricular Competencies: Mental Well-being

Audience(s): K-12

Hyperlink: [Mood Meter Activities from Heart-Mind Online](#); [Mood Meter App](#)

Description

The Mood Meter is an app that reminds people to check in with how they're feeling throughout the day.

Heart-Mind Online has written an article for educators with ideas of how they can use the Mood Meter in their classroom. Their suggestions could also be modified to check-in with students while they are learning at a distance.

Objective(s)

Encouraging and reminding students to self-reflect on how they are feeling will lead to a more mindful understanding of how their emotions change throughout the day, and in turn, how their emotions affect their actions. Over time, this will develop a stronger emotional intelligence.

Curricular Connections

This resource is connected to the Personal and Social Core Competencies for K-12:

Self-regulating: Students who are personally aware and responsible take ownership of their choices and actions. They set goals, monitor progress, and understand their emotions, using that understanding to regulate their actions and reactions.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by The Dalai Lama Center, Dr. Marc Brackett and Dr. Robin Stern