

AMANI PROJECT @ Home

INSTRUCTIONS

Activity 3: Teach the Mood Meter

DETAILS

- **Time:** 1 hour (or more if you want!)
- **Materials/Equipment:**
  - Pen or pencil, piece of paper
  - Color version of the Mood Meter (print or digital). You can find it in the Resources folder on the website.

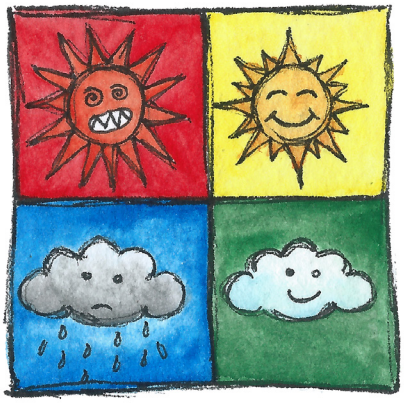
WHAT WE BELIEVE (norms & values)

- All emotions are important (there are no "good" or "bad" emotions)
- We all can learn how to express, describe, and shift our emotions
- Music can help you express or shift your emotions

WHAT YOU WILL GET OUT OF THIS (objectives)

- Tools and techniques for describing and shifting emotions
- A greater understanding of how we express our emotions
- A greater sense of connection to your community during this isolating time

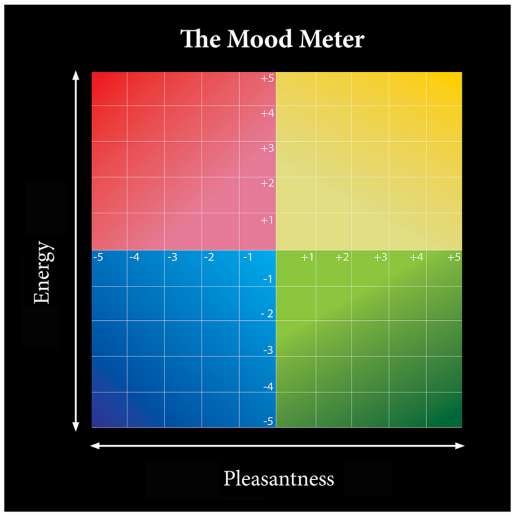
ACTIVITY



Introduction

To earn this badge, you will learn about a tool called the "Mood Meter" and then you will teach a friend what you have learned. At Amani Project, we use the Mood Meter from the **Yale Center for Emotional Intelligence** to help us recognize, understand, and manage our emotions. Emotions are an essential part of making music. Imagine if someone was acting sad while singing a song about being happy. It would be confusing! To help with this exercise, ask an adult to help you either print or have the color version of the mood meter for you. You will use this to learn about and teach the Mood Meter.

The Mood Meter is made up of two lines and the four squares (Red, Blue, Green and Yellow). The line moving up and down is called the Y-Axis. This shows our level of ENERGY. The **BLUE** and **GREEN** squares at the bottom of the Mood Meter represent LOWER energy emotions. The two **RED** and **YELLOW** squares at the top of the Mood Meter represent HIGHER energy emotions.



The line moving left to right is called the X-Axis. This shows the level of PLEASANTNESS, or how good the emotion feels. The **BLUE** and **RED** on the left of the Mood Meter represent LESS pleasant emotions (they do not feel very good), while **GREEN** and **YELLOW** squares to the right represent MORE pleasant emotions (they feel really good).



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Step 1 - Shift Your Color

We show our emotions by how our face looks, how our body looks, how high or low our voice sounds, how loud or soft we talk, if we are sweating, and how our heart rate gets faster or slower. As we learn about emotions, it is important to know that every emotion is important. There are no good or bad emotions.

Did you know that you can talk about your emotions using the Mood Meter? For example, if you said, "I am in the high red," we would understand that you were feeling a lot of energy, and that it does not feel very good.

When we are in the **RED** (high energy, less pleasantness), we might scrunch up our face. We might have a very loud voice or speak at a high pitch. We might feel hot and sweaty. We might be scared or angry. Being "in the red" is a good place to be when you want to take action on something that is important, or to compete in debate or sports.

When we are in the **BLUE** (low energy, less pleasantness), we might be hanging our head down. Our body might be limp. We might have a sad look on our face. We might have a low and soft voice, and we might not want to talk. We might not make eye-contact with other people. We might be feeling sad or worried. Being "in the blue" is a good place to be when you need to focus on a detailed task or think carefully about something.

When we are in the **GREEN** (low energy, more pleasantness), we might have a very calm look on our face. We might speak in a quiet voice. We might have a little smile on our face. Our heart rate will be slower. We might be feeling relaxed or satisfied. Being "in the green" is a good place to be when working with friends on a project.

When we are in the **YELLOW** (high energy, more pleasantness), we might be jumping up and down! We might have a high and loud voice. We might have an open and energetic look on our face. Our heart rate will be higher than when we were in the **GREEN**. We might be feeling excited or inspired. Being "**in the yellow**" is a good place to be when you want to create something new or celebrate!



By using techniques like breathing, listening to music or singing a song you like, you can practise shifting your emotions from one color to another. Other techniques for shifting your emotions might be going for a walk, talking with a good friend, reading your favourite book, meditating, going on a journey to a fantasy land in your head, or just finding a quiet place to sit and reflect. For example, if you wanted to move from the **RED** (higher energy, less pleasantness) to the **GREEN** (lower energy, more pleasantness), you might sit quietly, close your eyes, and take five slow deep breaths in through your nose and out through your mouth.

Write your own list of techniques that would help you move from the **RED** to the **GREEN**. Then, think of things you can do to move from the **BLUE** to the **YELLOW**. Finally, think of things you can do to move from the **GREEN** to the **RED**. Write these techniques down on a piece of paper.



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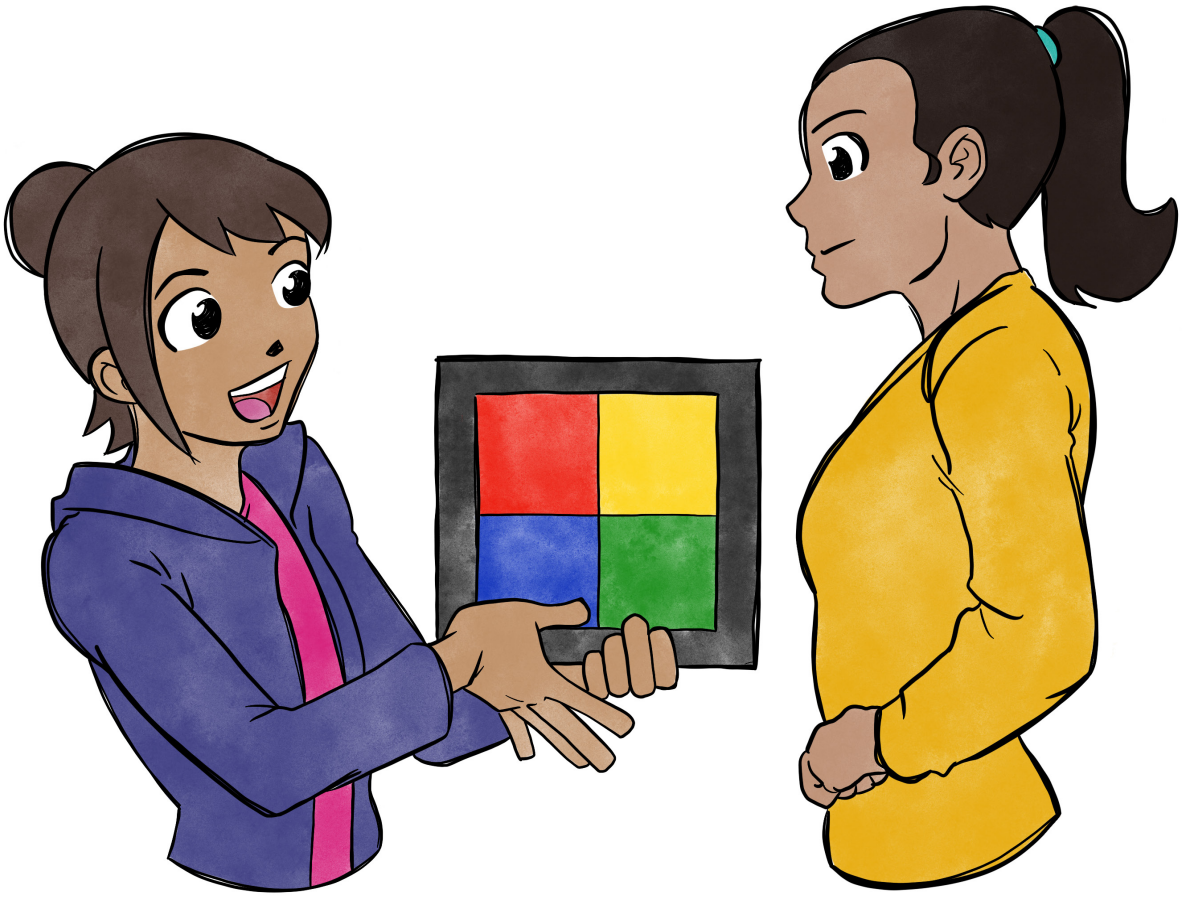
Step 2 - Teach the Mood Meter

Now that you understand the Mood Meter, it is time to teach anyone in your house, or call a family member or friend if you can! Teach them what you just learned about each of the 4 colors of the Mood Meter. Go through what the Mood Meter is, what it is used for, and what the axes and four colors represent. Explain how you can use the Mood Meter to express what you are feeling, and how you can shift from one color (emotion) to another. Make sure to check for understanding and allow your friend to ask questions.

Once your friend has a good understanding of the information above, point to any color on the Mood Meter and ask your friend to act out what they think that color/emotion looks like by using their body and voice. Tell them the more dramatic they are with their performance, the easier it will be to guess which color they are acting out. Offer helpful feedback by pointing out what worked well and what might need to be changed. After this, explain how you can use techniques like breathing and music to move from one color (emotion) to another. You are now ready to use the Mood Meter to help you make music!



Hey Adults! Do you have a suggestion for how to improve this activity? Or just want to tell us how much you liked it? Click here.



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ACTIVITY CHECK

Activity 3: Teach the Mood Meter

INSTRUCTIONS: *Use the questions below to make sure your young person has completed the activity. If they have missed a step, explain what is missing and what they need to do in order to complete the activity and earn their badge. Once they've successfully completed all the steps, congratulate them and award them the Activity 1 badge to glue onto their Amani Project @ Home Badge Card.*

Objectives:
1) Accurately describe the four quadrants of the Mood Meter.
2) List at least 3 techniques for moving from one Mood Meter color to another.
3) Teach a friend about the Mood Meter.

You must be able to answer "YES" to all questions below in order to award the badge.

1. Did they create a list of techniques they can use to move their emotions from one colour to another on the Mood Meter?

   ❑ Yes ❑ No

2. Are they able to explain (at a very basic level) the Mood Meter, what it is used for, and what the four colors represent?

   ❑ Yes ❑ No

3. Did they teach the Mood Meter to a friend or family member?

   ❑ Yes ❑ No

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