

**Social Emotional
Learning**
**unruly
Splats**



Grade Level: K-5
Skill: Identifying Emotions
Time: 30 minutes
Game Setup: 5 Splats
Unruliness: Jumping

Mood Meter

Students will work collaboratively to identify and describe different types of emotions using the Mood Meter color zones.

Objective

- Students will identify and describe emotions.

Social and Emotional Core Competencies

- Self-Awareness
- Social Awareness

Materials

- 5 Splats
- Device
- Screen to display
- Mood Meter lesson document (see Resources)

Resources

- [Mood Meter lesson document](#) 

Preparation

- Prepare and connect 5 Splats to the device
- Project, print, or recreate the Mood Meter Lesson Document

Background

Tell students that they will be discussing different emotions. Show students the Mood Meter Lesson Document (page 1) of the four color squares. Tell students that each square represents a zone: the red zone, yellow zone, blue zone, and green zone, and they can use the mood meter to help figure out how they are feeling, or how another person might be feeling.

Show the arrows on the side of the mood meter. Explain that we can think about emotions in two: how much energy we are feeling, and how much happiness we are feeling (page 2).

Demonstrate that if students feel high energy, but low happiness, they are in the red zone. When they feel high energy and high happiness, they are in the yellow zone. When they are feeling low energy and low happiness, they are in the blue zone. And finally when they are feeling low energy but high happiness, they are in the green zone.

Now tell students that they will name and practice some of the specific emotions that they might feel in each zone (page 3). Explain when they are in the red zone, they might feel emotions like anger or fear. Ask students to brainstorm things that might cause them to be in the red zone. For example, seeing a spider or snake, or losing a game. Ask students to make facial expressions that show the red zone.

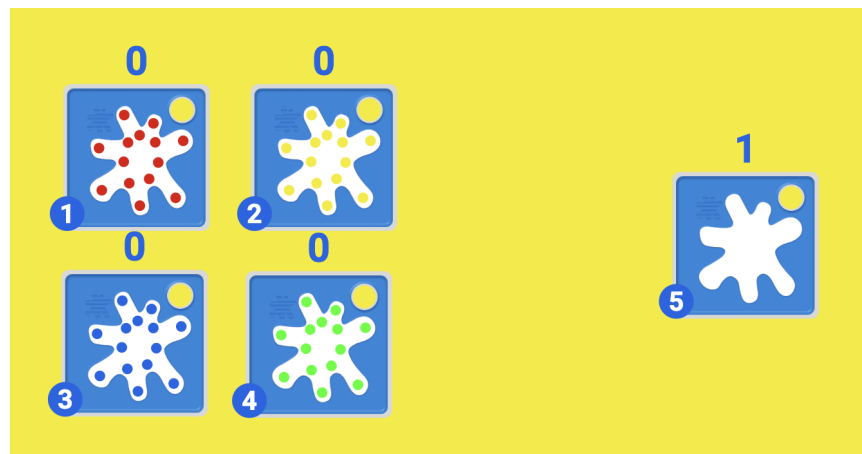
Explain when they are in the yellow zone, they might feel emotions like excitement or surprise. Ask students to brainstorm things that might cause them to be in the yellow zone. For example, going to an amusement park or having a birthday party. Ask students to make facial expressions that show the yellow zone.

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Explain when they are in the blue zone, they might feel emotions like sadness or loneliness. Ask students to brainstorm things that might cause them to be in the blue zone. For example, losing a belonging or being excluded from a game. Ask students to make facial expressions that show the blue zone.

Explain when they are in the green zone, they might feel emotions like relaxation or calm. Ask students to brainstorm things that might cause them to be in the green zone. For example, reading a book or drawing. Ask students to make facial expressions that show the green zone.

Splat Arrangement



How to Play Mood Meter

Splats 1-4 are arranged like a mood meter with four color zones for different emotions. Students stomp on the Splat that matches the emotion. Stomp on Splat 5 to add a point for correctly identifying emotions.

- 1:** Arrange the 5 Splats as shown in the instructions.
- 2:** Display the app on the screen. Load the game **Mood Meter**.
- 3:** Press **RUN** to start the game.
- 4:** Each Splat 1-4 will represent a color zone. Splat 1 will be lit red, Splat 2 will be lit yellow, Splat 3 will be lit blue, and Splat 4 will be lit green.
- 5:** To practice identifying emotions, call on students to act out facial expressions or name emotions.
- 6:** Ask a student to identify the emotion and jump on the Splat with the matching color zone.
- 7:** If the student is correct, have a student scorekeeper jump on Splat 5 to add a point.
- 8:** If the student identified the zone incorrectly, ask them to explain their choice and then try again. Some facial expressions could be in more than one zone depending on the student's interpretation.
- 9:** For the next student's turn, give another facial expression.

Notes and Variations

- Mood Meter can also be set up in the classroom to use as a regular check-in routine. Ask students to stomp to identify how they are feeling on a given day or at a given time during the day. When checking in with students, do not connect Splat 5.
- Use Mood Meter to help students practice identifying emotions when mediating interpersonal problems or having class meetings.
- Mood Meter can be used as part of a literature lesson. Students can identify different characters' feelings at certain parts of a narrative story.