

# MOOD METER~ GAME OF PHONES!



Enraged	Furious	Frustrated	Shocked	<b>M</b>	Surprised	Upset	Motivated	Enthusiastic
Cold	Highly	Nervous	Hesitant	<b>O</b>	Hyper	Cheerful	Inspired	Elated
Fuming	Angry	Worried	Annoyed	<b>O</b>	Energized	Lively	Optimistic	Thrilled
Resentful	Frustrated	Uneasy	Pensive	<b>D</b>	Pleasant	Joyful	Proud	Grateful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disappointed	Disappointed	Glad	Amused	<b>E</b>	Relaxed	At Ease	Content	Fulfilled
Worried	Nervous	Happy	Amused	<b>T</b>	Thrilled	Excited	Chill	Grateful
Disappointed	Disappointed	Tired	Grumpy	<b>E</b>	Calm	Satisfied	Relaxed	Confident
Alone	Open	World	Tired	<b>R</b>	Relaxed	Relaxed	Tranquil	Serene

Ruler and Mood Meter is an evidence based approach to social & emotional learning developed at the Yale Center for Emotional Intelligence.

## Game of Phones Directions:

1. Post Prompt
2. Players have a given amount of time (30 sec, 15 sec) to locate a photo to represent prompt
3. As time is called, they place their phones face up in a circle in the center.
4. Each player explains their choice!

## BASIC...Get to know you Prompts

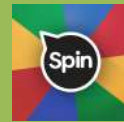
\* Think of this as a scaffold to help players become comfortable with each other and understand the game rules.

1. Find the weirdest image on your phone
2. A photo you should have deleted
3. A photo that you are proud of
4. A photo that tells a story
5. A photo that describes your personality

Now - Continue to **MOOD METER~GAME OF PHONES!**

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## Mood Meter Game of Phones Prompts



1. Prompt players with a chosen word from the mood meter, find a photo on your phone that shows that emotion
2. Use a photo digital editing app to edit the images to become that color!
3. Create a mini mood meter! Include:
  1. Colorized Photograph
  2. Visible Label of Mood Meter Word Choice



Enraged	Furious	Awakened	Shocked	<b>M</b>	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	<b>O</b>	Hyper	Cheerful	Inspired	Elated
Fuming	Awakened	Worried	Annoyed	<b>O</b>	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Pained	<b>D</b>	Pleasant	Joyful	Proud	Blissful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disgusted	Disappointed	Grim	Ashamed	<b>E</b>	Relaxed	At Ease	Content	Fulfilled
Worried	Alarmed	Mopey	Apathetic	<b>T</b>	Humble	Secure	Chill	Grateful
Amused	Excluded	Tired	Dreaded	<b>E</b>	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	<b>R</b>	Relieved	Relaxed	Tranquil	Serene

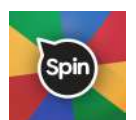


### Options:

1. Let players pick their own words based on where they are currently at
2. Create a large group mood meter with all players images
3. Have players show the opposite of the word

### Apps I like for this:

1. Photoshop for paint & text
2. Spin The Wheel for selecting word



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