

Mood Meter

Supplies:

- Mood meter Template
- Emotions template
- Clothespin
- Thick brown paper backing
- Piece of yarn
- Scissors
- Crayons
- Glue or Tape









Instructions:

1. Pick 6 emotions to put on your mood meter and color them in. Then color in a row of squares on the meter with the corresponding colors of your emotions.
2. Cut out your 6 emotions and the "I Feel" piece and glue the emotion to the corresponding color on your meter.
3. Glue or tape the yarn onto the back of your meter to make a hanger.
4. Glue or tape the thick brown paper to the back of your meter.
5. Glue the "I Feel" piece to the clothespin and add it to your meter! Hang it somewhere where you want to express your emotions!











Mood Meter

Cut and paste

 happy	 silly	 calm	 excited
 sad	 angry	 scared	 bored

I feel

 happy	 silly	 calm	 excited
 sad	 angry	 scared	 bored

I feel