



# SUPPORTING MENTAL, EMOTIONAL, AND SOCIAL HEALTH – MIDDLE SCHOOL

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A "Mood Meter" activity facilitates identifying and reflecting on emotions, strengthening a healthy learning environment, emotional awareness, and communication.

## SCAN THE QR CODE TO:



- WATCH THE VIDEO
- DOWNLOAD ADDITIONAL RESOURCES

## GRADE LEVEL:



<https://microlearning.ccee-ca.org>



## KEY STEPS



**1**

### IDENTIFY MOOD USING THE MOOD METER

- Ask students to identify their mood and energy level using colors on the Mood Meter
- Can be done on paper or through a movement activity like the "Four Corners Activity"

**2**

### REFLECT ON FACTORS

- Have students identify internal and external, and positive and negative factors affecting their emotions
- Ask the highlight and lowlight of their week

**3**

### REVIEW INFORMATION AND CONNECT WITH STUDENTS

- Regularly review the information students share
- Check in with students who may be struggling and build connections
- Remember the importance of your own mental health and modeling the practice for students