

Participant Information

Time

The timing of this activity depends on the desired length of the discussion.

Materials

- Mood Meter Poster Board
- An easel or ledge to place the board on
- Post-it's
- Dry erase marker
- Mood boost basket

Optional: variety of promo items to place in the basket, or, pre-made notes of appreciation

**The mood meter poster board is available for check-out in the SGA Office, UU263*

Spatial Set Up:

This activity can be completed in any suitable space.

Team Building Lessons:

Critical analysis, active listening, and collaboration.

Critical analysis refers to a process of evaluating and interpreting a text or concept to understand its deeper meaning.

Active listening is a communication skill where attentive effort is placed to hear and understand someone else

Wellbeing Emphasis

This activity encompasses components of occupational, emotional, and social well-being.

Activity: Mood Meter**Instructions**

Set the Mood Meter board in a location that is visible and physically accessible to all participants. Before beginning the activity, use a dry erase marker to label a spectrum of emotions in the white area on the board, picking 8 total emotions- with one corresponding to each colored section.

Set the Mood Basket by the board and fill it with your choice of items to serve as pick-me ups or “mood boosters” for those who need it.

Some examples are:

- Notes of appreciation
- Positive affirmation notes
- Candy
- Fidget toys
- Stickers

Give each participant a post-it note and have them write their name or draw an image that identifies them. Each participant should then place the post-it on the colored section that best explains how they are feeling right now.

Afterwards, each person should grab an item from the mood boost basket to keep. Lastly, use the discussion questions below to host a group check-in.

Discussion:

1. What are highs and lows that contribute to your current mood?
2. What do you need from your group members to boost your mood?
3. What is something that you are looking forward to?

IMPORTANT NOTES:

- **Only write on the board in the white space using a dry erase marker and clean off promptly following the activity using a dry cloth only. (No whiteboard spray please!)**
- **Only place post it notes on the colored sections on the bottom half of the board.**
- **Do not place any post its, tape, or marker on the black area on the top half.**
- **Do not bend, roll, or fold the board**