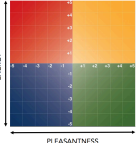


EQ Challenge¹

*Check in on the Mood Meter for one full week at least once a day (up to 3 times a day if you can).
Drop off sheet in Mr. Poulos' mailbox in the office.*

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DATE							
EMOTION?  <small>ENERGY</small> <small>PLEASANTNESS</small> (Check in at least once a day)	Morning						
	Afternoon						
	Evening						

OBSERVATIONS... What trends do you notice? Do your emotions change on different days? at different times of day? Does keeping track of your emotions change your behavior? Does it help you recognize other people's emotions? Other reflections?

¹ Inspired by RULER (Yale Center for Emotional Intelligence) ~ Created by EQ8 (Joel Barlow High School)

MOOD METER with Feeling Words

RED (Unpleasant/High Energy)

YELLOW (Pleasant/High Energy)

+5	<i>enraged</i>	<i>terrified</i>	<i>stressed</i>	<i>scared</i>	<i>shocked</i>	+5	<i>surprised</i>	<i>astonished</i>	<i>amazed</i>	<i>exhilarated</i>	<i>Ecstatic</i>
+4	<i>overwhelmed</i>	<i>furious</i>	<i>frustrated</i>	<i>tense</i>	<i>stunned</i>	+4	<i>hyper</i>	<i>delighted</i>	<i>excited</i>	<i>optimistic</i>	<i>elated</i>
+3	<i>fuming</i>	<i>frightened</i>	<i>angry</i>	<i>nervous</i>	<i>restless</i>	+3	<i>energized</i>	<i>cheerful</i>	<i>motivated</i>	<i>enthusiastic</i>	<i>proud</i>
+2	<i>anxious</i>	<i>apprehensive</i>	<i>worried</i>	<i>irritated</i>	<i>annoyed</i>	+2	<i>positive</i>	<i>happy</i>	<i>joyful</i>	<i>inspired</i>	<i>thrilled</i>
+1	<i>disturbed</i>	<i>troubled</i>	<i>concerned</i>	<i>uneasy</i>	<i>peevd</i>	+1	<i>pleased</i>	<i>content</i>	<i>hopeful</i>	<i>playful</i>	<i>blissful</i>
	-5	-4	-3	-2	-1		+1	+2	+3	+4	+5
BLUE (Unpleasant/Low Energy)						GREEN (Pleasant/Low Energy)					
-1	<i>disgusted</i>	<i>glum</i>	<i>disappointed</i>	<i>unhappy</i>	<i>down</i>	-1	<i>at ease</i>	<i>easygoing</i>	<i>pleasant</i>	<i>fulfilled</i>	<i>gratified</i>
-2	<i>pessimistic</i>	<i>morose</i>	<i>discouraged</i>	<i>sad</i>	<i>bored</i>	-2	<i>calm</i>	<i>composed</i>	<i>satisfied</i>	<i>grateful</i>	<i>compassionate</i>
-3	<i>alienated</i>	<i>miserable</i>	<i>lonely</i>	<i>jaded</i>	<i>tired</i>	-3	<i>relaxed</i>	<i>chill</i>	<i>restful</i>	<i>blessed</i>	<i>idyllic</i>
-4	<i>despondent</i>	<i>hopeless</i>	<i>sullen</i>	<i>exhausted</i>	<i>fatigued</i>	-4	<i>mellow</i>	<i>contemplative</i>	<i>peaceful</i>	<i>comfortable</i>	<i>harmonious</i>
-5	<i>despair</i>	<i>depressed</i>	<i>forlorn</i>	<i>spent</i>	<i>drained</i>	-5	<i>sleepy</i>	<i>complacent</i>	<i>tranquil</i>	<i>cozy</i>	<i>serene</i>
	-5	-4	-3	-2	-1		+1	+2	+3	+4	+5