



# Self-Awareness

## ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

# Gathering, Feelings Barometer

By: The 4Rs



## Gathering: Feelings Barometer

Note to the teacher:

*Feelings Barometer* is an excerpt from *The 4Rs™ [Reading, Writing, Respect & Resolution] Teaching Guide for Middle School, Unit 2, Understanding and Dealing with Feelings, p27.*

Use it often at the beginning of a session to help you gauge the mood of the group.

Time: 10 minutes

Materials: chalk board and chalk

As a go-round, ask students to assign a number value to their feelings, from -5 (today is the worst day in my whole life) to +5 (the best feelings you could possibly have).

Record their responses on the board as indicated below.

| <b>-5</b> | <b>-4</b> | <b>-3</b> | <b>-2</b> | <b>-1</b> | <b>0</b> | <b>+1</b> | <b>+2</b> | <b>+3</b> | <b>+4</b> | <b>+5</b> |
|-----------|-----------|-----------|-----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|
|           | x         |           | x         | x         | x        | x         |           | x         | x         |           |
|           | x         |           |           |           |          |           |           |           |           |           |
|           |           |           | x         | x         | x        | x         |           | x         | x         |           |
|           |           |           |           | x         |          | x         |           | x         | x         |           |
|           |           |           |           | x         |          | x         |           | x         | x         |           |

Have your students look at the Feelings Barometer and ask, “Where do most of our feelings lie today?”

What are their comments and observations? If the barometer reads strongly positive or negative, ask students why they think that is so.

Ask for examples of the kinds of things the students might experience that would rate a minus 5; a plus 5?

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