

## Title: EMOTIONOMETER

### Goal:

Learn more about emotions and feeling words.



### Intro:

Create a "speedometer of emotion" to explore the intensity of feelings -- grow emotion vocabulary to increase insight to self and others.

### Resources:

Pens/Pencils/Crayons

Handout

*(Optional)* Feeling Words Handout

### Instructions:

Pick up a blank Emotionometer handout from the table, and choose 3-4 colors that you want to use to make the Anger Emotionometer (the top half of the handout).

The Anger Emotionometer shows a range from CALM (no anger) to ENRAGED (lots of anger). There are spaces for nine words along this range. There are four blanks; write words that you think fit best to show the changing amounts of anger.

Add colors to show anger at each step from slow/small (on left) to big/fast (on right)

Next, you can repeat the same process with a different feeling word... such as Joy, Sorrow, Acceptance, Trust, Anticipation... or any feeling that interests you!

### Discussion:

Find another person who made an Emotionometer. In what ways are yours similar or different?

Was it easier to think of words or to draw pictures? Why do you think that is?

Next time you have a feeling, what would happen if you remember your Emotionmeter and use a very precise word to describe what you are feeling?



# POP-UP FESTIVAL