







Emotional Intelligence

Exploring Emotional Literacy through Emojis

Each day this week choose an emoji to reflect on. For each emoji, think about where it best fits on the mood meter (high or low energy, pleasant or unpleasant) and the best label for the feeling or emotion being expressed. Write what clues in the emoji help you identify this.

 <p>Where does this emoji fit on the mood meter? _____ What is the emotion? _____ How do you know? _____ Mood Meter Quadrant: _____ Describe and draw a time you felt this emotion:</p>	 <p>Where does this emoji fit on the mood meter? _____ What is the emotion? _____ How do you know? _____ Mood Meter Quadrant: _____ Describe and draw a time you felt this emotion:</p>
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