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.

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	Where does this emoji fit on the mood meter?		Where does this emoji fit on the mood meter?
	What is the emotion?		What is the emotion?
How do you know?		How do you know?	
Mood Meter Quadrant:		Mood Meter Quadrant:	
Describe and draw a time you felt this emotion:		Describe and draw a time you felt this emotion:	
	here does this emoji fit on the mood meter?		Where does this emoji fit on the mood meter?
	What is the emotion?		What is the emotion?
How do you know?		How do you know?	
Mood Meter Quadrant:		Mood Meter Quadrant:	
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	Where does this emoji fit on the mood meter?		Where does this emoji fit on the mood meter?
	What is the emotion?		What is the emotion?
How do you know?		How do you know?	
Mood Meter Quadrant:		Mood Meter Quadrant:	
Describe and draw a time you felt this emotion:		Describe and draw a time you felt this emotion:	
		Describe and draw a time y	ou left this emotion: