

MOOD METER

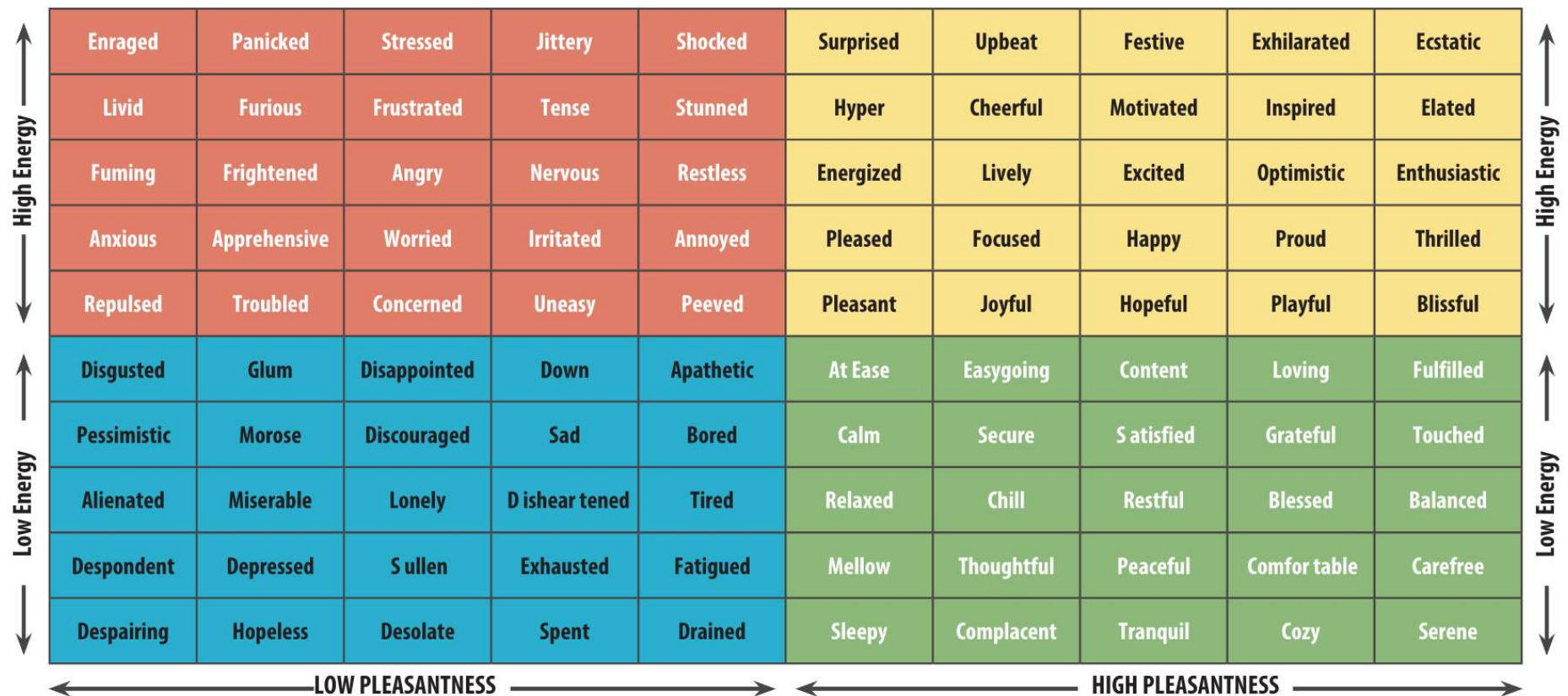
Let's understand our feelings better
and increase our Emotional Intelligence

We are all feeling beings who are experiencing emotions every moment of our lives.
We want to increase our Emotional Intelligence.
We can get in touch with our own feelings by asking ourselves:

How do I feel? And Why?

How Do I Feel?

Locate your current emotional state on the Mood Meter



Why Do I Feel This Way?

Think about why you feel this way.



The Kintess School
www.kintess.org