






TOOL 30 | The Mood Barometer

Learning Objective	The mood barometer is used to measure the mood in the group. It helps to get a better picture of the current state of mind of the group, or the level of understanding of the different modules in the e-Learning course, or the mood of the previous day, etc.		
Learning Outcome	After use of the tool, participants will <ul style="list-style-type: none">▶ express:<ul style="list-style-type: none">▶ how they feel in the course▶ or how they like the course▶ or how they deal with the different modules and the content▶ be able to:<ul style="list-style-type: none">▶ openly express their positions/their opinions		
Target Group	All		
Type		Duration	15 minutes
Use	 	Participants	10-25
Complexity	Low		
Material Needed		▶ n/a	
		▶ Whiteboards	
Preparation Steps	n/a		
Implementation Steps	<ul style="list-style-type: none">▶ The facilitator draws an imaginary line in the room. One corner represents „I’m fine“, the opposite corner represents „I’m not fine“.▶ The participants then stand on this line according to their state of mood.▶ The facilitator asks the individuals why they are standing exactly on this spot of the line.		