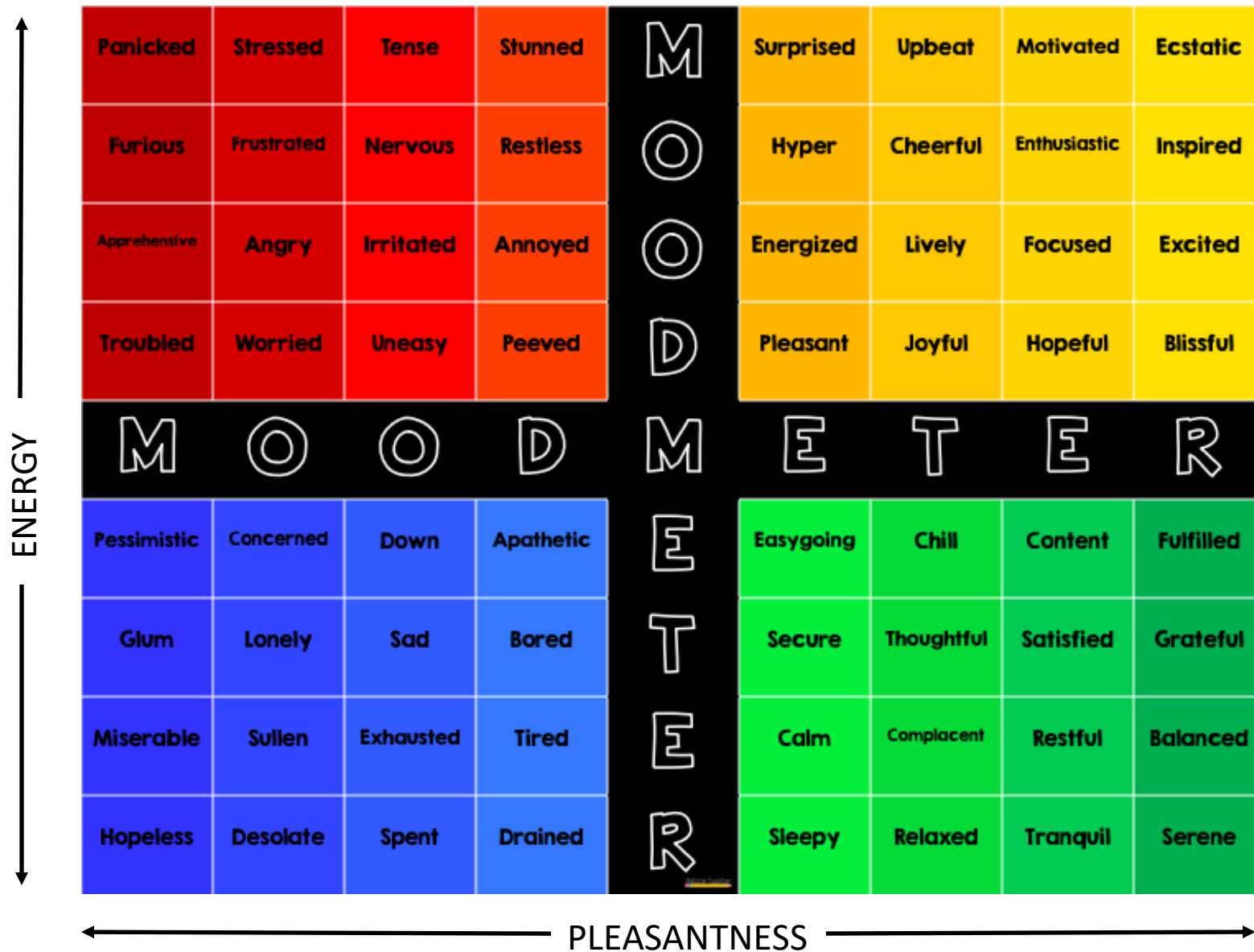


HOW ARE YOU FEELING?



Recognizing emotions in self and others
Understanding the causes and consequences of emotions
Labeling emotions accurately
Expressing emotions appropriately
Regulating emotions effectively

The Mood Meter is a tool to build self and social awareness. It can be used to develop all of the RULER skills.