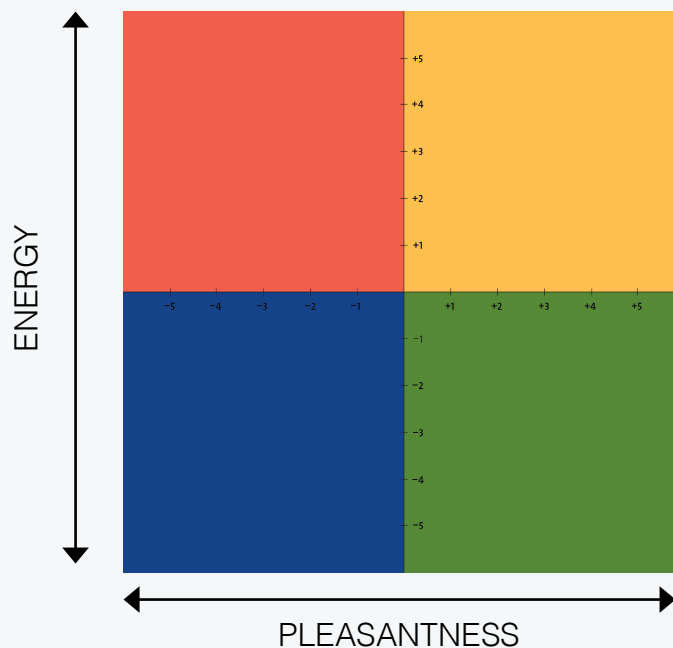


Mood Meter Check-in and RULER Skills

How are you feeling?



RULER Questions

1. How are you feeling? (Recognizing & Labeling)
2. What happened to make you feel this way? (Understanding)
3. How are you showing your feeling? (Expressing)
4. What are you doing to feel more, less, or the same of that same feeling? (Regulating)

RULER Skills

Recognizing emotions	Using cues to understand what we are feeling and what others are feeling
Understanding emotions	Understanding the causes and consequences of an emotion
Labeling emotions	Giving emotions a name
Expressing emotions	How we show and express our emotions and how we show our emotions in socially appropriate ways
Regulating emotions	What we think about or do to feel more or less of an emotion or to keep feeling the same amount of an emotion

Activity: Rollercoaster of Emotions

Think about a typical day from start to end.

What are the events that happen that define your day? How do they make you feel?

What happened?	How did you feel?	Mood Meter Color
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Moving Around the Mood Meter for Adults

What is a strategy you use to move yourself from the red to the green?

What is a strategy you use to move yourself from the blue to the green?

What is a strategy you use to move yourself from the green to the yellow?

Feeling Words Curriculum: R-U-L-E-R Worksheet

Feeling Word: _____

Recognizing

What does this feeling look like in our faces and bodies and sound like in our voices?

Understanding

What kinds of things happen that might make us feel this way? How does feeling this way affect how we behave?

Labeling

What is the definition of this feeling word? What other feelings relate to this feeling?

Expressing

When we have this feeling, what can we do to show it appropriately at school?

Regulating

Do we usually like to feel this way? If yes, what can we do to have this feeling more often or help others have this feeling? If not, what can we do to change our feeling or help a friend change their feeling?

Creating a Center Charter

How do we want to feel at school each day?

Write down your top 5 feelings

1. _____
2. _____
3. _____
4. _____
5. _____

Write down your table's top 5 feelings

1. _____
2. _____
3. _____
4. _____
5. _____

What will we do to have these feelings and create a positive school environment?

Write down 5 specific behaviors (one for each feeling)

1. _____

2. _____

3. _____

4. _____

5. _____

What do we do if we have uncomfortable feelings or conflict?

Write down 5 specific strategies

1. _____

2. _____

3. _____

4. _____

5. _____

Meta-Moment Strategies for Regulating Your Emotions

Effective Strategies	Actions
In the Moment	<ul style="list-style-type: none">• Breathing• Mindfulness/Relaxation• Reframing• Private self-talk• Visualization• Distraction• Physical space/distance
Long-term	<ul style="list-style-type: none">• Meditation• Spirituality• Physical activity (stretching, walking, yoga)• Constructive activity (hobbies, reading, cooking, painting)• Entertainment (music, television, videogames)• Modifying the situation• Finding support from others• Taking action for a cause or social issue• Focusing on solving the problem• Working hard to achieve a goal• Shifting or changing the goal• Seeking professional help
Ineffective Strategies	Actions
	<ul style="list-style-type: none">• Avoidance• Withdrawal• Denial• Ignoring the emotion or problem• Wishful thinking• Rumination and worry• Suppression• Self-denigration• Blaming oneself or others• Procrastination• Acting out• Poor health habits• Abusing substances

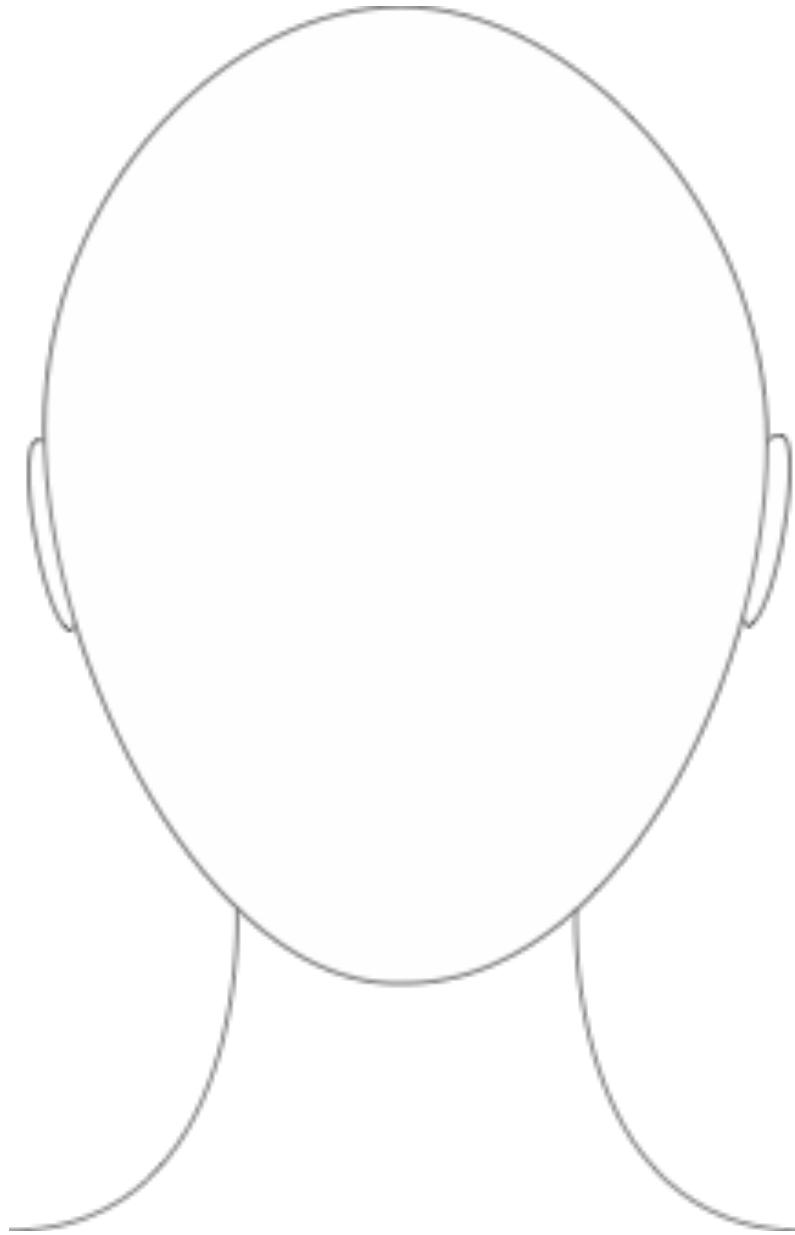
Meta-Moment Triggers

With your table group, brainstorm as many triggers as you can think of that might happen during a typical work day.

Make a list of triggers that most affect you at work.

Meta-Moment: My Best Self

In the profile, write down the top five qualities that describe your Best Self as an educator.



On the lines below, list one to two specific behaviors for each of the qualities you chose.
