

RULER

Everyday we have so many new emotions & new feelings, it is important that we:

Recognize what we are feeling & what others are feeling

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Everyday we have so many new emotions & new feelings, it is important that we:

Understand why we are feeling that way

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Everyday we have so many new emotions & new feelings, it is important that we:

Label, or choose a word, to describe how we are feeling

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Everyday we have so many new emotions & new feelings, it is important that we:

Express our emotions appropriately

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Everyday we have so many new emotions & new feelings, it is important that we:

Regulate, or shift, our emotions so we are ready to learn and have fun!

R

ecognizing emotions in self and others

U

nderstanding the causes and consequences of emotions

L

abeling emotions accurately

E

xpressing emotions appropriately

R

egulating emotions effectively

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I am going to split the class into four groups- one for each color!

You are going to:

1. Choose a word in your color
2. Write the word & draw a self portrait with that word!
Use the color that you chose- use the art to help you and your group!
3. Brainstorm- why would someone feel this way? Where could they be? What could they be thinking? What could their bodies be doing?

Mood Meter

enraged	panicked	stressed	jittery	shocked	surprised	upbeat	festive	exhilarated	ecstatic
livid	furious	frustrated	tense	stunned	hyper	cheerful	motivated	inspired	elated
fuming	frightened	angry	nervous	restless	energized	lively	enthusiastic	optimistic	excited
anxious	apprehensive	worried	irritated	annoyed	pleased	happy	focused	proud	thrilled
repulsed	troubled	concerned	uneasy	peeved	pleasant	joyful	hopeful	playful	blissful
UNPLEASANT					PLEASANT				
disgusted	glum	disappointed	down	apathetic	at ease	easy going	content	loving	fulfilled
pessimistic	morose	discouraged	sad	bored	calm	secure	satisfied	grateful	touched
alienated	miserable	lonely	disheartened	tired	relaxed	chill	restful	blessed	balanced
despondent	depressed	sullen	exhausted	fatigued	mellow	thoughtful	peaceful	comfy	carefree
despair	hopeless	desolate	spent	drained	sleepy	complacent	tranquil	cozy	serene

We can use the Mood Meter to:

1. Identify what color we are feeling
2. Identify which word matches our feeling

