

RULER

Emotions Matter

Emotions Influence

- Attention, memory, and learning
- Decision making and judgement
- Relationship quality
- Physical and mental health

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions appropriately

Regulating emotions effectively

ANCHORS of Emotional Intelligence

1. Charter
2. Mood Meter
3. Meta-Moment
4. Blueprint

Charter

- This is a living and breathing document that can be amended throughout the year.
- It is an group consensus for how we want school to be, how we can promote it, and how to manage ourselves and others when difficulties arise.

Mood Meter

The RUL of RULER



Stressed
Enraged
Terrified
Scared
Shocked
Frustrated
Tense
Nervous
Stunned
Overwhelmed
Furious
Fuming
Anxious
Frightened
Worried
Irritated
Annoyed
Apprehensive
Concerned
Uneasy
Peeved
Disturbed
Troubled

Angry

Astonished
Amazed
Ecstatic
Surprised
Delighted
Exhilarated
Excited
Optimistic
Hyper
Energized
Cheerful
Enthusiastic
Elated
Motivated
Proud
Positive
Happy
Inspired
Thrilled
Pleased
Content
Hopeful
Blissful
Playful

Happy

Down
Disappointed
Unhappy
Bored
Sad
Morose
Discouraged
Miserable
Lonley
Tired
Jaded
Disgusted
Pessimistic
Alienated
Sullen
Fatigued
Despondent
Hopeless
Exhausted
Despair
Depressed
Forlorn
Spent
Drained

Sad

Easygoing
At Ease
Pleasant
Fulfilled
Gratified
Grateful
Satisfied
Compassionate
Composed
Relaxed
Chill
Restful
Blessed
Idyllic
Mellow
Peaceful
Harmonious
Contemplative
Sleepy
Complacent
Tranquil
Cozy
Serene

Calm

Chill

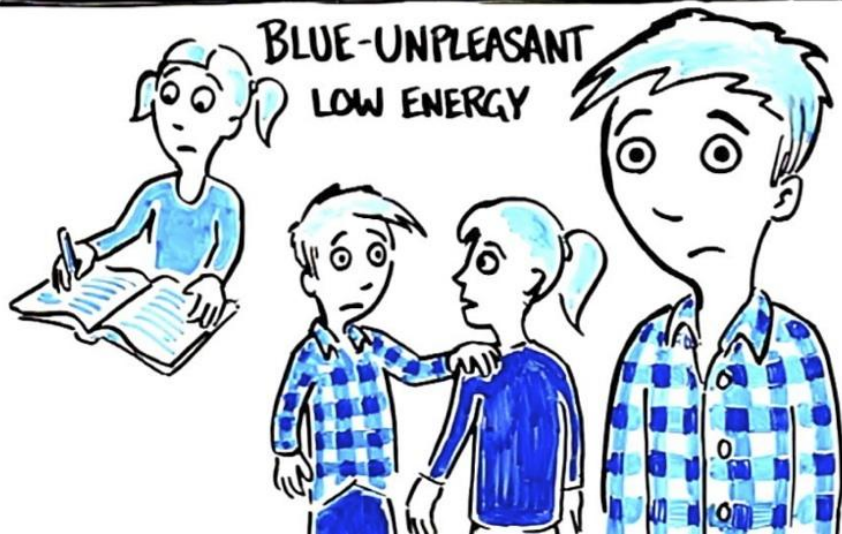
RED-UNPLEASANT
HIGH ENERGY



YELLOW-PLEASANT
HIGH ENERGY



BLUE-UNPLEASANT
LOW ENERGY



GREEN-PLEASANT
LOW ENERGY



Meta-Moment

The ER of RULER

- Best self
- Strategies for take before decision is made
- Breathing, Self-Talk, Reframing, other personal strategies

Blueprint

- The action plan for putting it all in place once the first three Anchors are fully set

This year...

We will focus on the following:

- Thinking about our mood and its impact on our campus
- Thinking about students mood and its impact on our campus
- Doing person check-in and encouraging students to do the same
- Doing a daily check-in on Mood Meter will be part of PP1's project
- Pairing mood to appropriate tasks
- Create faculty charter and student charter
- Create best self reminders and goals
- Work with students on Fridays (when available) to teach and practice RULER skills

Questions?