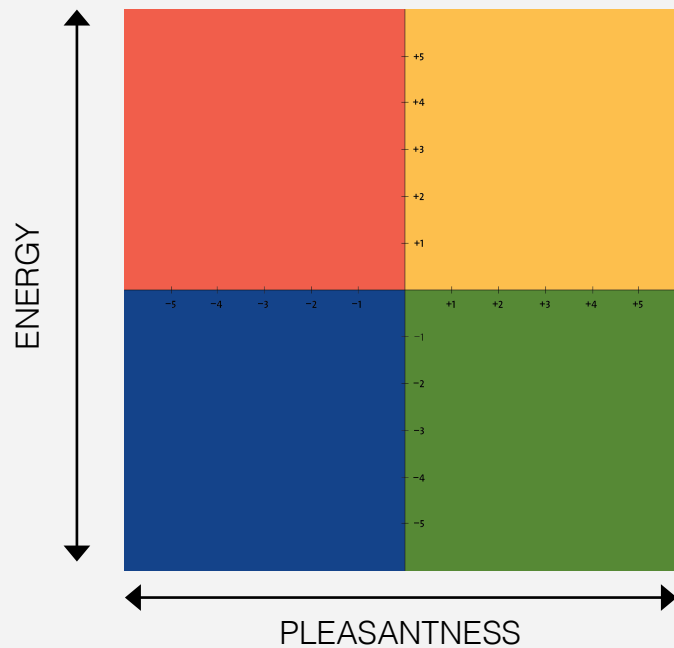


# Mood Meter Check-in and RULER Skills

## 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