

RULER – Mood Meter Tip Sheet

State that the Mood Meter is the signature tool of RULER. Its purpose is to teach self- and social awareness.

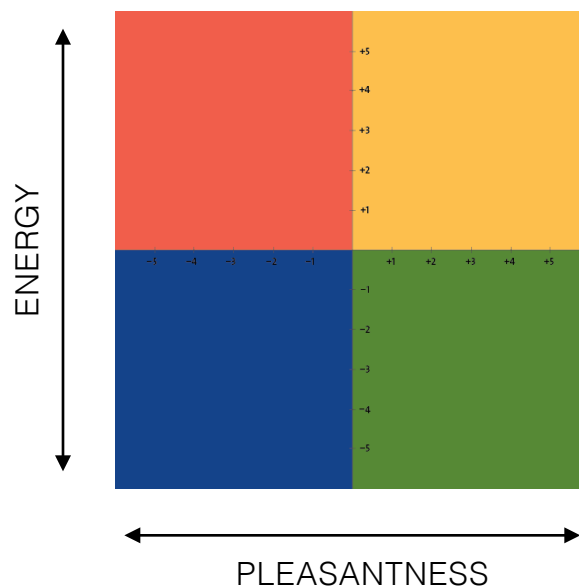
The Axes

Explain the x-axis (horizontal) as your internal, mental feeling state, ranging from extremely unpleasant (-5) to neutral (0) to extremely pleasant (+5).

Explain the y-axis (vertical) as the energy coursing through your body, ranging from very low energy (-5) to neutral (0) to very high energy (+5).

Show how the x- and y- axes cross to form four quadrants. Explain the quadrants starting in the red and ending in the green or yellow by any or all of the following:

- Asking for a few feeling words to exemplify each.
- Demonstrating or discussing the facial expressions, body language, and vocal intonation in each.
- Sharing a story about your experiences in different quadrants. If possible, try to find a connection to the world of education.



Recognizing



Understanding



Labeling



Expressing



Regulate

RULER Skills

Once the Mood Meter has been introduced, it can be used as a guide through the RULER skills, by asking:

- Recognize: What are you feeling? How pleasant? How much energy do you have? Where would you plot yourself?
- Understand: What caused you to feel that way?
- Label: What word best describes where you plotted yourself?
- Express: How are you expressing that feeling? Is your expression appropriate to the context in which you are?
- Regulate: Is where you are on the Mood Meter the place you want to be? If so, what strategies will you use to stay there? If you would like to shift, what strategies will you use?