

# Emotions Matter

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*An Overview*

# Welcome!

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- Why Emotions Matter
- The Skills of Emotional Intelligence
- The Mood Meter and the Classroom



# Emotions Matter!

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- Emotions (and what we do with them) influence:
  - Attention, memory, and learning
  - Decision making and judgment
  - Relationship quality
  - Physical and mental health
  - Everyday effectiveness

...at home, in the classroom, and at work!



Learning IS  
Social and  
Emotional.

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# What is Emotional Intelligence?

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- Emotional intelligence is about what we “do” with our emotions.
- It gives us a guide to understand the role of emotions, the information we can gain from them and our ability to manage them.
- We need these skills to be successful in school, at work and in life.

# Emotional Intelligence in Early Childhood

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- Critical period for brain growth
  - Language Development
    - Language helps build our brains in early childhood.
  - Social and Emotional Development
    - We develop our mental map for how we understand feelings and relationships in early childhood.

# The RULER Skills

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R ecognizing emotions in oneself and others

U nderstanding the causes and consequences of emotions

L abeling emotions with a nuanced vocabulary

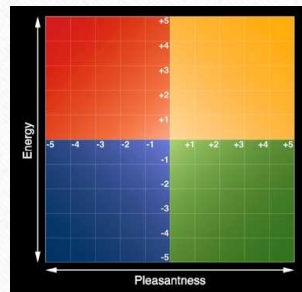
E xpressing emotions in accordance with cultural norms and social context

R egulating emotions with helpful strategies

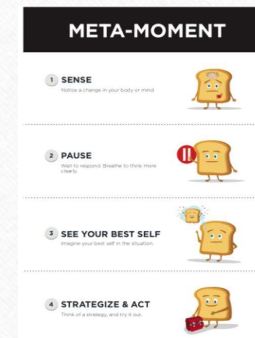
# RULER & The Anchor Tools



The Charter



The Mood Meter

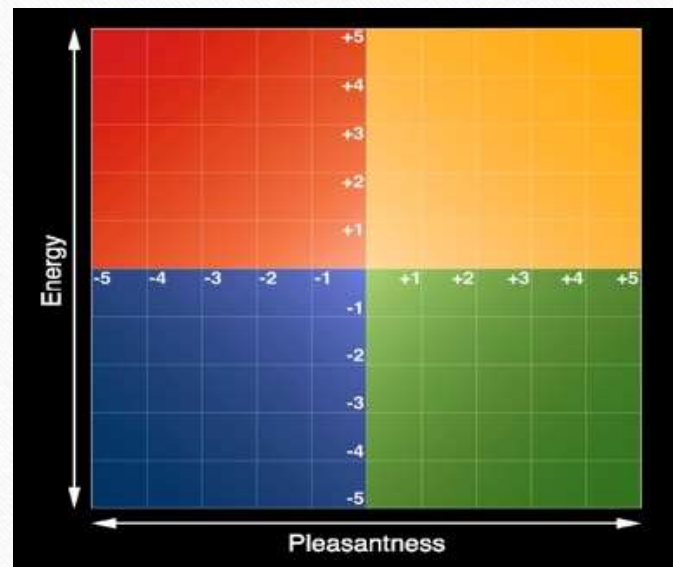


The Meta-Moment



# RULER & The Anchor Tools

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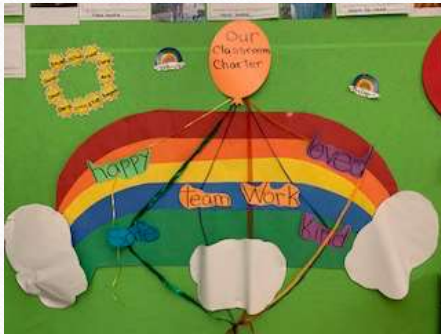


# RULER in the Classroom

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- Checking in on the Mood Meter
- Creating a classroom Charter
- Emotion Regulation

# RULER in the Classroom



# RULER in the Classroom

Fuming	Apprehensive	Worried	Annoyed	<b>O</b>	Optimistic	Happy	Optimistic	Thrilled
Repulsed	Troubled	Concerned	Peeved	<b>D</b>	Pleasant	Joyful	Proud	Blissful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disgusted	Disappointed	Glum	Sad	<b>E</b>	At Ease	Content	Living	Fulfilled
Pessimistic	Lonely	Mopey	Bored	<b>T</b>	Relaxed	Secure	Grateful	Grateful
Embarrassed	Depressed	Discouraged	Tired	<b>E</b>	Calm	Satisfied	Grateful	Carefree
Despair	Hopeless	Miserable	Exhausted	<b>R</b>	Relieved	Peaceful	Tranquil	Serene



# RULER in the Classroom

Livid	Highly agitated	Angry	Restless	<b>U</b>	Energized	Cheerful	Inspired	Excited
Fuming	Aggravated	Worried	Annoyed	<b>O</b>	Enthusiastic	Happy	Optimistic	Thrilled
Repulsed	Troubled	Concerned	Peeved	<b>D</b>	Pleasant	Proud	Blissful	
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>E</b>	<b>R</b>	
Disgusted	Disappointed	Glum	Sad	<b>E</b>	At Ease	Loving	Fulfilled	
Pessimistic	Lonely	Mopey	Bored	<b>T</b>	Relaxed	Chill	Grateful	
Embarrassed	Depressed	Discouraged	Tired	<b>E</b>	Calm	Satisfied	Carefree	



Ecstatic	Motivated	Lively	Hyper	<b>M</b>	Shocked	Frustrated	Furious	Angry
Excited	Inspired	Cheerful	Energized	<b>O</b>	Restless	Annoyed	Worried	Aggravated
Thrilled	Optimistic	Happy	Enthusiastic	<b>O</b>	Annoyed	Worried	Aggravated	Fuming
<b>R</b>	<b>E</b>	<b>D</b>	<b>M</b>	<b>D</b>	<b>O</b>	<b>O</b>	<b>M</b>	
Fulfilled	Loving	At Ease	Relaxed	<b>E</b>	Sad	Glum	Disappointed	Distressed



# Family Practices - Storybooks

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- When reading storybooks:
  - Talk about how the characters might be feeling.
  - Based upon how they're feeling, plot where they are on the Mood Meter.
  - Discuss why characters are feeling a certain way, whether they want to continue to feel that way, and what they could do to keep or change the feeling.

# Family Practices – Emotion Awareness

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- Share stories about times you have felt certain emotions and how you managed those feelings.
- Use the Mood Meter to help your child communicate how they are feeling.
- Play guessing games by making facial expressions and body movements to act out different emotions.

# Family Practices – Emotion Regulation

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We can help children learn emotion regulation strategies by practices at home.

- Examples:
  - Help children learn what calm feels like in their bodies (practice taking deep breaths, listening to calming music, stretch or do yoga).
  - Try out sensory tools, like squishy balls or glitter jars.
  - Acknowledge children's feelings by labeling them, letting them know the feelings are ok and giving them time to express them in appropriate ways.
  - Model regulation strategies ("Let's dance to get ourselves energized to pick up these toys.")



Thank You!

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