

Introducing the RULER Mood Meter

What's Happening in Third Grade:

We have been busy introducing and beginning to implement the RULER Mood Meter in grade 3 this year! The Mood Meter is a visual tool that builds students' ability to Recognize, Understand, Label, Express, and Regulate their emotions, with a key focus on the first 3 goals. We will be building the routine of having students 'Check In' and plot their emotions on the Mood Meter in the classroom. To do this students need to take stock of how pleasant or unpleasant their emotions are and the level of emotional and physical energy they are feeling in different situations throughout the day. Also, we have been working to 'collect' more precise emotion terms (ex. frustrated, devastated, ecstatic, content) to help students label their feelings accurately.

What You Can Do at Home:

- Discuss the Mood Meter with your child. It is a great visual to post at home!
- Make it a regular routine to describe emotions as red, yellow, blue, or green at different points in the day. One option is to ask "What color day did you have?"
- Prompt your child to label his or her emotions specifically. Work together to 'hunt' for more precise terms in books, TV, etc. and place them on the Mood Meter.

(These words can even be written directly on the Mood Meter for future reference.)

- Try it yourself! Digitally track emotions with 'The Mood Meter' app on your device.

HOW ARE YOU FEELING?

