

Social emotional learning is a priority at PS 205. Our goal this year is to incorporate the use of the Mood Meter (RULER program) in order to support our *Respect For All* initiative.

“Research shows that students with higher emotional intelligence are better prepared to manage their emotional lives so that they can focus, learn, and do their best in school.”
Yale Center for Emotional Intelligence

New York State cites the following SEL goals to support students in:

1. **Developing** self-awareness and self-management skills essential to success in school and in life.
2. **Using** social awareness and interpersonal skills to establish and maintain positive relationships.
3. **Demonstrating** ethical decision-making skills and responsible behaviors in personal, school, and community contexts.

In an effort to support our home-school connection, please be aware of the following SEL tools that are currently being used in the classroom for children to better understand their emotions and develop emotional intelligence:

- **Growth Mindset** – Helps children to grow in their thinking by promoting resilience, optimism, flexibility, perseverance, and empathy.
- **Classroom Pact** – Establishes norms for how children want to feel in school every day.
- **Mood Meter** – Helps children to recognize and communicate their feelings.
- **Meta-Moment** – Helps children gain emotional self-control and take effective action in difficult moments. By pausing to observe and manage their own reactions, children are better able to respond effectively to challenges and be their best selves.
- **RULER** (**R**ecognize, **U**nderstand, **L**abel, **E**xpress, **R**ecognize) – The program from Yale University that encompasses the Mood-Meter and Meta-Moment. For more information please visit: <http://ei.yale.edu/ruler/ruler-overview/>

Enraged	Furious	Annoyed	Shocked	M	Surprised	Upbeat	Motivated	Excited
Livid	Frightened	Nervous	Reckless	O	Hypert	Cheerful	Inspired	Elated
Fuming	Homesick	Worried	Antsy	O	Energized	Lively	Optimistic	Thrilled
Reputed	Troubled	Uneasy	Provoked	D	Pleasant	Joyful	Proud	Blissful
M O O D M E T E R								
Disgusted	Overwhelmed	Guilt	Ashamed	E	Relaxed	At Ease	Content	Fulfilled
Worried	Alarmed	Mopey	Awful	T	Humble	Secure	Calm	Grateful
Intense	Excluded	Tired	Grumpy	E	Calm	Satisfied	Relaxed	Carefree
Awful	Down	Bored	Tired	R	Relieved	Relaxed	Tranquil	Serene

