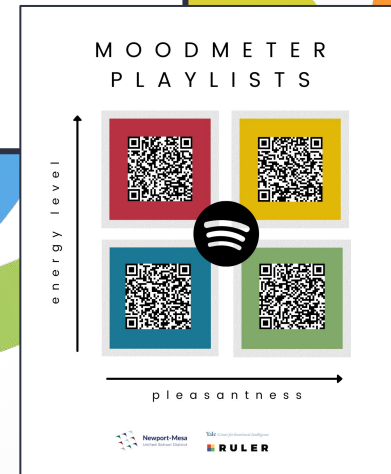


Parenting with Emotional Intelligence

NMUSD, Social Emotional Learning, & the RULER Approach

We'll start in just a minute.
Now Playing >> the green spotify playlist.



Link to Tonight's Resources

<https://bit.ly/3d7TcfE>

or



Tonight's Agenda

- ★ NMUSD, Social Emotional Learning (SEL), & the SAIL Team
- ★ Introduction to RULER
 - The Mood Meter @ Home
 - The Charter @ Home
- ★ Parent Resources
- ★ What's Next...



But First, Introductions

- ★ Kristen Henry, Coordinator of Mental Health & Wellness
- ★ Amanda Kelley, Elementary Counselor
- ★ Jodie Palmer, Elementary Counselor
- ★ Julia McDonnell, Elementary Counselor
- ★ Raquel Koch, Elementary Counselor
- ★ Heather Krikorian, Elementary Behavior Specialist



6:04

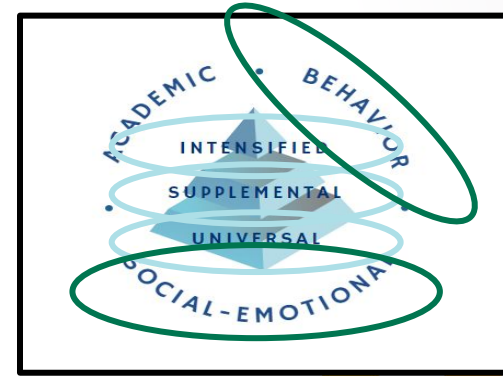


NMUSD, Social Emotional Learning (SEL), & the SAIL Team



What is the SAIL Team?

MULTI-TIERED Systems of Support





Who are the SAIL Team Members?

2020/2021

- ★ 4 General Education Elementary Behavior Specialists
- ★ 3 General Education Social Workers

2021/2022

- ★ 4 General Education Elementary Behavior Specialists
- ★ 2 Secondary Behavior Specialists
- ★ 1 Foster Youth Behavior Specialist
- ★ 4 General Education Social Workers
- ★ 1 McKinney Vento Social Worker
- ★ 11 Elementary Counselors

COSTA MESA ZONE



KRISTEN HENRY
NMUSD COORDINATOR
OF MENTAL HEALTH &
WELLNESS



ERIN PITSKER
COUNSELOR
SONORA
COLLEGE PARK



CLARISSA CUNNINGHAM
COUNSELOR
KILLYBROOK
PAULARINO



MARIA BARRAGAN
GENERAL EDUCATION
SOCIAL WORKER



KARRIE ANDERSON
SECONDARY
BEHAVIOR SPECIALIST



AMY BECKER
ELEMENTARY
BEHAVIOR SPECIALIST

NEWPORT HARBOR ZONE



JENNIFER SABOL
COUNSELOR
WHITTIER
NEWPORT HEIGHTS



KAYLA LUMOWAH
COUNSELOR
MARINERS
NEWPORT EL



JODIE PALMER
COUNSELOR
KAISER
WOODLAND



VERONICA MENENDEZ
GENERAL EDUCATION
SOCIAL WORKER



PAULINA VILLALOBOS
SECONDARY
BEHAVIOR SPECIALIST
***ALSO ESTANCIA ZONE & BBHS**



HEATHER KRIKORIAN
ELEMENTARY
BEHAVIOR SPECIALIST

CORONA DEL MAR ZONE



**RAQUEL KOCH
COUNSELOR
ANDERSEN
HARBOR VIEW**



**JULIA MCDONNELL
COUNSELOR
LINCOLN
NEWPORT COAST**



**HEATHER OZGUR
COUNSELOR
EASTBLUFF
DAVIS**



**JESSICA DE WILDE
GENERAL EDUCATION
SOCIAL WORKER**



**KARRIE ANDERSON
SECONDARY
BEHAVIOR SPECIALIST**



**GABRIELA QUEZADA
ELEMENTARY
BEHAVIOR SPECIALIST**

ESTANCIA ZONE



EDUARDO CASTILLO
COUNSELOR
CALIFORNIA
ADAMS



ROSA ROCHIN
COUNSELOR
POMONA
WILSON



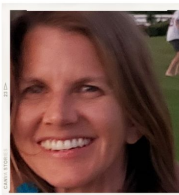
AMANDA KELLEY
COUNSELOR
REA
VICTORIA



LINH THAI
GENERAL EDUCATION
SOCIAL WORKER



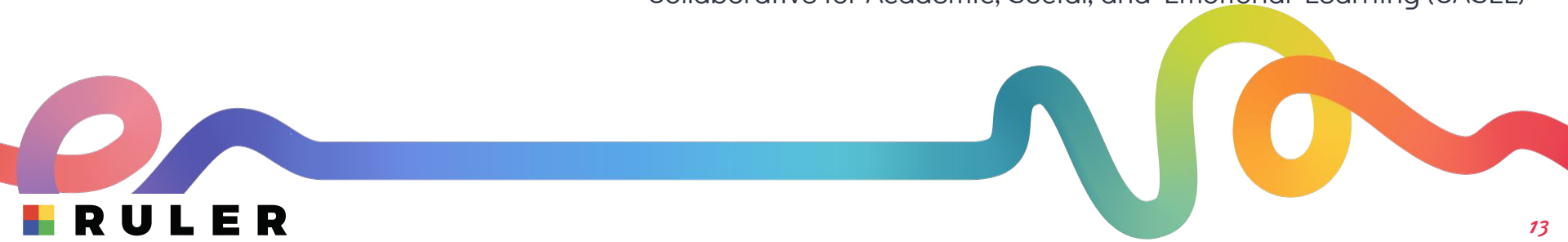
NICHOLE CORD
NMUSD FOSTER YOUTH
BEHAVIOR SPECIALIST



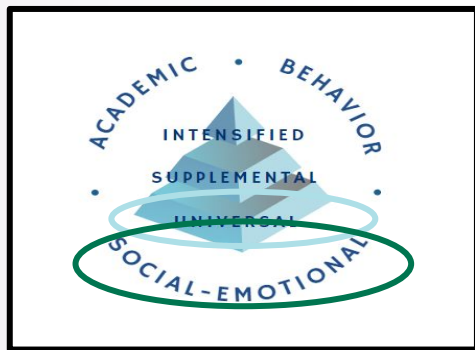
KATIE ELLIS
ELEMENTARY
BEHAVIOR SPECIALIST

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

-Collaborative for Academic, Social, and Emotional Learning (CASEL)

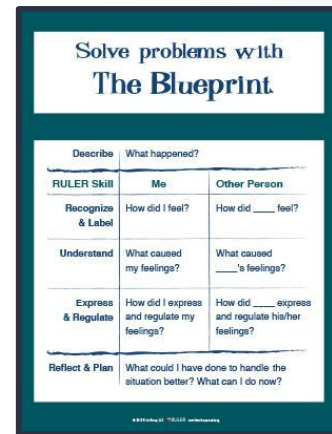
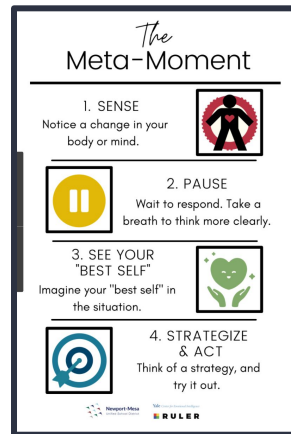
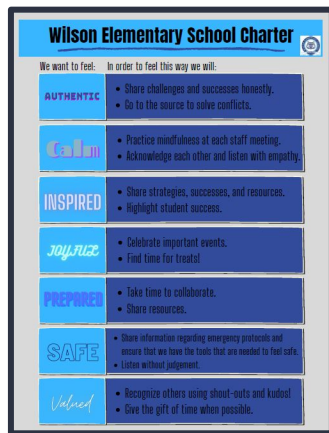
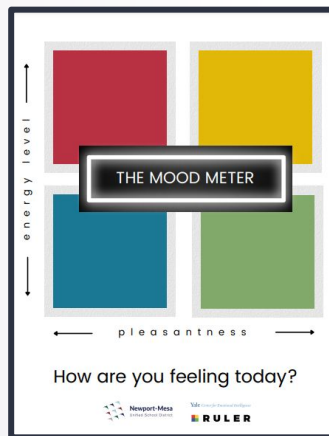


SOCIAL EMOTIONAL LEARNING (SEL) in NMUSD



RULER 2021/2022

The Year of “Emotions Matter” & 4 Anchor Tools





6:11

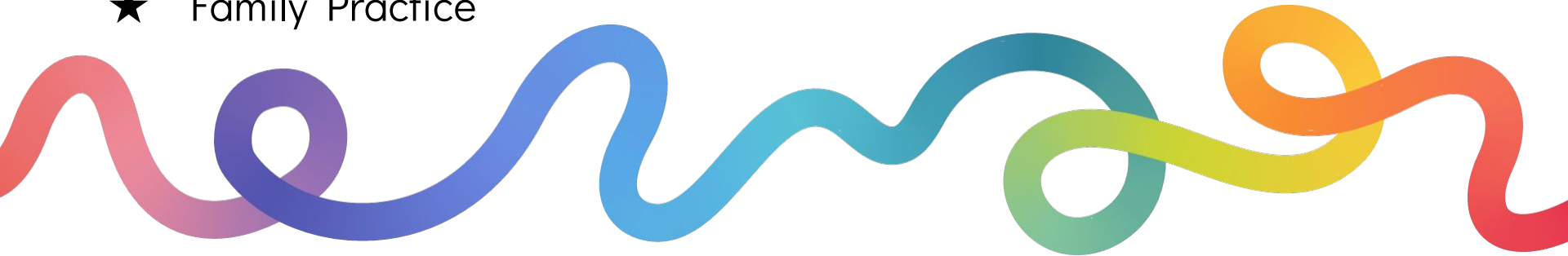
Introduction to RULER





RULER

- ★ Why Emotions Matter
- ★ The Skills of Emotional Intelligence
- ★ The RULER Tools
- ★ Family Practice



When 22,000 adolescents and teens were asked
how they were feeling at school ...



TIRED



BORED



STRESSED

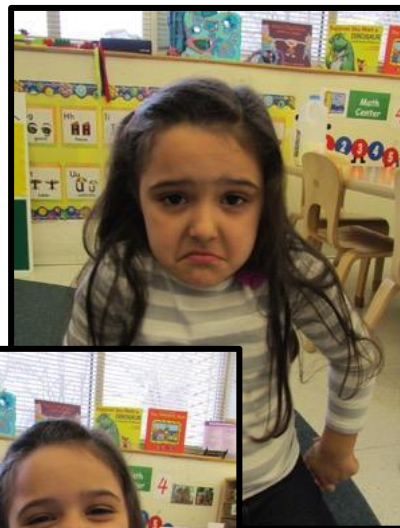



Emotions **Matter!**

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!





**ALL
LEARNING
IS
SOCIAL
EMOTIONAL.**

What is Emotional Intelligence?

- ★ 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.

What is RULER?

- ★ RULER is an approach to social and emotional learning that teaches the skills of emotional intelligence and includes everyone in the school community.
- ★ RULER is involved in all parts and aspects of the school.
- ★ Research shows that RULER reduces problem behavior, promotes positive relationships, and improves academic achievement.





IDENTIFY The RULER Skills

Recognizing emotions in oneself and others

Understanding the causes and consequences of emotions

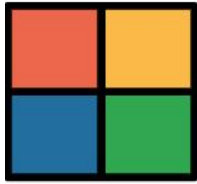
Labeling emotions with a nuanced vocabulary

Expressing emotions in accordance with cultural norms and social context ²⁵

Regulating emotions with helpful strategies



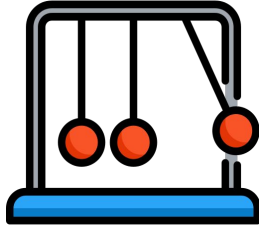
The RULER Tools



THE MOOD METER



THE CHARTER



THE META-MOMENT



THE BLUEPRINT

RULER in the Classroom

- ★ Core Routines
Adaptable practices that can be integrated into class schedule and academic instruction
- ★ Repeatable, customizable activities that enhance the emotional environment of the classroom



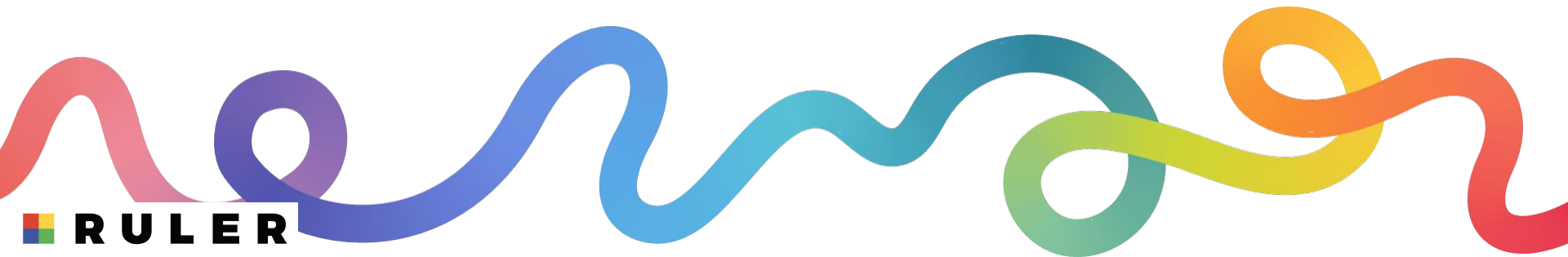
Family Practice

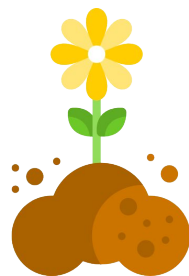
- Pay attention to your emotions and the emotions of your family members.
- Feel your feelings and *name* them. This helps us know ourselves better and make better decisions.
- Take your child's feelings seriously, so they feel valued. Listen to their feelings and ask questions to get to the underlying causes.



Family Practice

- Choose your response wisely. *Having feelings is different from acting on feelings.*
- Model effective strategies for your child with how you manage your own emotions.
- Remember there is more than one way to look at a situation. Sharing different points of view within your family can be a great learning experience.
- Stay connected by taking time each day to reach out and let them know you care.





Relationships are the soil in which children's
social-emotional learning skills grow.

JONES & BOUFFARD

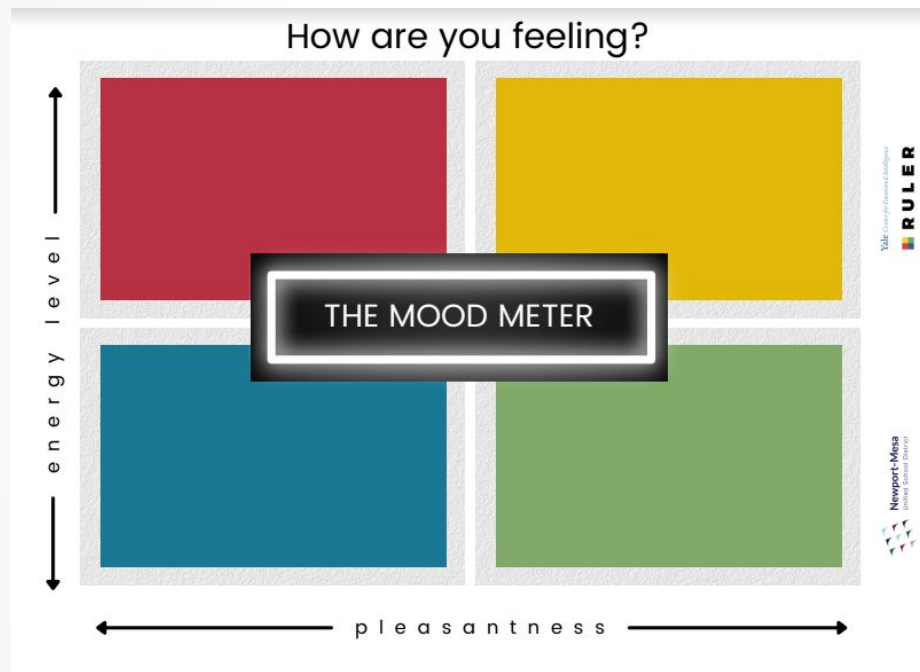
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The Mood Meter @ Home



Introduction to the Mood Meter

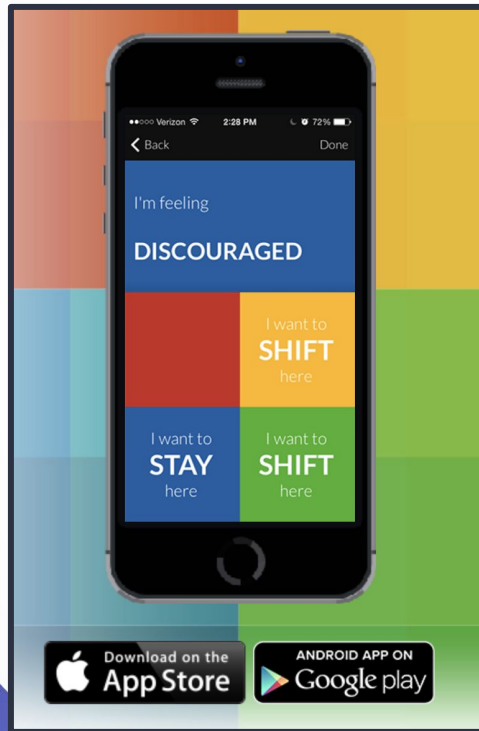


By Grade Levels!

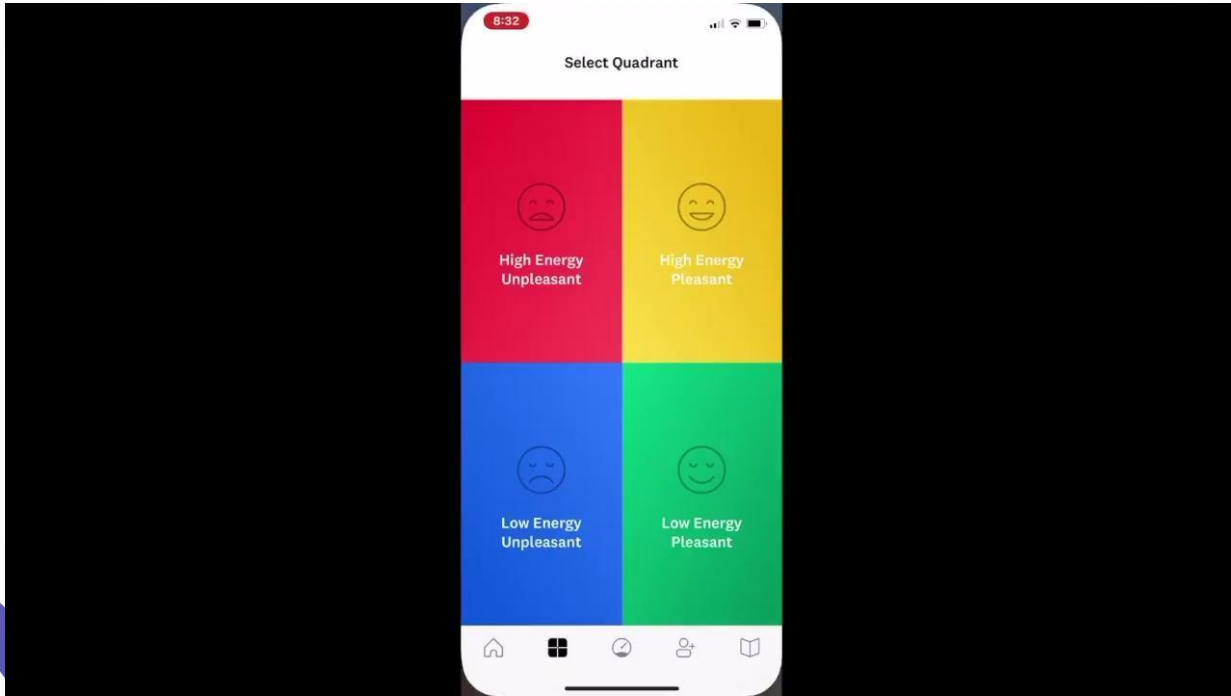
Mood Meter- Interactive Form

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

Mood Meter App



Mood Meter App



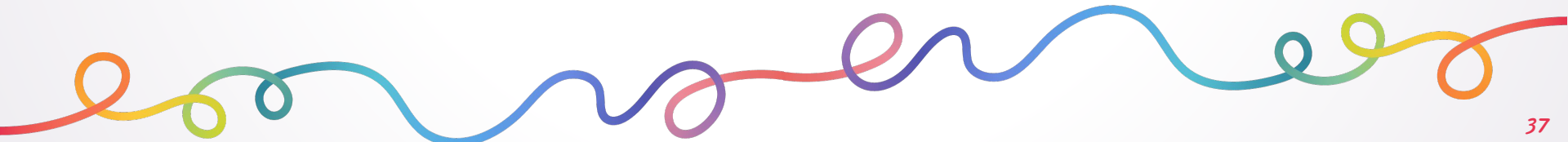


Mood Meter Scavenger Hunt

Find an object that symbolizes or brings up feelings from each quadrant.


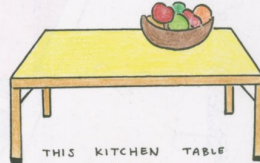

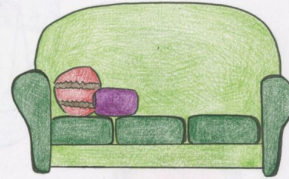
Discussion question example-

I see that you picked your math book for red, why does the book represent this feeling?



Mood Meter Scavenger Hunt

Draw the items in each quadrant and describe why each item represents each feeling for you

<p>RED</p>  <p>MY HOMEWORK IS NOT FINISHED YET. IT REPRESENTS ME FEELING "WORRIED."</p>	<p>YELLOW</p>  <p>THIS KITCHEN TABLE IN MY HOME REPRESENTS ME FEELING "ENGAGED" BECAUSE IT IS WHERE I DO MY HOMEWORK.</p>
<p>BLUE</p>  <p>THIS IS A PICTURE OF GRANDMA BECAUSE I THOUGHT THAT I WAS GOING TO SEE HER TOMORROW AND I AM NOT. THIS REPRESENTS ME FEELING "DISAPPOINTED."</p>	<p>GREEN</p>  <p>OUR COUCH REPRESENTS ME FEELING "CHILL" AND "PEACEFUL" BECAUSE THAT IS WHERE I READ OR HANG OUT WITH MY FAMILY.</p>

Using RULER Vocabulary

- ★ As a check-in in the car
- ★ As you sit down for dinner
- ★ When watching a TV Show
- ★ Bedtime reflection

For Example:

What color were you before your spelling test today?

What feeling word describes your day?

Was your energy level high or low?

Did it feel pleasant or unpleasant?



Printable Mood Meter Activity

Name _____

Mood Meter: How are you feeling today?

<p>RED</p> <p>Annoyed, confused, nervous, furious, worried, jealous</p>	<p>YELLOW</p> <p>Excited, confident, proud, energetic, focused, joyful</p>
<p>BLUE</p> <p>Hurt, lonely, bored, down, excluded, distracted</p>	<p>GREEN</p> <p>Relaxed, patient, safe, included, thoughtful, comfortable</p>

Draw yourself in the Color/Zone to
show how you are feeling today!

Name _____

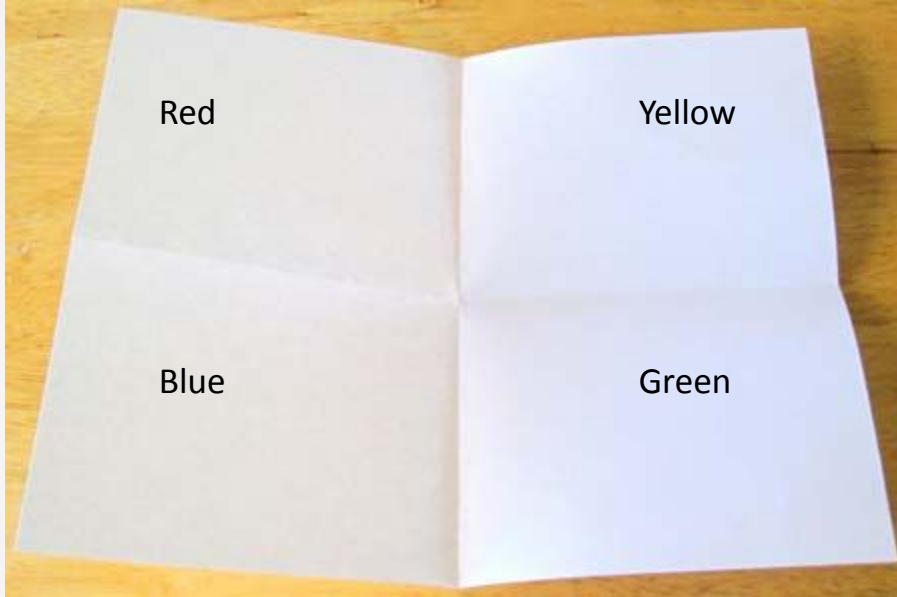
Mood Meter: How are you feeling today?

<p>envious insulted anxious exasperated passionate self-conscious</p>	<p>engaged optimistic determined elated inspired committed</p>
<p>ashamed defeated regretful pessimistic offended despair</p>	<p>satisfied connected serene valued considerate understood</p>

Energy: low high
Pleasantness: pleasant unpleasant

Today I feel _____

Make Your Own Mood Meter



1. Fold your paper in half and in half again
2. Open it back up, you'll see four squares
3. Write or Color in:
 - ★ “Red” in the top-left square
 - ★ “Yellow” in the top-right square
 - ★ “Blue” in the bottom-left square
 - ★ “Green” in the bottom-right square
4. Plot your mood

Remember, pleasantness from left to right and energy level from top to bottom



Mood Meter Strategies (Printable)

RULER

USING THE MOOD METER

The Mood Meter is a tool that helps build awareness of emotions in ourselves and others. It helps us understand how our emotions influence our thinking and behavior, empowers us to recognize and label our full range of emotions, and use our emotions wisely. These skills help us get along with others and make better choices in our lives.

The Mood Meter shows that all emotions have a place and that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. Part of working with the Mood Meter involves developing strategies to help us work skillfully with those emotions, and to cultivate more of the feelings we want to have in order to achieve our goals.

CHECKING IN ON THE MOOD METER

Use these questions to guide your Mood Meter check-in.

R: Where are you on the Mood Meter?

U: What is causing you to feel this way?

L: What word best describes your feeling?

E: How are you expressing this feeling? Are you comfortable expressing?

R: How do you want to feel? What strategy will you use to stay or shift?

RED

IF YOU'RE FEELING...

- Irritated
- Frustrated
- Angry
- Stressed
- Afraid
- Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being a little in the red helps us get things done or rise to a challenge.

WANT TO MOVE OUT OF THE RED?

Try going for a walk and exercising or taking a few slow deep breaths to clear your head and calm your body. Use self-talk (e.g., "This is part of my day, but it does not define my day"). If someone else is involved in a situation that puts you in the red, take a moment to think about their feelings or perspective too.

BLUE

IF YOU'RE FEELING...

- Discouraged
- Disappointed
- Sad
- Bored
- Lonely
- Depressed

Now is a good time to work on a detail-oriented project by yourself, like proof-reading or critical thinking. Being in the blue can be a good time for writing poetry, songwriting or being an empathic listener with a friend.

WANT TO MOVE OUT OF THE BLUE?

Try a strategy with movement, like putting on music and dancing, talking with a friend or having a snack. Use self-talk to remind yourself of the big picture or try positive reframing - putting a positive spin on a situation. If someone else is involved in a situation that puts you in the blue, take a moment to think about their feelings or perspective.



YELLOW

IF YOU'RE FEELING...

- Happy
- Productive
- Excited
- Energetic
- Motivated
- Focused

Now is a good time to start a new project, have a brainstorming or problem-solving session with your team, or work on a creative project. Being in the yellow is a good place to be for checking things off your to-do list!

WANT TO MOVE OUT OF THE YELLOW?

Try turning one of your meetings into a walking meeting to use some energy. Take slow deep breaths, listen to calm music, or move to a workspace where you can be alone (if possible).



GREEN

IF YOU'RE FEELING...

- Cooperative
- Safe
- Calm
- Relaxed
- Peaceful
- Content

Being in the green is a good place to be for concentration and productivity. Being in the green is also a great place to be for working collaboratively, giving or receiving feedback, and taking time for self-reflection.

WANT TO MOVE OUT OF THE GREEN?

Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work, or use your imagination to dream up exciting possibilities in life.



6:40



The Charter @ Home



A Family Charter is:

An agreement we make to act in ways that help us to feel
the way we want to feel in our home.

Everyone has a voice in creating a Charter.

Everyone had a responsibility to uphold it.



Demonstrate the Charter



Here is an example



Click below to get your Printable Charter



Pro-Tips for Building a Charter

1. Reframe it in the positive
2. Spread it out over days
3. Get a commitment
4. How will we handle conflict when one of these feelings are not present?



Family Charter Cheat Sheet

Creating a Family Charter

The Family Charter is an agreement we make to act in ways that help us to feel the way we want to feel in our home. Everyone has a voice in creating a Charter and everyone has a responsibility to uphold it.

Getting Started

Planning:

- Find a time when everyone is feeling calm, focused, and ready to work together.
- Use a comfortable area like the living room or the dinner table.

Materials:

- Construction paper or blank sheets of paper, and colored pencils or markers or computer.



Step 1: How do we want to feel in our family?

- Ask everyone to think about how they would like to feel at home.
- Ask everyone to write down 5-8 feelings they want to have at home more often.
- Combine all the feeling words on one master list.
- Discuss each word and notice which feeling words have similar meanings. For example, if you have both "appreciated" and "valued" on the list, can you choose just one?
- Narrow the list down to the top 5 emotions you want to feel more often, and write them down a new piece of paper.

Step 2: What can we do in order to have those feelings?

- For each word, discuss one or two specific, observable behavior(s) that each family member would need to exhibit in order to have the feeling as often as possible.
- For example, 'being nice' is not a real behavior. Smiling or saying 'good morning' to each other are behaviors that everyone can see.

Putting it all together!

- Now it's time to pull all the pieces together and create your own living document.
- Be creative! Use your family's talent and have fun together.
- There are no limits: it can be big or small, colorful, or filled with drawings. What's most important is that you have a final document that includes the top 5 feelings, and the specific and observable behaviors that promote the feelings.
- Once the Family Charter is complete, everyone must sign it! Everyone's voice matters!
- Display your Charter prominently in your home so everyone can keep these feelings and behaviors in mind throughout the day.

Keeping the Family Charter Alive

- Schedule weekly or monthly family meetings to review the Charter. What's working? What's not?
- Revise the Family Charter as needed. It should be a living agreement.
- Have each family member set a daily or weekly goal related to part of the Charter that he or she finds the most challenging to honor.
- Be creative - post weekly quotes, send out family emails, perform spontaneous acts to demonstrate the feelings in the Charter and show appreciation for your family members.
- Celebrate your accomplishments!



RULER & SEL **in NMUSD**

How are you feeling?

Grumpy
 Synonyms: grumpy, gloomy, morose, downcast, downhearted, downhearted, downhearted, downhearted
 Antonyms: cheerful, happy, sunny, bright, sunny, bright, sunny, bright

Excited
 Synonyms: excited, excited, excited, excited, excited, excited, excited, excited
 Antonyms: calm, quiet, peaceful, peaceful, peaceful, peaceful, peaceful, peaceful

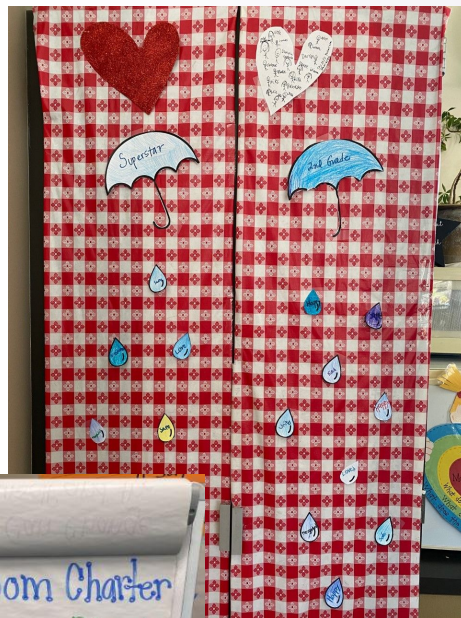
Sad
 Synonyms: sad, sad, sad, sad, sad, sad, sad, sad
 Antonyms: happy, happy, happy, happy, happy, happy, happy, happy

Angry
 Synonyms: angry, angry, angry, angry, angry, angry, angry, angry
 Antonyms: calm, calm, calm, calm, calm, calm, calm, calm

Nervous
 Synonyms: nervous, nervous, nervous, nervous, nervous, nervous, nervous, nervous
 Antonyms: calm, calm, calm, calm, calm, calm, calm, calm


Proud
 Synonyms: proud, proud, proud, proud, proud, proud, proud, proud
 Antonyms: humble, humble, humble, humble, humble, humble, humble, humble

mood meter



Mrs. Christensen's

Charter



Hard working

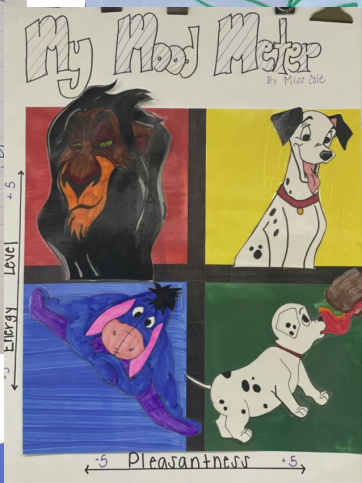
Kind
(thoughtful, helpful)

Supportive
(respectful, polite)

Healthy
(safe, good habits, mindful)

Fun/funny
(enthusiastic, happy, positive)

Responsible
(professional, listening, quiet)



RM 25 Classroom Charter

Happy

Awake

Relaxed

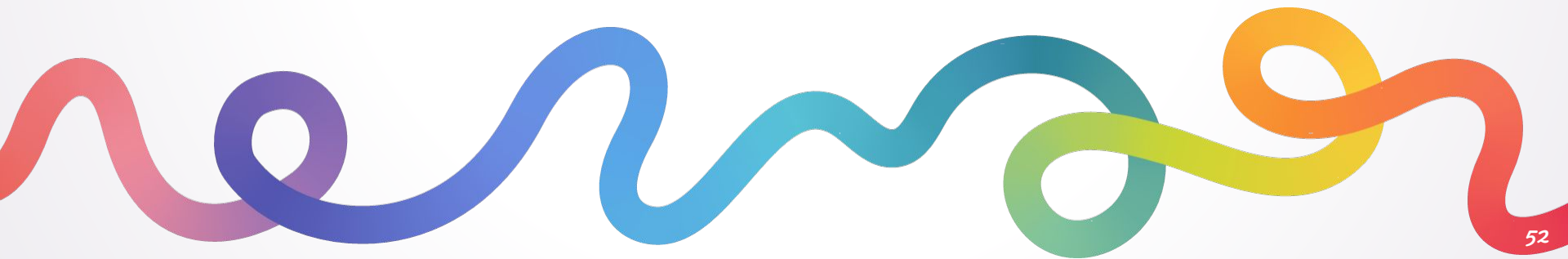
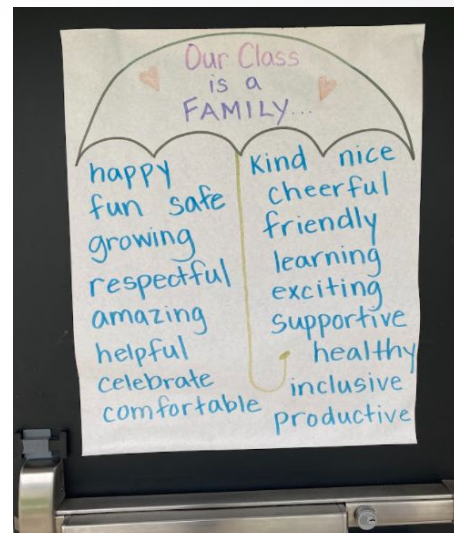
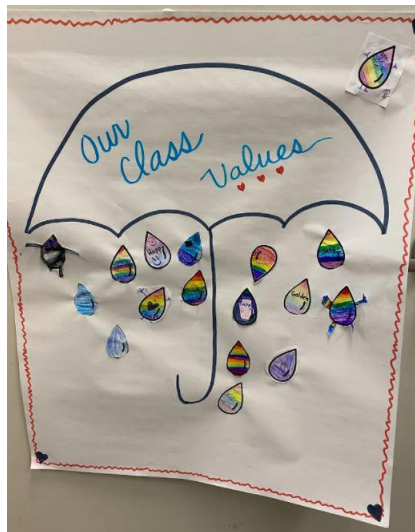
Ready to learn

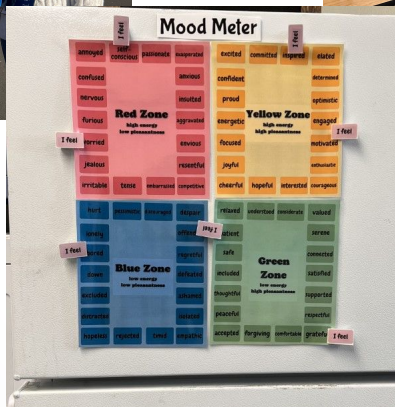
Focused

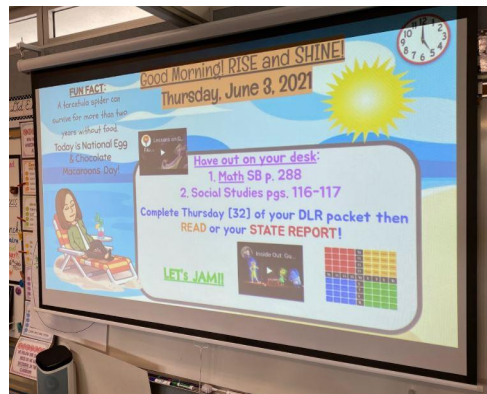
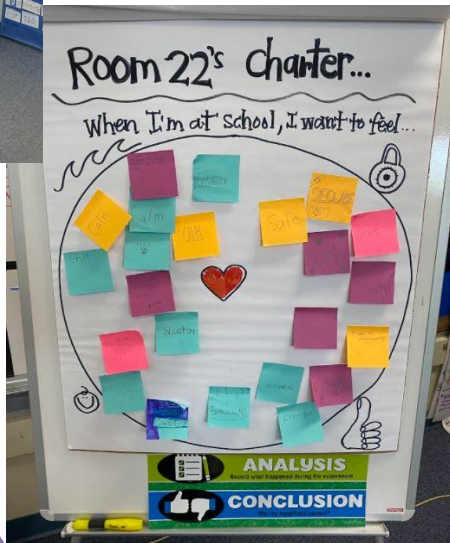
Self Control

Calm

Fit in







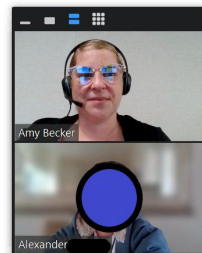
MOOD

Panic	Stress	Tense	Stunned
Furious	Frustrated	Nervous	Restless
Apprehensive	Angry	Irritated	Annoyed
Troubled	Worried	Uneasy	Peeved

METER

Pessimistic	Concerned	Down	Apathetic
Glum	Lonely	Sad	Bored
Miserable	Sullen	Exhausted	Tired
Hopeless	Desolate	Spent	Drained

Yale Center for Emotional Intelligence



Name Nora

Mood Meter

Confused	Proud
Annoyed	Excited
Nervous	Confident
Hurt	Relaxed
Bored	Safe
Lonely	Polite

How are you feeling today?

Today I feel Nervous

Mood Meter

Worried	Confused	Joyful	Energetic
Furious	Embarrassed	Confident	Curious
Afraid	Worried	Focused	Hopeful
Unstable	Jealous	Proud	Cheerful
Angry	Hurt	Brave	Interested
Tense	Happy	Excited	
Shame	Bored	Accepted	
Helpless	Hurt	Comfortable	Kind
Disappointed	Left out	Relaxed	Thoughtful
Overwhelmed	Mad	Polite	Calm
Stressed	Lonely	Grateful	Dislike

How are you feeling today?

Mood Meter

Mrs. Boyd's Class

How are you feeling today?

Blue Zone	Yellow Zone
Green Zone	Red Zone

How are you feeling today?

Room 28

Emotions Matter Unit 1

Happy	Sad	Angry	Surprised	Shy	Excited	Relaxed	Polite	Kind	Helpful
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		

Blue Zone: Describes low state of alertness. Your brain and body are moving slowly or sluggishly.

Green Zone: Describes a regulated state of alertness. Balance in the green zone shows control.

Yellow Zone: Describes a heightened state of alertness. Are starting to lose control.

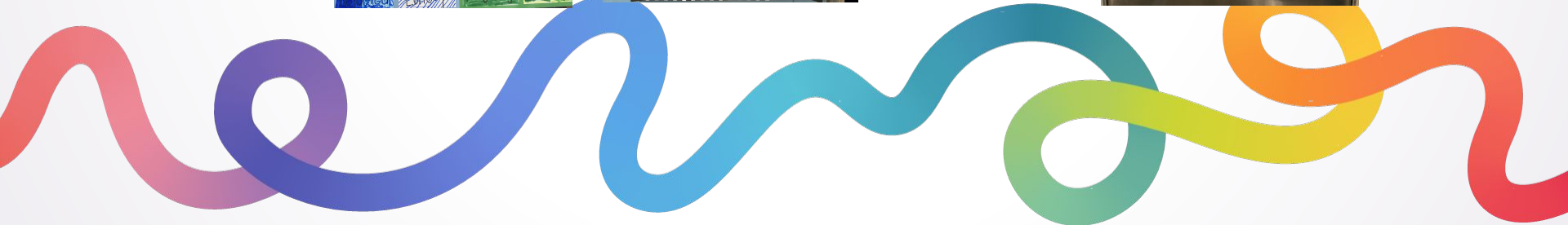
Red Zone: Describes extremely heightened state of alertness or very intense feelings. You are not in control of your behavior.

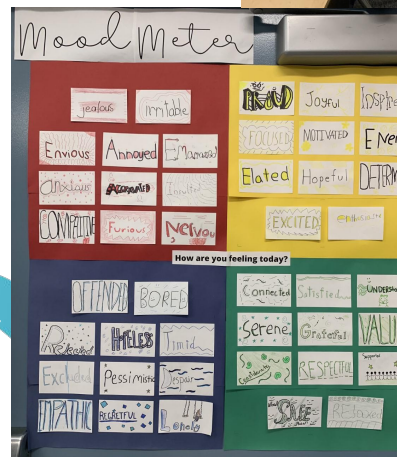
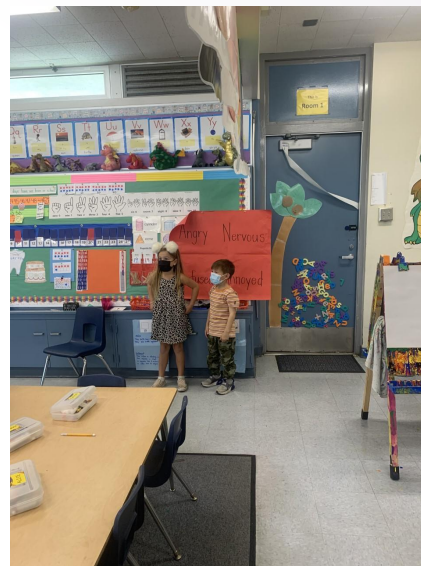
MOOD METER

How are you feeling?

Happy	Sad	Angry	Surprised	Shy	Excited	Relaxed	Polite	Kind	Helpful
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
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Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		
Worried	Confused	Embarrassed	Jealous	Hopeful	Cheerful	Interested	Excited		

How are you feeling?





Woodland Charter

IN ORDER TO FEEL...

Curious

We will:

- give students opportunities to notice and wonder throughout the day, share their discoveries and explore by providing lots of different manipulatives, rich resources and time.

Positive

We will:

- welcome everyone with a smile or greeting.
- Use the Pyramid of Success to give awards
- Use Praise and routines in the classroom.

Confident

We will:

- know curriculum, schedule, kids and feel prepared at school
- collaborate with staff and parents
- support classroom learning and believe that we can try new things, not be afraid to fail and try again.

Safe

We will:

- be approachable and empathetic in order to feel safe asking or being asked for help
- focus on the social emotional needs of our community
- know the school emergency procedures and follow classroom/school rules.

Included

We will:

- respectfully invite and acknowledge everyone
- engage in a wide variety of activities that promote inclusion
- be available to openly communicate with students, staff, and parents.



Mrs. Heeschen's Class Charter

In order to feel...

Happy

I will treat people nicely and encourage others.

I will use manners by greeting others politely.

I will take turns.

Inspired

I will show my classmates different ideas of how to solve problems.

I will enjoy friend's work and give compliments.

Relaxed

I will use coping strategies.

I will be ready and prepared for school.

I will listen and ask questions when I don't understand.

Playful

I will interact with friends, play games and make learning fun.

Athletic

I will be motivated, energetic, active, work hard, and have fun.

Helpful

I can help people in need.

I will leave things the way I found them.

I will support friends by answering questions and sharing.

MRS. LECOURS CLASS CHARTER

IN ORDER TO FEEL...

Intelligent

I can use my brain and what I know and study for quizzes.

Joyful

I can enjoy learning about different subjects be positive and spend time with friends.

Friendship

I can help and take care of others and be kind.

Energetic

I can get my body moving, stretch and breathe.

Calm

I can use appropriate volume and behavior.

Focused

I can listen, pay attention and follow directions.

Confident

I can be mature, self aware, and believe in others and myself.



Newport Ed Charter

Best on the Beach



Connected

I will help others feel connected by making sure everyone is included.



Valued

I will know my worth and encourage others to see theirs.



Inspired

I will approach tasks with enthusiasm and my best effort.



Safe

I will be safe and help others feel safe by being responsible, respectful and ready.



Empowered

I will use my strengths to grow and help others grow.

6:52



Parent Resources



Want More Resources?



Question & Answer



Thanks!

NMUSD STUDENT SUPPORT SERVICES

