

When I _____, I feel _____

Enhancing Social and Emotional Skills with RULER

Video 2

By using the RULER Skills - recognize, understand, label, express, and regulate - we are building our emotional intelligence. When we practice the first three skills, we make meaning of our experiences and the emotions we feel, and can then strategize how we want to express and regulate these feelings.

Activity Summary: In this activity, staff consider the emotions they may feel in various situations. The goal of this activity is for participants to become more aware of their own emotions and to better understand others' emotional experiences in various situations.

Time: 15 minutes (includes viewing the video)

Materials

Situation statements (see page 2) printed as a handout or displayed electronically

Facilitator Directions

[View Video 2: Enhancing Social and Emotional Skills with RULER.](#)

1. Read one of the Situation Statements seen below. Ask several staff members to complete the statement with their emotion words. Discuss similarities and differences between their responses. For instance, what excites some may cause anxiety for others.
2. Using the configuration that will work best (small groups, pairs, whole group) to have staff complete and then discuss the remaining Situation Statements.
3. Return as a group to debrief:
 - How did our feelings compare in each situation? What did we have in common? What was different?
 - Which examples were challenging to predict how we might feel?
 - What did we learn about ourselves? What situations tend to cause pleasant or unpleasant emotions?

Situation Statements

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- a. When I am home alone and have nothing to do, I feel _____.
- b. When I finish a hard puzzle, I feel _____.
- c. When a neighbor's dog comes over and licks me, I feel _____.
- d. When my supervisor calls me out in a staff meeting to tell me I did a great job, I feel _____.
- e. When I'm at a large family gathering, I feel _____.
- f. When I'm at a party and I don't know anyone, I feel _____.
- g. When I am at an art museum, I feel _____.
- h. When I am walking in the woods, I feel _____.
- i. When I am at a small gathering with friends, I feel _____.
- j. When I am with my closest friend, I feel _____.
- k. When I see someone I haven't seen in a long time, I feel _____.
- l. When I am in a noisy restaurant, I feel _____.
- m. When I am at an amusement park, I feel _____.
- n. When I go to the zoo, I feel _____.
- o. When I am riding a roller coaster, I feel _____.
- p. When I am on my way to work, I feel _____.
- q. When I am on my way home from work, I feel _____.
- r. When there is a pending snowstorm, I feel _____.