RULER Reading Questions
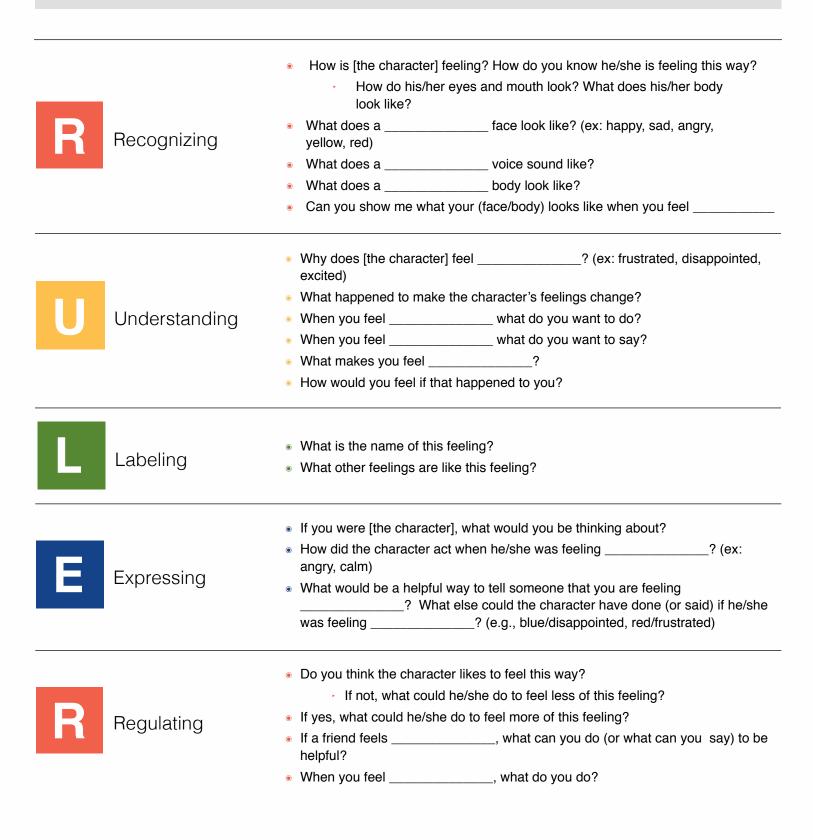
R Recognizing

- How is [the character] feeling? How do you know he/she is feeling this way?
  - How do his/her eyes and mouth look? What does his/her body look like?
- What does a _____ face look like? (ex: happy, sad, angry, yellow, red)
- What does a _____ voice sound like?
- What does a _____ body look like?
- Can you show me what your (face/body) looks like when you feel _____

U Understanding

- Why does [the character] feel _____? (ex: frustrated, disappointed, excited)
- What happened to make the character's feelings change?
- When you feel _____ what do you want to do?
- When you feel _____ what do you want to say?
- What makes you feel _____?
- How would you feel if that happened to you?

L Labeling

- What is the name of this feeling?
- What other feelings are like this feeling?

E Expressing

- If you were [the character], what would you be thinking about?
- How did the character act when he/she was feeling _____? (ex: angry, calm)
- What would be a helpful way to tell someone that you are feeling _____? What else could the character have done (or said) if he/she was feeling _____? (e.g., blue/disappointed, red/frustrated)

R Regulating

- Do you think the character likes to feel this way?
  - If not, what could he/she do to feel less of this feeling?
- If yes, what could he/she do to feel more of this feeling?
- If a friend feels _____, what can you do (or what can you say) to be helpful?
- When you feel _____, what do you do?