

## Green Strategies

When you are in the green, your energy is **LOW** and your feelings are **PLEASANT**. Your goal may be to increase your energy level or maintain your mood. Feelings found in the green include:

- Calm
- Content
- Peaceful



**STRATEGIES** that can help you to be your best self when you are in the green include:

- Positive self talk
- Practice silence
- Draw, write, or listen to music
- Think about the people and things you are grateful for
- Spend time outdoors



To learn more about the RULER Approach, visit:  
<http://ei.yale.edu/ruler/>

# RULER

Building Emotionally Literate Schools

**R**ecognizing  
**U**nderstanding  
**L**abeling  
**E**xpressing  
**R**egulating

## Mood Meter Strategies



In this little book you will find strategies to help you manage any mood!

## Red Strategies

When you are in the red, your energy is **HIGH** and your feelings are **UNPLEASANT**. Your goal is to change your mood. Feelings found in the red include:

- Angry
- Scared
- Nervous



**STRATEGIES** that can help you to be your best self when you are in the **RED** include:

- Taking deep breaths
- Counting in your head
- Talking to someone you trust
- Giving yourself a time-out or walking away until you are calm
- Knowing when to let it go
- Solving the problem or doing something to change the situation
- Re-frame or change the way you are thinking about the situation

## Blue Strategies

When you are in the blue, your energy is **LOW** and your feelings are **UNPLEASANT**. Your goal is to change your mood. Feelings found in the blue include:

- Sad
- Bored
- Lonely



**STRATEGIES** that can help you to be your best self when you are in the blue include:

- Do something active
- Remind yourself that feelings change
- Talk to someone you trust
- Write or draw
- Listen to a favorite song
- Positive self-talk
- Write about how you are feeling in a journal
- Focus on all that is going well in your life and count your blessings

## Yellow Strategies

When you are in the yellow, your energy is **HIGH** and your feelings are **PLEASANT**. Depending on what you are doing at the time, your goal might be to change or maintain your mood. Feelings found in the yellow include:

- Excited
- Joyful
- Ecstatic



**STRATEGIES** that can help you to be your best self when you are in the yellow include:

- Helping others
- Positive self-talk to help you stay in the yellow or move to the green
- Focus on being your best self and doing your best work
- To lower your energy level, you can take deep breaths or count in your head
- Do something active and fun with someone you enjoy being around