Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Reading Response #1**

**October 28, 2011**

Kaleidoscope

Social Issue Project \_\_\_\_\_\_/ 40 points

**Fiction**: Conflict: Name one challenge or emotion one character in your book must face? How do they deal with them? How does one character use RULER to best resolve an issue or act on an emotion?

**Nonfiction:** Conflict: How could a teen use RULER to react to being faced with the topic of your book?

ecognize the Emotion/Mood/ Conflict

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nderstand why you feel this way/ What is the problem causing this mood or emotion?

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abel the EMOTION

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xpress the Emotion in the best way, Put forth your “Best Self”

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egulate your emotions, self-control, continue in the future to take time to think before you react.

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Choose the character you discussed using RULER.

Where is this character on the mood meter? Draw a star to represent this.

Where does he or she need to be after using RULER to help solve a problem? Draw a smiley face.