

RULER/SEL Survey 24-25

* Indicates required question

1. Email *

2. The Mood Meter Red Zone lists emotions that are.. *

Mark only one oval.

- ☐ High Energy, High Pleasantness
- ☐ High Energy, Low Pleasantness
- ☐ Low Energy, Low Pleasantness
- ☐ Low Energy, High Pleasantness

3. When you are calm and happy you are in the *

Mark only one oval.

- ☐ Red Zone
- ☐ Yellow Zone
- ☐ Green Zone
- ☐ Blue Zone

4. I am so sad and disappointed. I am in the *

Mark only one oval.

- ☐ Red Zone
- ☐ Yellow Zone
- ☐ Green Zone
- ☐ Blue Zone

5. The best zone for learning at school is the *

Mark only one oval.

- ☐ Red Zone
- ☐ Yellow Zone
- ☐ Green Zone
- ☐ Blue Zone

6. Calming breaths are *

Mark only one oval.

- ☐ breathing fast during exercise
- ☐ only good when you're outside in the fresh air
- ☐ a slow breath in through the nose and blow out through the mouth
- ☐ only for girls
- ☐ all of the above

7. The first step of the Meta-Moment is to *

Mark only one oval.

- ☐ Pause and take a moment to calm down
- ☐ Sense there is a problem
- ☐ Strategize and Act
- ☐ See your best self
- ☐ all of the above

8. Bullying is when *

Mark only one oval.

- ☐ someone makes a mean face at you
- ☐ someone yells at you during recess
- ☐ someone tries to hurt you repeatedly and on purpose
- ☐ someone says they don't like you
- ☐ all of the above

9. A Small Problem *

Mark only one oval.

- ☐ is frustrating, annoying, can sometimes make me sad, but I can usually take care of it myself
- ☐ is dangerous and scary. I need to tell a grownup now!
- ☐ is finding a knife on the playground
- ☐ is when someone gets hurt
- ☐ all of the above

10. A Big Problem *

Mark only one oval.

- ☐ is frustrating, annoying, and can sometimes make me sad
- ☐ is dangerous and scary. I need to tell a grownup now!
- ☐ is when someone won't let me play with them!
- ☐ is when I can't find my backpack
- ☐ all of the above

11. A set of rules and behaviors to help all students in my class feel successful. *

Mark only one oval.

- ☐ The Class Charter
- ☐ My Best Self
- ☐ Meta-Moment
- ☐ My Circle of Control
- ☐ all of the above

12. A tool I can use to help me stop and think before I say or do something I may later regret *

Mark only one oval.

- ☐ The Class Charter
- ☐ My Best Self
- ☐ Meta-Moment
- ☐ My Circle of Control
- ☐ all of the above

13. A good friend *

Mark only one oval.

- ☐ listens when you talk
- ☐ can have other friends, too
- ☐ helps you feel good about yourself
- ☐ doesn't keep secrets if you are hurt
- ☐ all of the above

14. 5-finger breathing is a Mindfulness tool and can be used *

Mark only one oval.

- ☐ before a test
- ☐ when I am angry
- ☐ when I can't concentrate
- ☐ when I'm super excited and need to calm down
- ☐ when I'm worried
- ☐ all of the above

15. The purpose of education is *

Mark only one oval.

- ☐ to learn math
- ☐ to have friends
- ☐ to become employable
- ☐ to learn how to read

16. What does it mean to show Empathy? *

Mark only one oval.

- ☐ Ignoring others' feelings when they are sad or upset
- ☐ Telling someone who is sad to try not to be so sensitive
- ☐ Feeling what another person is feeling. Listen to them and offer help if needed.
- ☐ Letting others' know your friend is sad and tell them not to bother your friend.

17. How does having a positive attitude help you? *

Mark only one oval.

- ☐ Its makes you unpopular and lonely
- ☐ It attracts negativity from others
- ☐ It helps you see the good in situations and stay hopeful
- ☐ It's not necessary, only negative attitudes matter

18. What's a good way to solve a disagreement with a friend? *

Mark only one oval.

- ☐ Spread rumors about the friend to get back at them
- ☐ Ignore the friend forever
- ☐ Yell and argue until one person gives up
- ☐ Talk calmly and listen to each other's viewpoints

19. Why do we have emotions? *

Mark only one oval.

- ☐ To confuse us and make life harder
- ☐ To communicate our feelings to others
- ☐ To hide our true thoughts
- ☐ To make us look weak

20. You accidentally break a friend's toy. What should you do? *

Mark only one oval.

- ☐ Laugh and walk away
- ☐ Blame someone else
- ☐ Apologize to your friend and offer to help fix it or replace it
- ☐ Ignore your friend

21. What is the opposite of "best effort"? *

Mark only one oval.

- ☐ Laziness
- ☐ Hard work
- ☐ Determination
- ☐ Perseverance

22. Imagine you're facing a challenging task. What should you do to show "best effort"? *

Mark only one oval.

- ☐ Quit immediately
- ☐ Ask someone else to do it
- ☐ Try your best and don't give up
- ☐ complain about it

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