

RULER ANCHOR

THE META-MOMENT

FIFTH GRADE

MY NAME \_\_\_\_\_

DATE \_\_\_\_\_

Duration: 30–45 minutes

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Family members and grown-ups, please read this before your child leads the activity.

**Key Ideas:**

- Everyone experiences strong and unpleasant emotions sometimes.
- As we grow, we can learn to manage our emotions with greater skill.
- Taking Meta-Moments can help us move from automatic reactions to responses we feel good about.
- We can also plan skillful responses to emotional situations in advance.

**Activity Goals:**

- To brainstorm and discuss emotion regulation strategies that you might use in anticipation of difficult situations.
- To develop a strategy book as a resource for the whole family.

**Activity Description:**

The Meta-Moment helps us manage intense emotions “in the moment” so that we can have more satisfying outcomes.

Other times, we can plan for that intense moment. We can almost anticipate that an upcoming event will trigger us. In this case, why not plan our response in advance?

Today, your child will lead you through an activity that will help you and your family brainstorm different strategies that you can use in anticipation of difficult situations.

Before you begin, please review the Meta-Moment Overview.

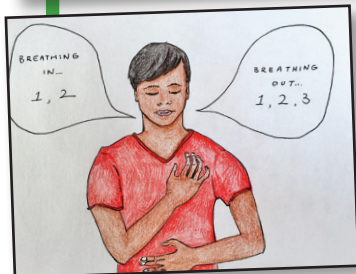
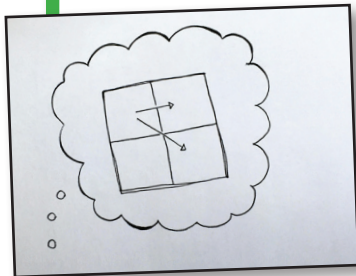
**2**

Student, follow the first steps and then have fun doing the activity!

**First Steps**

1. Share how the Meta-Moment works.
2. Give some examples of both thought and action strategies.
3. Create a 'Strategy Book' for you and your family.

**The Activity**



1. First, ask each person to identify an upcoming event or situation that might cause them to be in the RED. These emotions may include frustration, resentment, or anxiousness.
2. Ask each family member to come up with 3 strategies they could use to handle their feelings more skillfully. Ask them to write their ideas on Activity Sheet 1.
3. Then, have each family member provide a specific example of each strategy. For instance, if you listed 'breathing' as a possible strategy, you can say, 'take a few slow, deep breaths before entering the room'.
4. Next, discuss what everyone wrote down.
5. Ask family members to choose one strategy that they would like to try for their upcoming situation. Put a star by that strategy.
6. Collect the Activity Sheets. You can staple them together to create a 'Strategy Book' for you and your family to use in the future. Design your own cover using Activity Sheet 2!

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Planning ahead for Meta-Moments

ACTIVITY SHEET 1

Name: \_\_\_\_\_

My upcoming situation: \_\_\_\_\_

Three strategies I can use:	Specific examples of each strategy:
1.	1.
2.	2.
3.	3.

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Planning ahead for Meta-Moments

ACTIVITY SHEET 1

Name: \_\_\_\_\_

My upcoming situation: \_\_\_\_\_

Three strategies I can use:	Specific examples of each strategy:
1.	1.
2.	2.
3.	3.

3

Planning ahead for Meta-Moments

ACTIVITY SHEET 1

Name: \_\_\_\_\_

My upcoming situation: \_\_\_\_\_

Three strategies I can use:	Specific examples of each strategy:
1.	1.
2.	2.
3.	3.

ACTIVITY SHEET 2