

Figure 7.3: Single-Point Guiding Rubric—Monitoring Emotions

| Name: | | Date: |
|---|--|-----------------------|
| Teacher: | | Class: |
| Feedback is by: <input type="checkbox"/> Self <input type="checkbox"/> Teacher <input type="checkbox"/> Peers: _____ <input type="checkbox"/> Other: _____ | | |
| My emotion: | | |
| What I (You) Did Well | Criteria | Areas for Improvement |
| | I know the signals that tell me I am getting out of control. | |
| | I practice _____ strategies to keep control of my _____. | |
| | I practice _____ strategies to regain control. | |
| | I monitor this feeling when I am in control. | |

Source: Adapted from Field, 2017.