

Hatchet Chapter 1

RULER Questions

1. Recognizing Emotions in Oneself and Others

Objective: Identify the emotions Brian is experiencing and the clues that tell us how he feels.

- What emotions does Brian seem to be feeling as he sits in the plane at the start of the chapter? (e.g., anxiety, fear, excitement)
- How does Brian's reaction to the pilot's death show what he's feeling? What physical clues in the text (body language, thoughts, etc.) tell you how he's feeling?
- How would you describe the emotion the pilot might be feeling in the moment before he collapses? What clues in the story help you infer this?

2. Understanding the Causes and Consequences of Emotions

Objective: Explore the factors that trigger Brian's emotions and predict the consequences of these emotions on his actions.

- What do you think causes Brian's anxiety in the beginning? Is it just the plane ride, or is there something else contributing to his fear?
- How does Brian's feeling of helplessness affect his behavior in the chapter? What are the consequences of his emotional state on his actions or decisions?
- When Brian realizes that he is flying over the wilderness with no one to help, what do you think will happen next because of his emotions? How might this emotion affect his chances of survival?

3. Labeling Emotions with a Nuanced Vocabulary

Objective: Help students identify and label emotions with more specific vocabulary.

- Instead of just saying "Brian is scared," how can we label his emotions more specifically? (e.g., panic, dread, uncertainty, worry)
- In addition to fear, what other emotions might Brian be feeling during the plane ride? Could he feel anger, confusion, or disbelief? Explain why.
- What are some specific words we could use to describe Brian's emotional state when he hears the pilot's final words?

4. Expressing Emotions in Accordance with Cultural Norms and Social Context

Objective: Explore how Brian expresses his emotions, and how his emotional expression might be influenced by his environment and the context of his situation.

- How does Brian's expression of fear or anxiety change after the pilot's death? Does he express his emotions differently before and after the plane starts to crash?

- **What might Brian have been thinking or feeling, but not saying, during the crash? How does he express (or not express) his emotions verbally or through his actions?**
- **In the world of the story (in the wilderness and the crash), what might it mean for Brian to "express" his emotions in a way that will help him survive? Would yelling or breaking down help or hurt him in this context?**

5. Regulating Emotions with Helpful Strategies

Objective: Discuss strategies that Brian could use (or does use) to manage his emotions during the crisis, and suggest other emotional regulation strategies.

- **How does Brian try to control his emotions when things start to go wrong? Does he take any actions to calm himself down during the crash or after?**
- **After the crash, when Brian is stranded in the wilderness, what strategies might help him regulate his fear and panic?**
- **What are some ways that you think Brian could manage his emotions to make better decisions in the future? Can you think of any strategies you've used or seen others use when feeling overwhelmed or scared?**
- **If you were in Brian's shoes, what are some emotional regulation techniques you would use to stay calm and think clearly in a crisis situation like this?**

Group/Discussion Activity (Optional)

Objective: Provide an opportunity for students to apply the RULER skills together and reflect on their emotional responses.

- **After reading Chapter 1, have students break into small groups to discuss the following:**
 - **What was Brian feeling in the chapter?**
 - **How did his emotions affect what he did and thought?**
 - **What are some ways Brian could regulate his emotions in future chapters to help him survive?**
- **Have each group present one emotion Brian felt and how it impacted the story.** Then, ask the rest of the class to brainstorm possible strategies Brian could use to regulate that emotion.

Wrap-Up Reflection

- **How do you think recognizing and understanding emotions in characters like Brian can help you better understand your own feelings?**
- **How might using the RULER skills in your own life help you manage challenging situations or emotions in the future?**

By focusing on how Brian processes and responds to the overwhelming emotions he feels in Chapter 1, students will gain a clearer understanding of the RULER skills while practicing emotional intelligence in the context of a character's survival. This indirect approach allows students to build emotional

awareness and regulation without it feeling too personal, making it a safer and more comfortable space for them to start developing these skills.