

Teacher Guide: RULER Skills for *Hatchet* - Sample Responses

Chapter 1: RULER Skills

1. Recognizing Emotions in Oneself and Others

Sample Response:

Brian feels a mix of fear and sadness. He recognizes that he's scared about the plane crash and feels a sense of loss after his parents' divorce. He understands that his emotions are a result of the unexpected situation and his emotional state from the events leading up to the crash.

2. Understanding the Causes and Consequences of Emotions

Sample Response:

Brian's fear after the crash is caused by the immediate danger and his lack of survival skills. This fear initially paralyzes him, but it also motivates him to focus on survival, recognizing that he must overcome his fear to stay alive.

3. Labeling Emotions with a Nuanced Vocabulary

Sample Response:

Brian's emotions are not just fear; they are **panic**, **confusion**, and **desperation**. He's overwhelmed by the sudden change in his life but also feels the need to survive despite these overwhelming emotions.

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

Sample Response:

Brian doesn't have anyone to express his emotions to. In normal social contexts, he might cry or call his parents, but alone in the wilderness, he must internalize these emotions. This isolation forces him to regulate his feelings without external support.

5. Regulating Emotions with Helpful Strategies

Sample Response:

Brian tries to focus on the task at hand. His fear drives him to think logically and start looking for resources to survive. He uses his rational thinking as a strategy to calm his overwhelming emotions and focus on what's necessary for survival.

Chapter 4: RULER Skills

1. Recognizing Emotions in Oneself and Others

Sample Response:

Brian recognizes that he is feeling **overwhelmed** and **hopeless**. As he struggles with the challenge of being alone in the wilderness, he realizes that these feelings are natural, but that he must overcome them if he wants to survive.

2. Understanding the Causes and Consequences of Emotions

Sample Response:

Brian's feelings of hopelessness stem from his isolation and inability to find food. These emotions make him weak and distract him from survival tasks. However, he understands that the longer he feels this way, the more difficult it will be to make decisions that keep him alive.

3. Labeling Emotions with a Nuanced Vocabulary

Sample Response:

Instead of just feeling sad or anxious, Brian experiences a mix of **frustration**, **despair**, and **exhaustion**. These emotions are more specific because they relate directly to his struggle for survival and the challenges of his environment.

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

Sample Response:

Brian feels a deep sadness, but he doesn't express it outwardly. Without anyone to share his emotions with, he internalizes them, even though, in a more typical social context, he might reach out for support from family or friends.

5. Regulating Emotions with Helpful Strategies

Sample Response:

Brian starts to use logic and creativity to regulate his fear and frustration. He begins to think about how to use the resources around him, like the survival kit, to help him find food and shelter. His emotional control improves as he shifts from panic to action.

Chapter 7: RULER Skills

1. Recognizing Emotions in Oneself and Others

Sample Response:

Brian recognizes that he's feeling **determined** and **focused**. His earlier panic has shifted, and now he feels a sense of purpose in survival, which allows him to acknowledge his strength and resilience.

2. Understanding the Causes and Consequences of Emotions

Sample Response:

Brian's determination comes from his realization that survival is now a daily task. He understands that if he doesn't keep a clear head and focus on his goals, he won't be able to overcome the challenges ahead. His determination directly contributes to his success in finding food.

3. Labeling Emotions with a Nuanced Vocabulary

Sample Response:

Brian feels **empowered** and **resourceful**. These emotions are tied to his success in creating fire, a significant breakthrough in his survival. The fire gives him a sense of control and competence that was previously missing.

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

Sample Response:

Brian doesn't have anyone to express his triumphs or frustrations to. If he were with others, he might feel inclined to share his success and seek validation, but in the wilderness, his emotional expression is limited to internal reflection and personal satisfaction.

5. Regulating Emotions with Helpful Strategies

Sample Response:

Brian regulates his anxiety by focusing on his physical actions. Instead of panicking, he channels his emotions into practical survival tasks, such as hunting and building shelter, which help him maintain his mental clarity.

Chapter 12: RULER Skills

1. Recognizing Emotions in Oneself and Others

Sample Response:

Brian recognizes a feeling of **hopefulness** and **pride**. As he continues to make progress, like catching fish and gathering supplies, he feels more capable and confident in his ability to survive.

2. Understanding the Causes and Consequences of Emotions

Sample Response:

Brian's hopefulness is driven by his small successes in finding food and shelter. This emotional shift motivates him to keep going, pushing him to be more creative in solving problems. His emotional growth enables him to stay focused on long-term survival.

3. Labeling Emotions with a Nuanced Vocabulary

Sample Response:

Brian feels **resilient**, **grateful**, and **empowered**. His resilience grows from overcoming each obstacle and learning to adapt. Gratefulness emerges when he finally catches fish, which signals progress in his journey.

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

Sample Response:

Although Brian feels gratitude, he has no one to express it to. In a normal context, he might share his feelings of gratitude with a family member or friend, but in the wilderness, he learns to acknowledge his feelings internally.

5. Regulating Emotions with Helpful Strategies

Sample Response:

Brian uses patience and persistence as emotional regulation strategies. When he faces setbacks, like the fire going out, he reminds himself to keep trying and to stay calm in the face of failure. This mindset allows him to continue working toward survival.

Chapter 13: RULER Skills

1. Recognizing Emotions in Oneself and Others

Sample Response:

Brian recognizes that he feels a mixture of **confidence** and **clarity**. After surviving for so long, he understands that he has the strength to keep going and feels more connected to his environment.

2. Understanding the Causes and Consequences of Emotions

Sample Response:

Brian's confidence grows because he has overcome significant challenges, like finding food and starting a fire. This emotional shift boosts his survival instincts and drives him to continue his efforts.

3. Labeling Emotions with a Nuanced Vocabulary

Sample Response:

Brian feels **focused** and **driven**. These specific emotions help him stay on task and approach challenges with a clear head.

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

Sample Response:

If Brian were with others, he might share his feelings of success. But in the wilderness, his expression of emotions is more internal, focused on self-reliance rather than social sharing.

5. **Regulating Emotions with Helpful Strategies**

Sample Response:

Brian regulates his emotions by relying on his routine and planning. He remains level-headed, using his survival skills to manage his fears and focus on practical tasks like finding shelter and food.

Chapter 18: RULER Skills

1. **Recognizing Emotions in Oneself and Others**

Sample Response:

Brian feels **relief** and **pride** after successfully achieving a goal, like catching fish or fixing a shelter. These feelings confirm that his efforts have paid off and give him a deeper sense of purpose.

2. **Understanding the Causes and Consequences of Emotions**

Sample Response:

The trigger for Brian's emotional shift is his increasing control over his environment. This shift results in him feeling more empowered and capable, which leads him to focus more intently on future survival tasks.

3. **Labeling Emotions with a Nuanced Vocabulary**

Sample Response:

Brian feels **exhilarated** and **accomplished**, having survived so long and made progress in such challenging conditions. These emotions mark his growth and his ability to overcome adversity.

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

Sample Response:

Although Brian

is triumphant, he has no one to share his success with. If he were with others, he would likely express his triumph, but his emotional release is limited to self-reflection and internal acknowledgment of his growth.

1. **Regulating Emotions with Helpful Strategies**

Sample Response:

Brian uses a strategy of **reflection** and **goal setting**. He reflects on his successes and mistakes, which helps him regulate his emotions and plan his next steps for survival.

Conclusion:

These sample responses provide brief, insightful examples that guide students to a deeper understanding of how Brian's emotional intelligence develops throughout *Hatchet*. Use them as models for student discussions or to clarify any difficult concepts.