

# *Best Self & Meta-Moments*

This lesson was adapted from the Yale RULER curriculum



**What is filling  
your bucket  
today and what's  
draining it?**



# Essential Questions

1. What are the most important attributes of our *Best Self*?
2. When we run into difficult situations, how can we call upon our *best self* to help us handle them?



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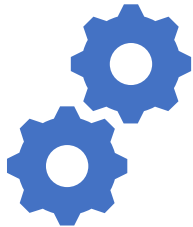
We come across situations every day that challenge us, frustrate us, and bring about other high-energy emotions.

To respond to those situations, we should keep in mind our *best self* attributes and how they might affect our behavior when we feel those high-energy emotions!



# your Best Self

## Essential Questions



What are the components of your “best self?”



How can we utilize our “best self” in Meta-Moments?



How can we utilize our “best self” in the digital world?

Your *Best Self* consists of three components:

- *Personal Values*
- *Reputation*
- *Goals and Outcomes*

## Your Best Self

Your best self can be considered as a triangle.



# your Best self

Get back into your circle...have each person share 2 of the most important values to them

## Personal Values

Read the list of values below, and circle/check ten that are most important to you. If there are other values that you do not see listed, write them in the spaces provided. From those you selected, underline or consider the five that have the most meaning to you.

- |   |  |  |  |   |
|---|--|--|--|---|
| <input type="checkbox"/> Achievement    | <input type="checkbox"/> Cooperation   | <input type="checkbox"/> Generosity          | <input type="checkbox"/> Physical health | <input type="checkbox"/> Serenity       |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Creativity    | <input type="checkbox"/> Honesty             | <input type="checkbox"/> Pleasure        | <input type="checkbox"/> Social justice |
| <input type="checkbox"/> Affection      | <input type="checkbox"/> Democracy     | <input type="checkbox"/> Independence        | <input type="checkbox"/> Power           | <input type="checkbox"/> Status         |
| <input type="checkbox"/> Beauty         | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Integrity           | <input type="checkbox"/> Privacy         | <input type="checkbox"/> Time           |
| <input type="checkbox"/> Change/variety | <input type="checkbox"/> Efficiency    | <input type="checkbox"/> Kindness            | <input type="checkbox"/> Public service  | <input type="checkbox"/> Truth          |
| <input type="checkbox"/> Challenge      | <input type="checkbox"/> Excellence    | <input type="checkbox"/> Money               | <input type="checkbox"/> Recognition     | <input type="checkbox"/> Wisdom         |
| <input type="checkbox"/> Community      | <input type="checkbox"/> Fame          | <input type="checkbox"/> Nature              | <input type="checkbox"/> Religion        | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Competence     | <input type="checkbox"/> Family        | <input type="checkbox"/> Novelty             | <input type="checkbox"/> Responsibility  | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Competition    | <input type="checkbox"/> Fitness       | <input type="checkbox"/> Physical appearance | <input type="checkbox"/> Self-respect    | <input type="checkbox"/> Other: _____   |

## Reputation

List 3 to 6 adjectives or characteristics that describe how you want people around you to see you, think of you or describe you.

## Goals/Outcomes

What do you want out of the interactions, relationships, and roles in your life? What are your goals for your life now? List at least 3.

## How Your Best Self Looks and Acts

What does your **best self** look like? Write at least 3 descriptions of your best self's appearance (facial expressions, body language) or actions (how your best self interacts with people/handles situations).



# your Best Self

## Essential Questions



What are the components of your “best self?”



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# *Remember...* Meta-Moment

The Meta-Moment is a tool to create time and space to allow you to react to a triggering situation.

Step 1: SENSE

Step 2: PAUSE

Step 3: See your “Best Self”

- When we’re triggered, we can call our *Best Self* to mind – our personal values, reputation, and goals/outcomes



# Step 3: Seeing Your *Best Self*

## ***The Good***

By considering your *best self*, you call to mind a positive version of yourself who acts in ways you value and respect.

This helps to push our behavior in positive ways that help us to achieve our goals!

## ***The Even Better!***

By considering your *best self*, we also avoid calling to mind a negative version of ourselves – which may lead to behavior we regret.

This trains the brain to react positively, building more neural pathways for healthy emotion regulation over time!

This also helps us to speed up the “cool down” process during negative experiences.



# *Remember...* Meta-Moment

The Meta-Moment is a tool to create time and space to allow you to react to a triggering situation.

- Step 1: SENSE
- Step 2: PAUSE
- Step 3: See your “Best Self”

Step 4: Strategize & Act



# Step 4: Strategize & ACT!

When you are in a triggering situation, you can use these quick, helpful strategies to manage how you're feeling:

- Accepting the feeling – *Don't fight it! Instead, acknowledge the feeling and give yourself permission to feel it.*
- Thinking of something relaxing – *Go to a happy place in your mind to remove yourself from the immediate negative feelings.*
- Positive reappraisal – *Re-envision what's happened as something that might not be harmful or may even be beneficial to you!*
- Positive self-talk – *Remember your best self and what positive things you value and want to express.*

**Do these strategies work for you? What makes them helpful?**



# Remember

A photograph of a group of people in a hallway. One person in the center is being supported by others, with one person's hand on their shoulder. The scene is dimly lit, suggesting an indoor setting like a school or office hallway.

Remember to keep these helpful regulation strategies in mind to see your *best self*:

- Positive reappraisal
- Reframing
- Positive self-talk

# your Best Self

## Essential Questions



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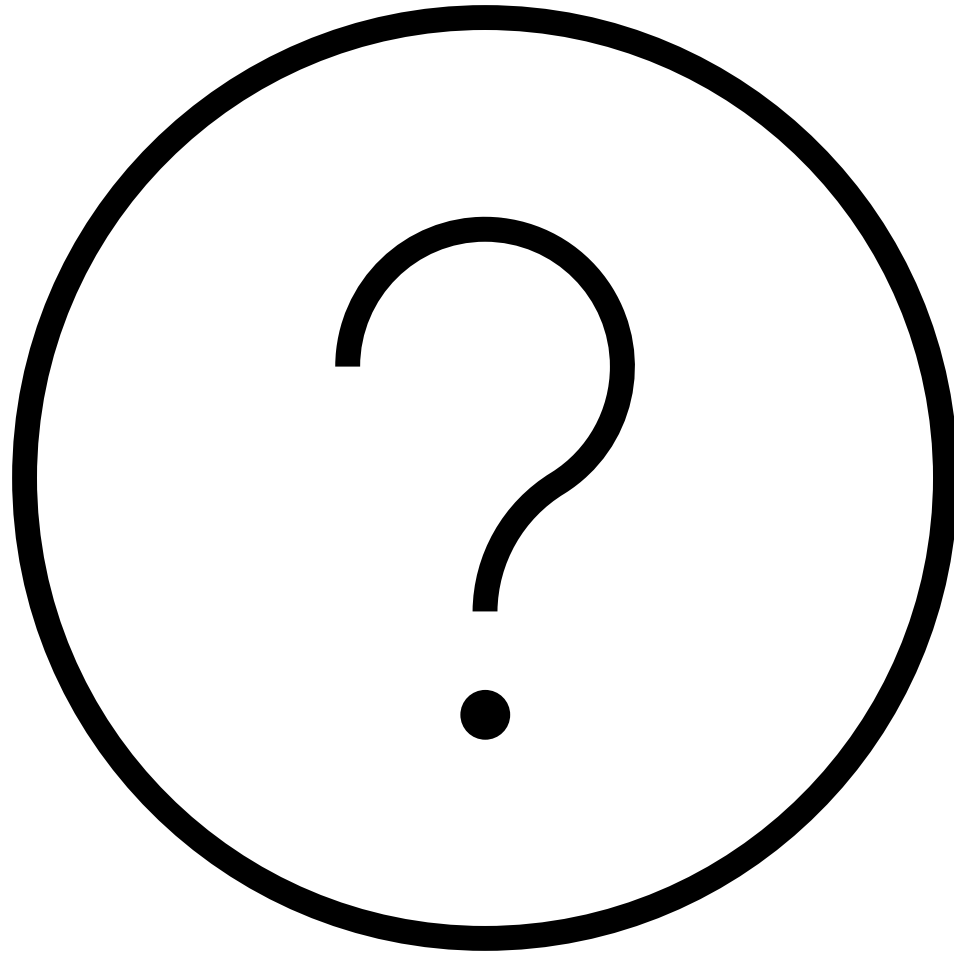
## Brain Break

# Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
yellow red black green white red  
white green red black yellow green  
black white yellow green red blue  
white green red black yellow green  
yellow red black green white red  
white green red black yellow green



**What is digital citizenship?**



*digital footprint*  
**media balance**  
**cyberbullying**  
*online privacy communication*  
**news & media literacy**

**Digital citizenship refers to the responsible use of technology by anyone who uses computers, the internet, and digital devices to engage with society on any level.**

# your *Best Self*

PRACTICE!

We're going to put ourselves into a situation with technology and use our *Best Self* and Meta-Moment skills to analyze what we think the best solution is.

***Ready?***

# Scenario

Derryl recorded a humiliating video of Jared and posted it on his story for everyone to see. Jared was mortified and asked Derryl to please stop and take the video down. Derryl didn't listen. He thought the video was really funny -- plus, a lot of people were commenting and saying that Derryl was hilarious for posting it. By the next day, it seemed like everyone at school had seen the video. Jared tried to act like it didn't bother him, but he was really embarrassed and went straight home after school instead of going to the big basketball game that he and all his friends had been looking forward to.

## **Initial Reactions:**

*How do you respond?*

*Would you "like" the post anyway?*

*Would you ignore it?*

*Would you make fun of him?*

# your Best Self

## Scenario 2

Derryl recorded a humiliating video of Jared and posted it on his story for everyone to see. Jared was mortified and asked Derryl to please stop and take the video down. Derryl didn't listen. He thought the video was really funny -- plus, a lot of people were commenting and saying that Derryl was hilarious for posting it. By the next day, it seemed like everyone at school had seen the video. Jared tried to act like it didn't bother him, but he was really embarrassed and went straight home after school instead of going to the big basketball game that he and all his friends had been looking forward to.

**Imagine your *Best Self* and take a Meta-Moment... do your responses change?**

*How do you respond?*

*Would you "like" the post anyway?*

*Would you ignore it?*

*Would you make fun of him?*

Cool – we defined our *best self*, we know we can call on our *best self* during a Meta-Moment to help us respond more appropriately, and we've practiced doing just that in the digital scenarios.

## ***But... what now?***

While knowing ourselves and our own emotions is a large part of conflict resolution, another large part is **EMPATHY**– being able to put yourself in someone else's shoes and experience/understand their feelings in the situation.

Next time, we'll look at empathy and practice putting ourselves in others' shoes to enhance our conflict resolution skills!