



Feeling Buddies Rubric

This rubric provides a four-point scale for administrators and teachers to assess implementation of *The Feeling Buddies Self-Regulation Toolkit*.

The Feeling Buddies Self-Regulation Toolkit is an essential piece in teaching children the five-step self-regulation process, which empowers them to manage their emotions in healthy ways. Research shows that the more the program is implemented to fidelity, the greater the outcomes. This rubric is a step-by-step guide to fidelity.

Use the Feeling Buddies Rubric for self-assessment, peer review or formal assessment to measure fidelity. The Feeling Buddies Rubric is part of a larger document called [Rubric Progress Assessments](#), which helps you assess your mindset shifts and your understanding and application of Conscious Discipline in the classroom.



Indicator

The *Feeling Buddies Self-Regulation Toolkit* is an essential piece in teaching children the 5-step self-regulation process that helps them recognize their triggers, label their feelings, accept and manage their emotions in helpful, healthy ways.

Performance Levels

1 Little or no implementation	2 Partial development or implementation	3 General development and mostly functional implementation	4 Fully internalized development and implementation
The <i>Feeling Buddies Self-Regulation Toolkit</i> may exist in the classroom, but the materials are not displayed and no instruction is provided by the teacher.	The <i>Feeling Buddies Self-Regulation Toolkit</i> and the <i>My Five Steps Pocket Chart</i> are displayed in the Safe Place™. The <i>Feeling Buddies Curriculum</i> is available, but not used by the teacher. Calming strategies are taught by the teacher and children occasionally choose them independently and may even choose a Feeling Buddy. Most children are left to use the Feeling Buddies with no teacher coaching.	Some lessons from the <i>Feeling Buddies Curriculum</i> are taught. Feeling Buddies and the <i>My Five Steps Pocket Chart</i> are displayed in the Safe Place. Children follow some (not all) of the 5 steps independently and/or receive occasional teacher coaching. Children use the Feeling Buddies to identify how they feel however they don't regulate the Feeling Buddy as part of the process.	Many lessons from the <i>Feeling Buddies Curriculum</i> are taught. Feeling Buddies and the <i>My Five Steps Pocket Chart</i> are displayed in the Safe Place. Children follow all of the 5 steps independently and/or receive teacher coaching. Children use words to regulate their Feeling Buddies and healthy self-regulation language is heard in the classroom.