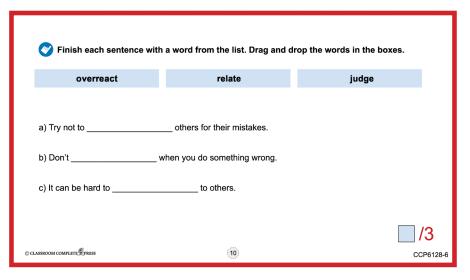
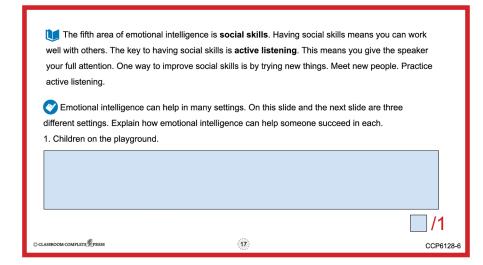
Drag and Drop



Reading Passage

The second area of emotional intelligence is self-regulation. This means you can keep control of					
your emotions. You don't overreact to things. You tend to think before you act. You handle change					
very well. Someone who can self-regulate will see failures as a learning opportunity. One way to					
improve self-regulation is with deep breathing exercises. Try counting to 10 before you respond.					
Practice calming yourself down when your emotions are high.					
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Comprehension Questions



Marking Rubric

		Name:	Name:			
Marking Rubric		Level 1	Level 2	Level 3	Level 4	
	Understanding Concepts	Demonstrates a limited understanding of the concepts. Requires teacher intervention.	Demonstrates a basic understanding of the concepts. Requires some intervention.	Demonstrates a good understanding of the concepts. Requires no intervention.	Demonstrates an excellent understanding of the concepts. Requires no intervention.	
	Responses to the text	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text.	Expresses responses to the text with some effectiveness; supported by some proof from the text.	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text.	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text.	
	Analysis of Concepts	Interprets various concepts from the text with limited, unrelated details and incorrect analysis.	Interprets various concepts from the text with some details but also some incorrect analysis.	Interprets various concepts from the text with satisfactory details and good analysis.	Interprets various concepts from the text with excellent details and thorough analysis.	
	Application of Concepts	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations.	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations.	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations.	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations.	
Total Score = /30						
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