### **RULER**

- ecognizing emotions in self and others
- nderstanding the causes and consequences of emotions
- abeling emotions accurately
- xpressing emotions appropriately
- egulating emotions effectively

## What is RULER?

The RULER program "teaches the skills of emotional intelligence - those associated with recognizing, understanding, labeling, expressing and regulation emotion. Decades of research shows that these skills are essential to effective teaching and learning, sound decision making, physical and mental health and success in school and beyond."

Evidence shows that schools that incorporate the RULER program: see a positive shift in school climate, experience enhanced academic achievement, report better quality relationships and experience less bullying and/or aggressive behaviors.

RULER principles and tools are embedded into school and district policies and practices, including mission statements, curricula, staff/faculty professional

development, school improvement plans, discipline policies, and behavioral support plans. By including all staff, faculty, administrators, students, and families, RULER becomes a normal part of everyday life at your school, not an add-on that is likely to fade away with time.

## **Components of RULER**

#### **Classroom Charter**

Each year, each class creates their own classroom charter.

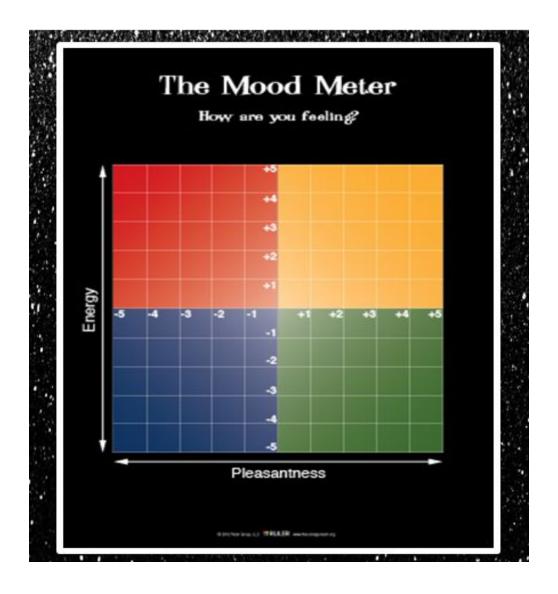
It consists of how children want to feel in their classrooms and how they will have those feelings consistently.

Here's a past example of the ETJMS Charter:



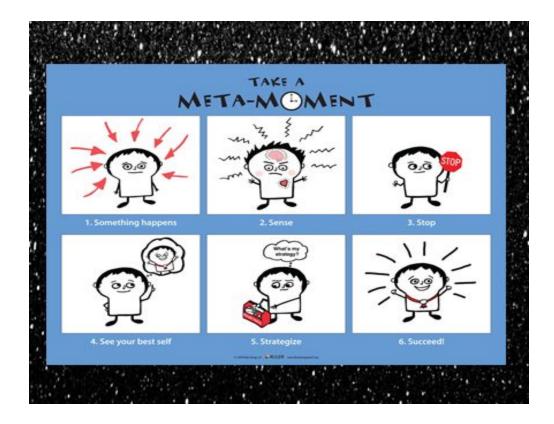
#### The Mood Meter

Students are able to plot themselves on the mood meter in order to express how they're feeling



Meta-moment

Students learn how to "press the pause button" before they respond to a trigger.



Blueprint

The Blueprint is a problem-solving tool to help students deal with conflict.

# Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Мө	Other Person
Recognize & Label	How did I feel?	How did feel?
Understand	What caused my feelings?	What caused's feelings?
Express & Regulate	How did I express and regulate my feelings?	How did express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

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