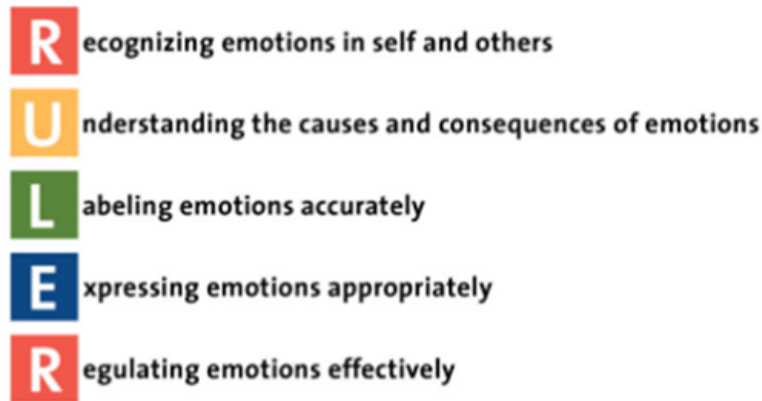


## **RULER**



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### **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."

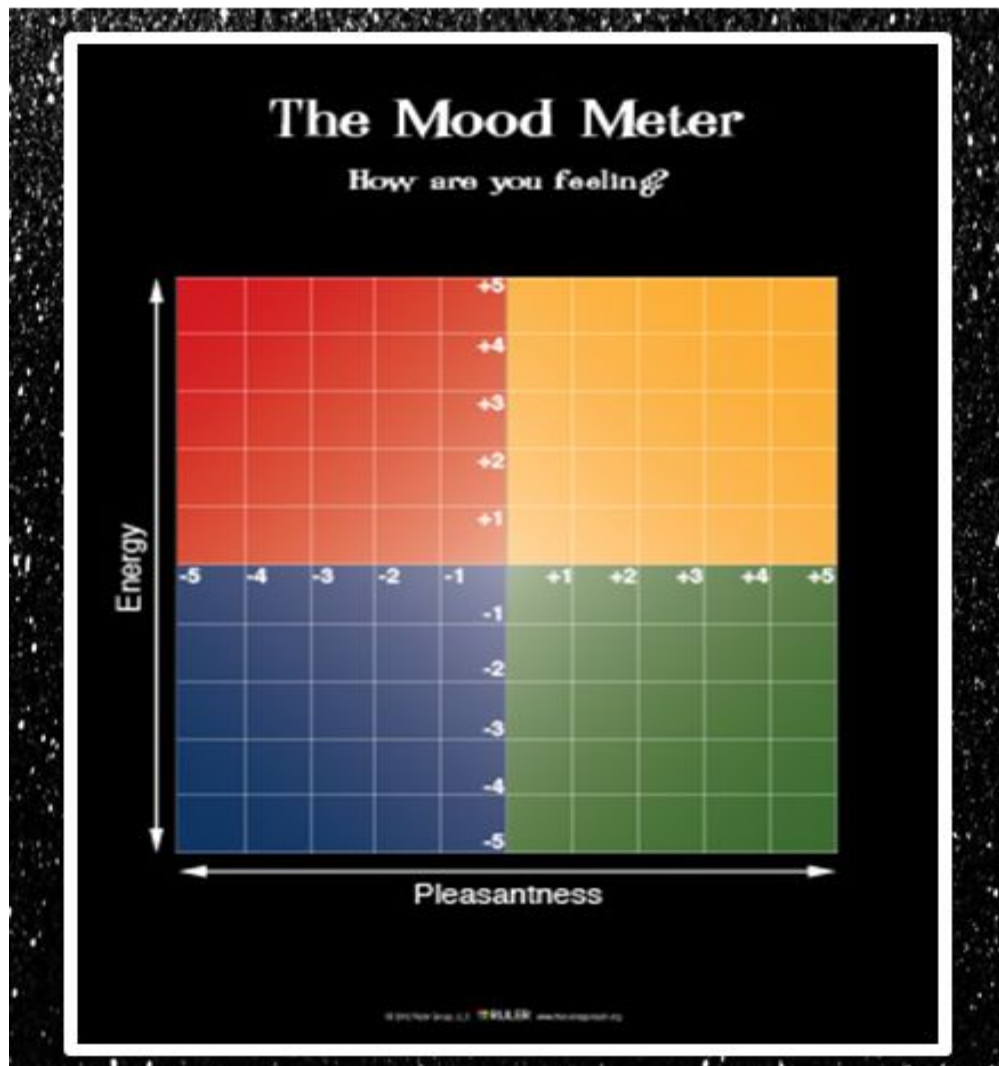
Evidence shows that schools that incorporate the RULER program: see a positive shift in school climate, experience enhanced academic achievement, report better quality relationships and experience less bullying and/or aggressive behaviors.

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



## 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	Me	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?	