



Recognizing
Understanding
Labeling
Expressing
Regulating

The RULER Approach was developed and created by researchers at Yale University’s Center for Emotional Intelligence. Decades of research show that student achievement increases when Social Emotional Learning is taught in school.

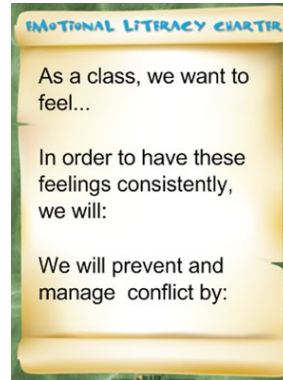
Why Do Emotions Matter?

Emotions Influence

- Attention, memory, and learning
- Decision-making and judgment
- Relationship quality
- Physical and mental health
- Pro-social (or aggressive/bullying) behavior

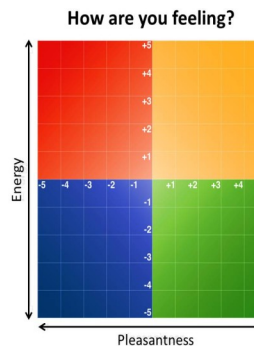
RULER Tools

Classroom Charter: The first tool of the RULER program, Classroom Charter, is a promise that teachers and students create together for how they want to **feel** in the classroom, what actions will promote those feelings consistently, and agreed upon actions for how to prevent and manage conflict.



Mood Meter: The second tool is called the Mood Meter. It is a tool for self-awareness to help us recognize how we feel, understand our own and other’s emotions, accurately label our feelings, effectively express our emotions, and help regulate our emotions in order to get the most out of our day.

The Mood Meter is divided into four quadrants with the X axis measuring our pleasantness level and the Y axis measuring our energy level.



Meta Moments: The third tool of the RULER program, the Meta Moment teaches self-regulation strategies and how to handle ourselves appropriately when in stressful situations. It is a 6 step process that prompts users to be self-aware, stop, invoke an image of their “best self” and select a strategy that will lead to a successful outcome.



Blueprint: The fourth and final tool is called the Blueprint. It teaches how to do perspective taking and learn to walk in another’s shoes. The Blueprint is an excellent tool for conflict resolution while teaching empathy and compassion.

