

The RULER Approach

Yale *Center for Emotional Intelligence*

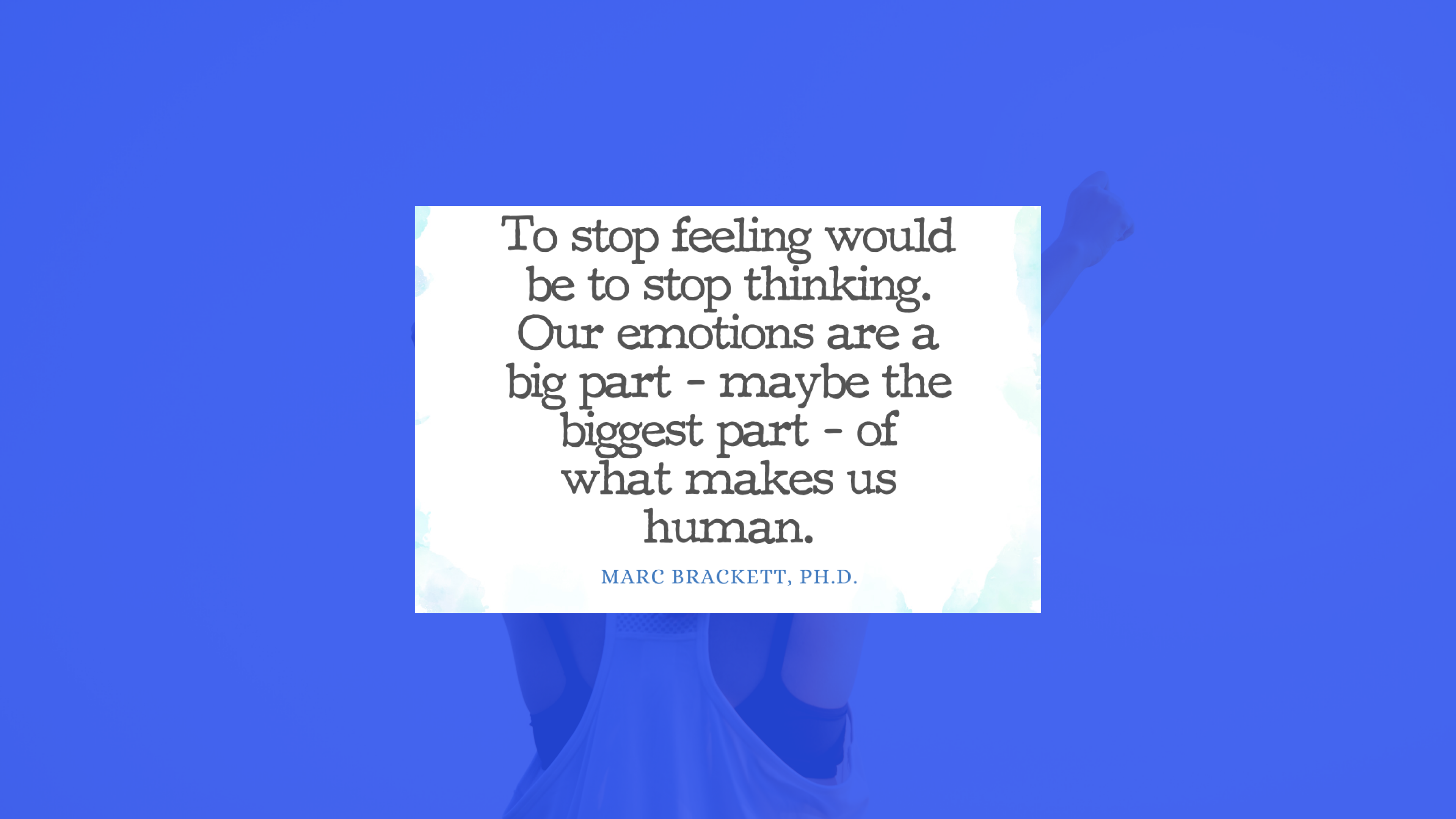
 **RULER**



Melissa Corbett
Director of Curriculum,
Instruction, & Assessment

Bryan Offermann
Assistant Director of
Special Education & PPS





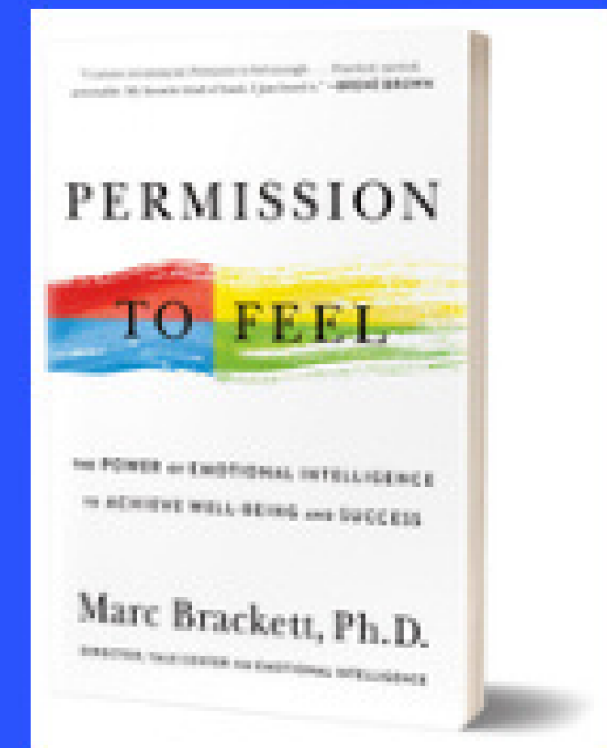
To stop feeling would
be to stop thinking.
Our emotions are a
big part - maybe the
biggest part - of
what makes us
human.

MARC BRACKETT, PH.D.


DR. MARC BRACKETT

YOU HAVE TO NAME IT
TO TAME IT.

- Founder & Director of the Yale Center for Emotional intelligence
- Professor in the Child Studies Center for Yale University
- Lead developer of RULER
- Ruler (Evidence-based approach to Social Emotional Learning)
- Serves on the Board of Directors for CASEL (Collaborative for Academics, Social Emotional Learning)



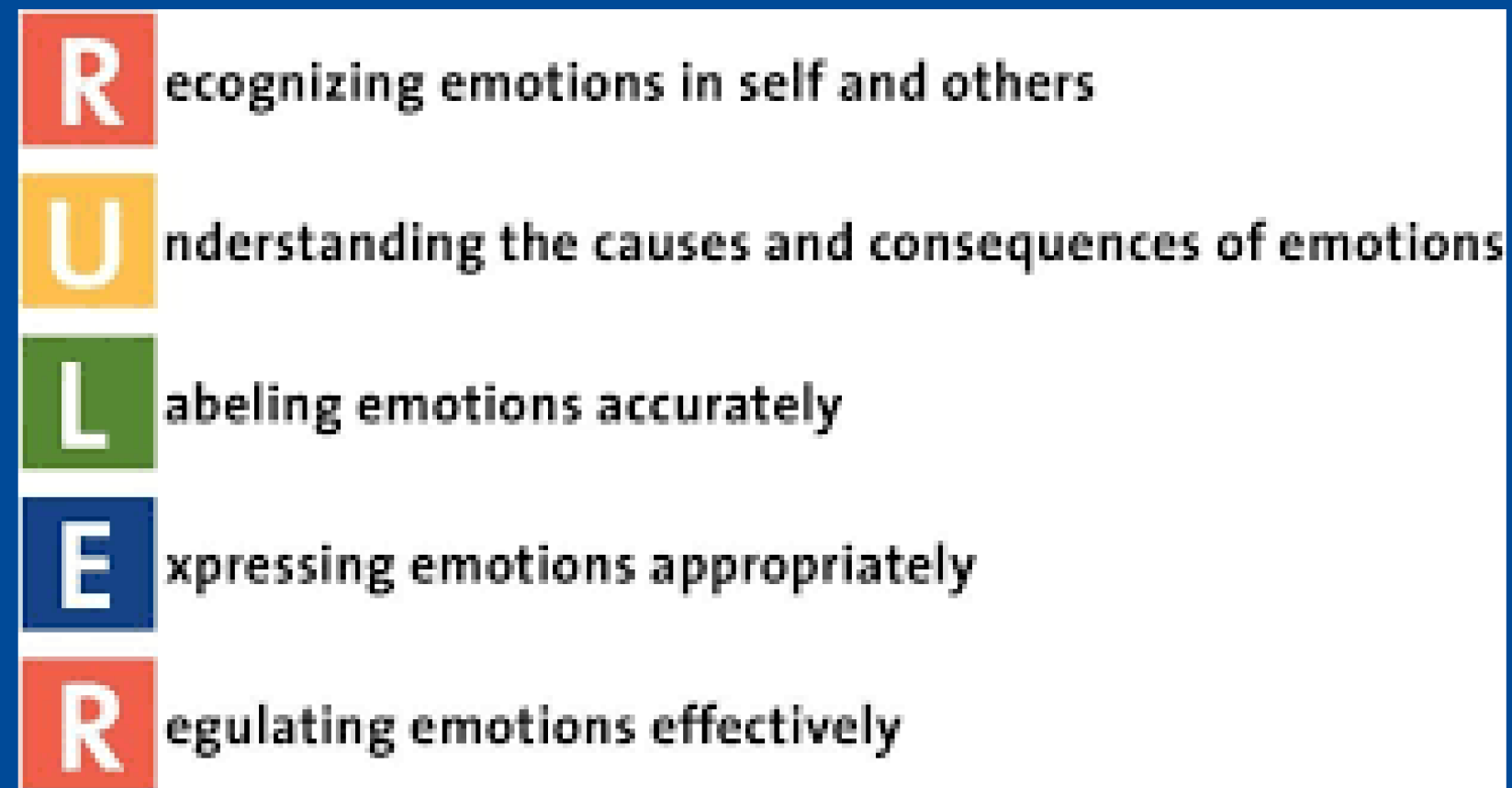
RESEARCH SHOWS THAT EMOTIONS INFLUENCE:

- Attention, memory, and learning
 - Decision making
 - Creativity
 - Mental and physical wellbeing
 - Ability to form and maintain healthy relationships
 - Academic and workplace performance
- 

What is the RULER Approach?

RULER is an evidence-based approach to social and emotional learning (SEL) that supports the entire school community in:

- Understanding the value of emotions
- Building the skills of emotional intelligence
- Creating and maintaining a positive school climate



"This year, young people across the country and around the globe will spend hundreds of hours honing their academic skills. But in most schools, they will spend exactly zero instructional hours engaged in the mastery of emotional intelligence."

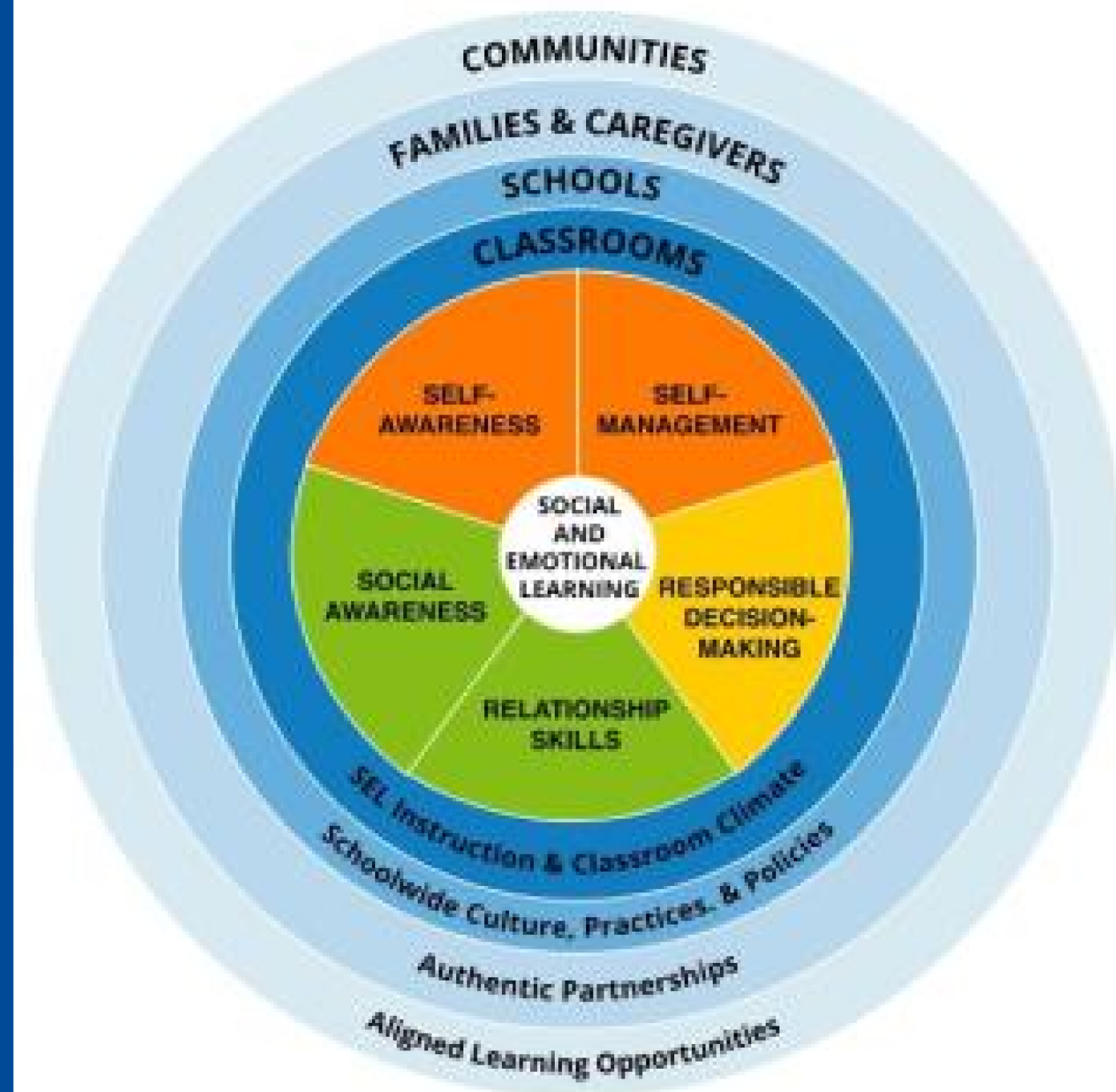
– Psychologist, Angela Duckworth



What is emotional intelligence?

Emotional Intelligence (EI) is the ability to manage both your own emotions and understand the emotions of people around you. There are five key elements to EI: self-awareness, self-regulation, motivation, empathy, and social skills.





Ruler Video

Yale Child Study

Emotional Intelligence



HOW RULER WORKS

STAFF PERSONAL & PROFESSIONAL LEARNING

RULER adoption begins when a small team from a school attends a training institute on the principles and tools of emotional intelligence.

Over time, with coaching support and online resources, all school staff participate in **RULER** skill-building activities so they can be role models and knowledgeable implementers of **RULER** for students and families.

CLASSROOM INSTRUCTION

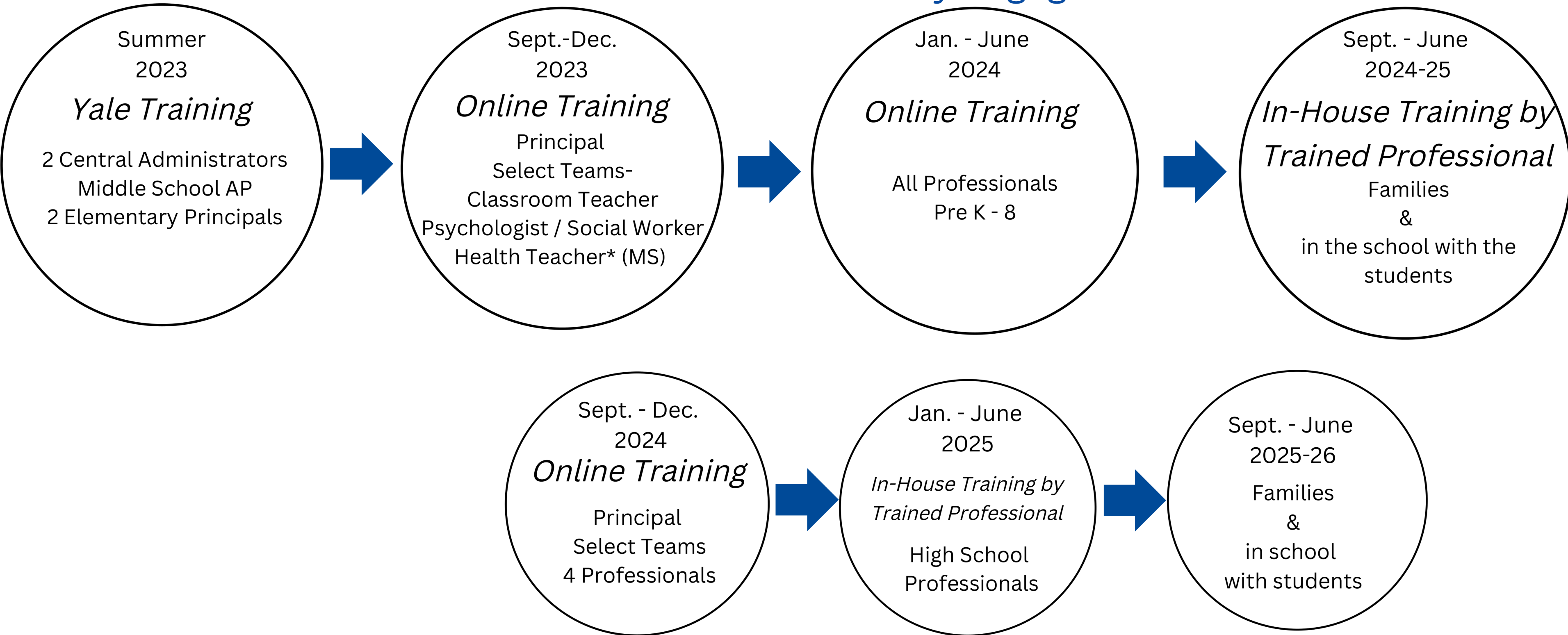
RULER continues with student learning content, which follows the Understanding by Design framework and aligns with both social and emotional learning and academic standards. In early childhood and elementary school, **RULER** embeds into existing academic curricula. Middle and high school courses focus on the intersection of social, emotional, and cognitive aspects of early and late adolescence.

FAMILY ENGAGEMENT & EDUCATION

Content for families supports what students learn in school, using everyday and culturally responsive language for accessibility. School leaders, parent leaders, teachers, and students work to engage families.

Implementation Flow

RULER begins with staff personal and professional learning and continues with classroom instruction for students and family engagement and education.



Buildings	Number of Participants	Cost for Year 1 & 2	Time Line	Description of Training
District Team	5	\$2,500	July 2023	4 day Institute
Burns Avenue	3	\$6,000	Fall 2023	Year 1 Six-week online training institute for a team of 3 to 5 school staff/faculty (~2 to 2.5 hours of work per week per person) *Participants receive a certificate upon completion of the training content. Virtual group coaching sessions Electronic newsletters to support with RULER Implementation Webinars covering topics that strengthen implementation Access to the RULER Online implementation support platform for all school staff Year 2 Virtual group coaching sessions Electronic newsletters to support with RULER Implementation Webinars covering topics that strengthen implementation Access to the RULER Online implementation support platform for all school staff Completion of the RULER Implementation Self-Assessment
Dutch Lane	3	\$6,000		
East Street	3	\$6,000		
Fork Lane	3	\$6,000		
Lee Avenue	3	\$6,000		
Old Country Road	3	\$6,000		
Woodland	3	\$6,000		
Middle School	5	\$8,000		
High School	5	\$8,000		
Total:	36	\$60,500		

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\$8,000		
\$8,000		
\$60,500		
\$9,000 each year		Year 3 & Year 4- Continued support through RULER subscription- one stop shop for courses, resources and tools designed for all educators and staff within a school.

Evidence for RULER

- A positive shift in school climate
- Enhanced academic performance
- Better quality relationships
- Less bullying and aggressive behavior

CHARTER

Builds and sustains positive emotional climates by creating agreed-upon norms for how people want to feel and how they can help each other to experience those feelings.

MOOD METER

Enhances self- and social awareness and supports the development of a nuanced emotion vocabulary and a range of strategies for regulating emotion.

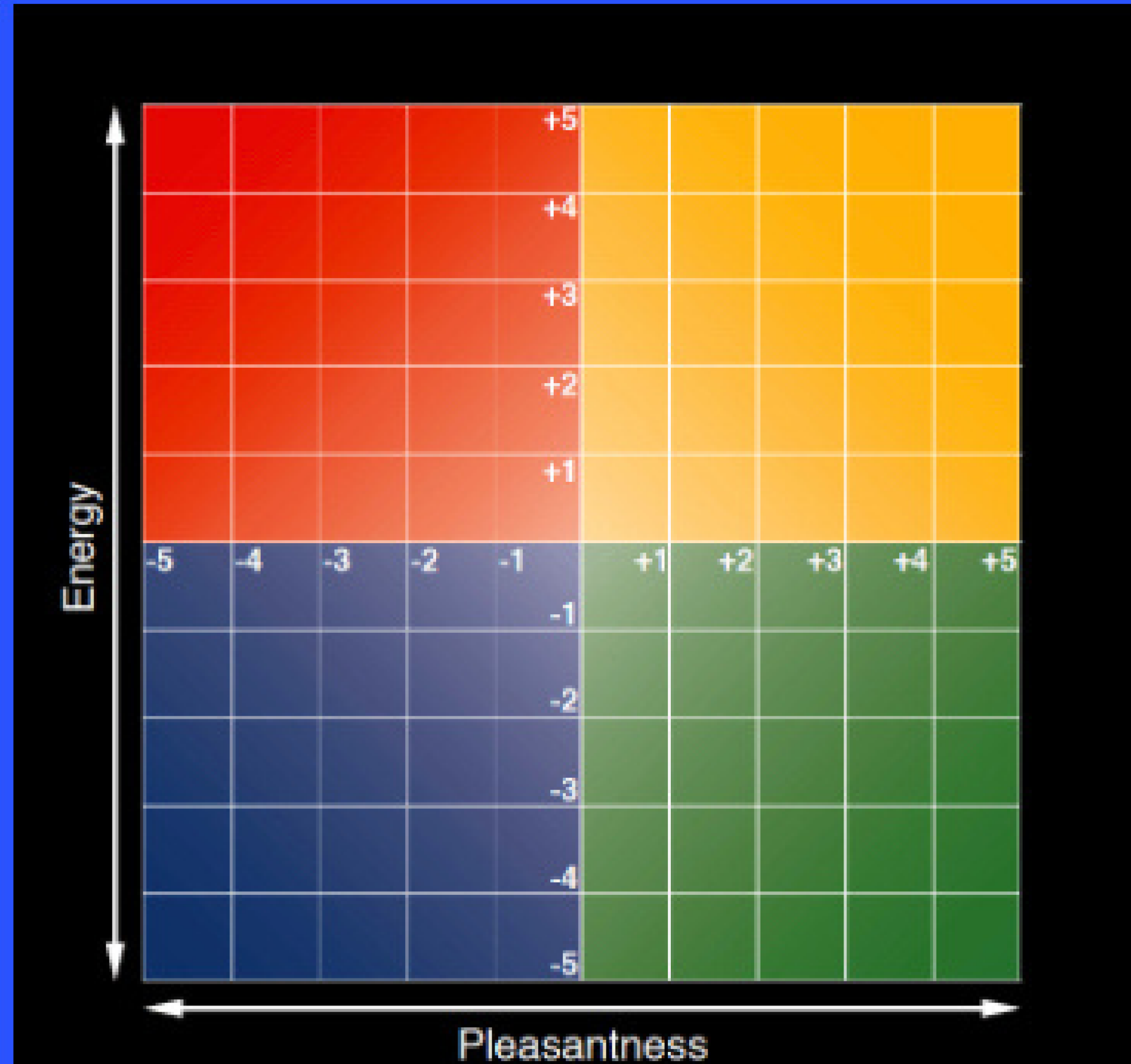
META- MOMENT

Provides a process for responding to emotional situations with strategies that align with one's "best self" and that support healthy relationships and personal wellbeing.

BLUEPRINT

Supports the development of empathy and conflict resolution skills by serving as a guide for reflecting on conflict and restoring affected communities.

INTRODUCTION TO THE MOOD METER



How are you feeling?

Livid	Panicked	Frustrated	Shocked	Stunned	Energised	Thrilled	Ecstatic	Euphoric	Exhilarated
Enraged	Terrified	Peeved	Worried	Annoyed	Positive	Connected	Joyful	Enthusiastic	Elated
Irate	Frightened	Angry	Nervous	Concerned	Glad	Inspired	Happy	Motivated	Excited
Furious	Anxious	Agitated	Unsure	Excluded	Amused	Focused	Cheerful	Proud	Surprised
Disgusted	Scared	Troubled	Restless	Uneasy	Satisfied	Pleased	Hopeful	Optimistic	Lively
Apprehensive	Ashamed	Guilty	Deflated	Complacent	Easy-going	Safe	Chilled	Respected	Blessed
Sullen	Glum	Disheartened	Discouraged	Bored	Relaxed	Secure	Content	Thankful	Fulfilled
Exhausted	Fatigued	Sad	Miserable	Pessimistic	Thoughtful	Composed	Calm	Grateful	Tranquil
Alienated	Depressed	Disappointed	Tired	Confused	Mellow	Peaceful	Balanced	At Ease	Collected
Despair	Inconsolable	Anguished	Hopeless	Lonely	Listless	Sleepy	Restful	Comfy	Serene

Questions Responses Settings

Happy	Excited	Optimistic	Grateful	Relieved	Sad	Angry	Stressed	Worried	Lonely
Surprised	Disappointed	Embarrassed	Shocked	Confused	Disgusted	Frustrated	Jealous	Envious	Lonely
Calm	Relaxed	Content	Satisfied	Peaceful	Hopeful	Confident	Optimistic	Inspired	Grateful
Happy	Excited	Optimistic	Grateful	Relieved	Sad	Angry	Stressed	Worried	Lonely

How do you feel?
Complete the form below.

Type your name. (First and last)
Short answer text

How do you feel?
Complete the form below.

Type your name. (First and last)
Short answer text

How are you feeling? (Check your Mood meter. "I feel...")
Short answer text

Why do you feel this way?
Long answer text

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Why do you feel this way?
Long answer text

Is there anything better in your heart or in your mind that you could like to do?
Short answer text

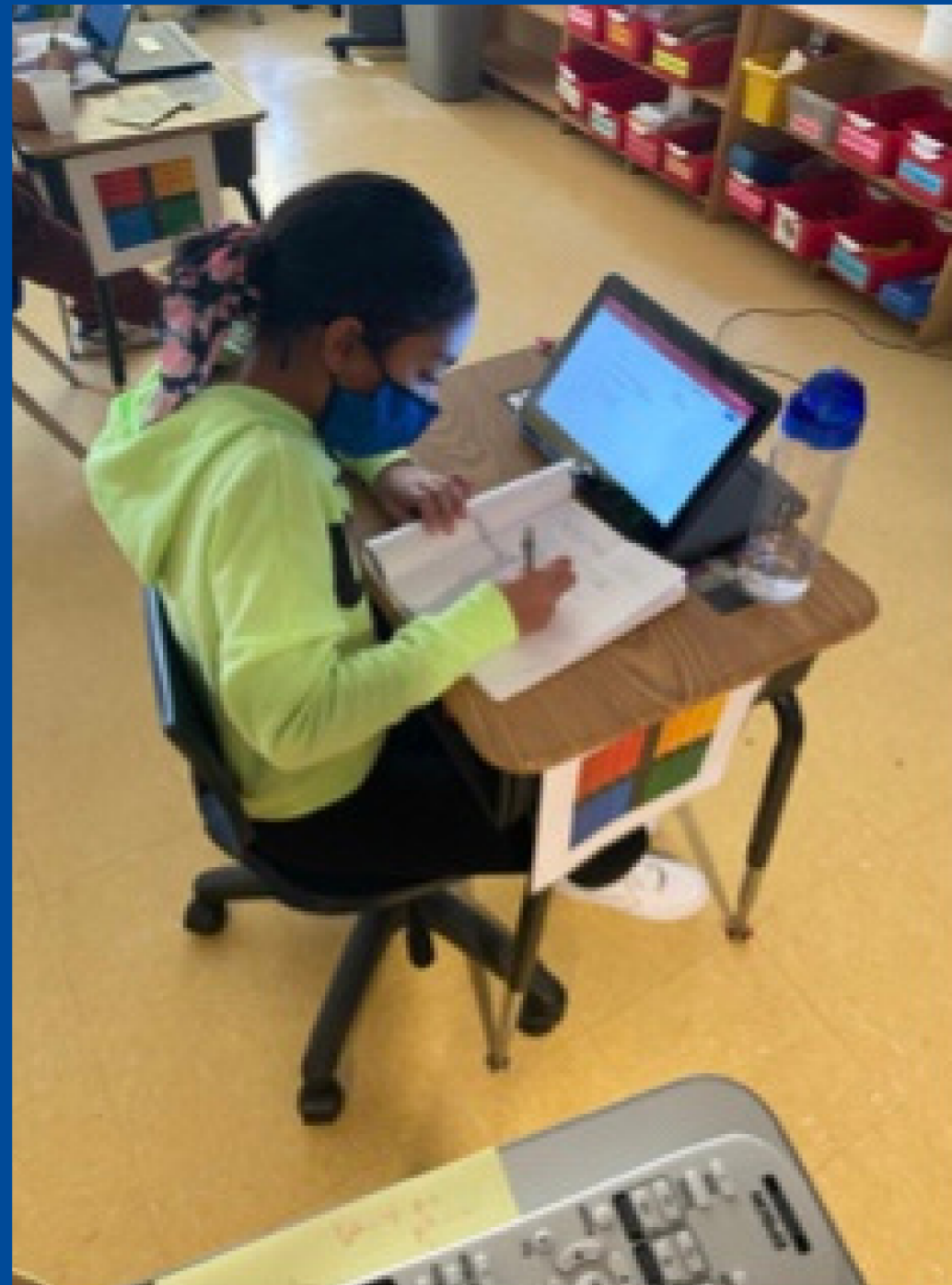
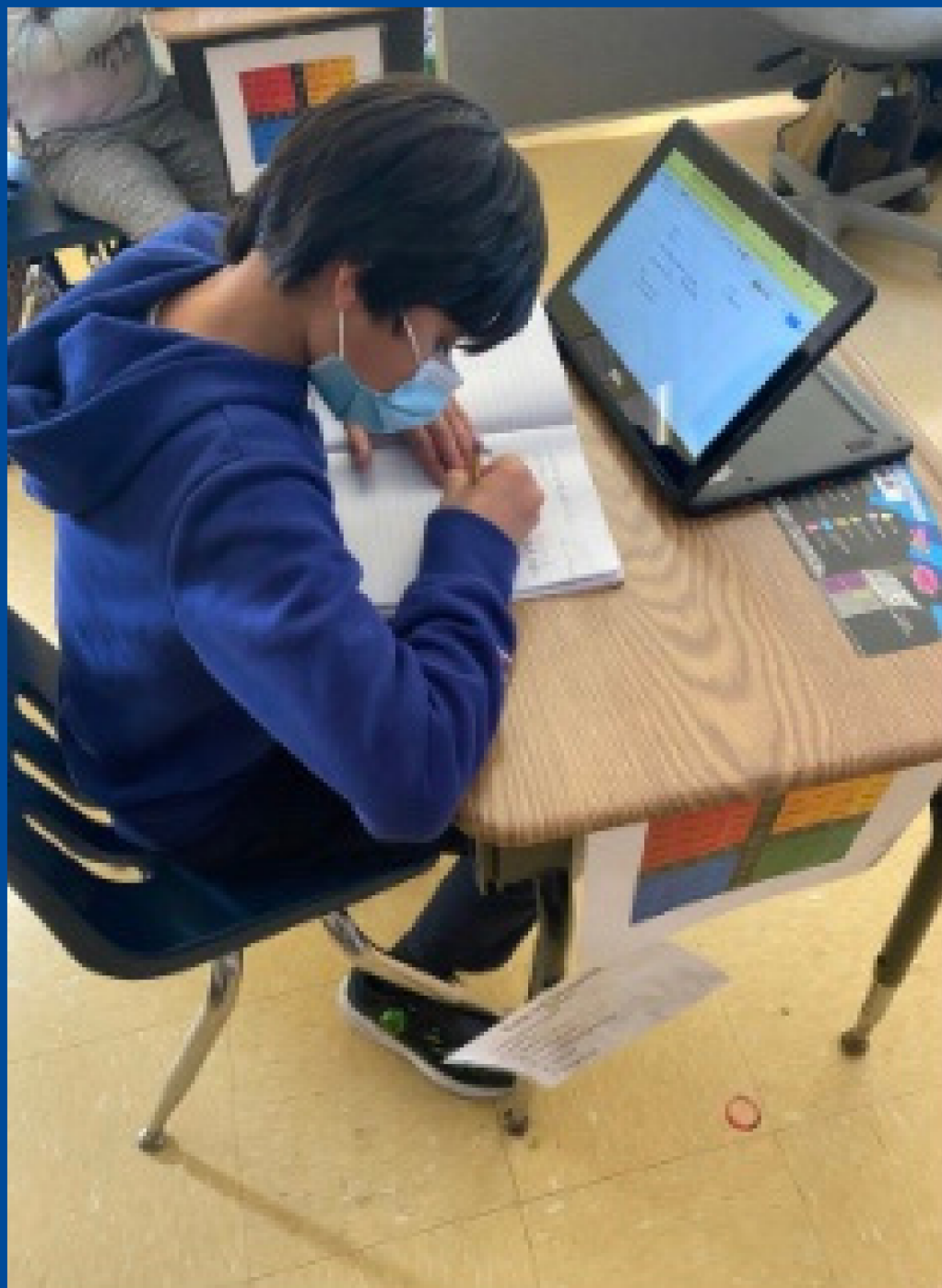
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Thank you!

Questions, Comments &/or Concerns

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively



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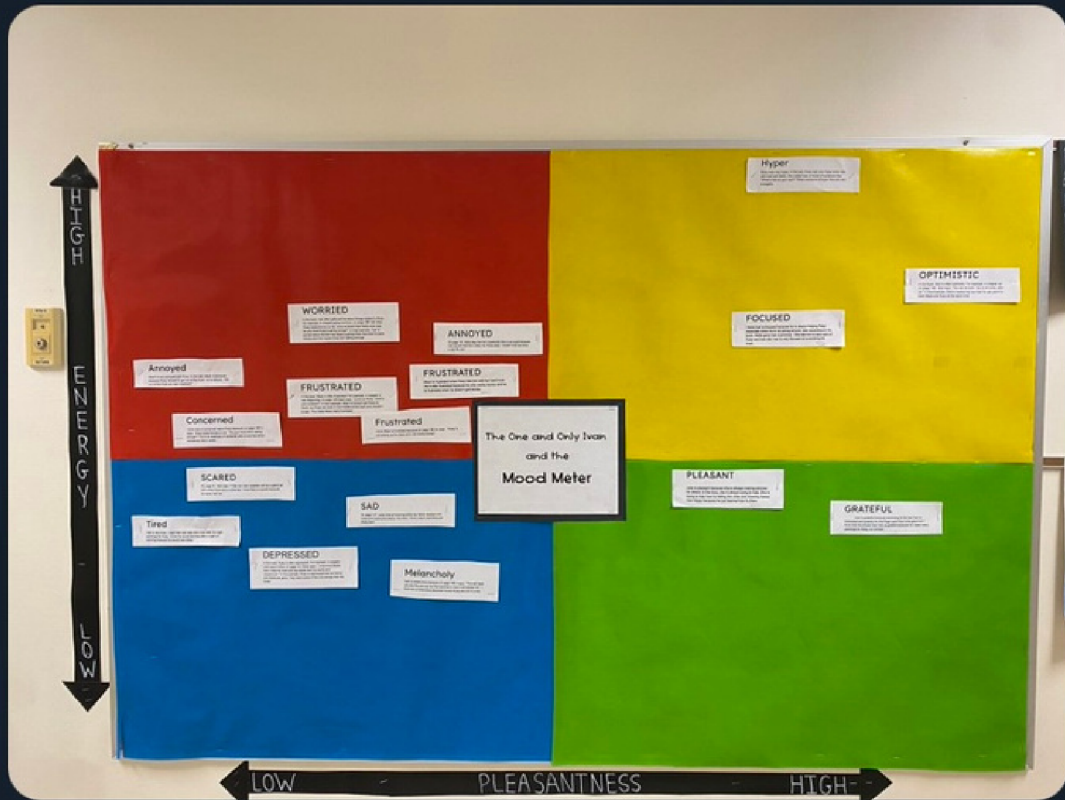
Bryan Offermann
Assistant Director of
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SELebrate YOU
@SELebrateYOU

Integrating SEL into the curriculum!
🙌 Students are pulling text evidence to support character feelings in *The One and Only Ivan!* @marcbrackett @kaaauthor
#socialemotionalllearning#emotionalliteracy



Caitlin O'Keefe @DrCaitlin... · 11/8/22
Middlesex Staff's Living Mood Meter!
@YaleEmotion @marcbrackett
@DrKDahlstrom @ChrisTranberg
@darienpssuper



2 8

RULER Retweeted
Lauren Bird @LaurenBird42 · 11/8/22
Checking in with a @WPSMDSocial
#kindergarten #moodmeter in
#wiltonwayct @YaleEmotion
@rulerapproach



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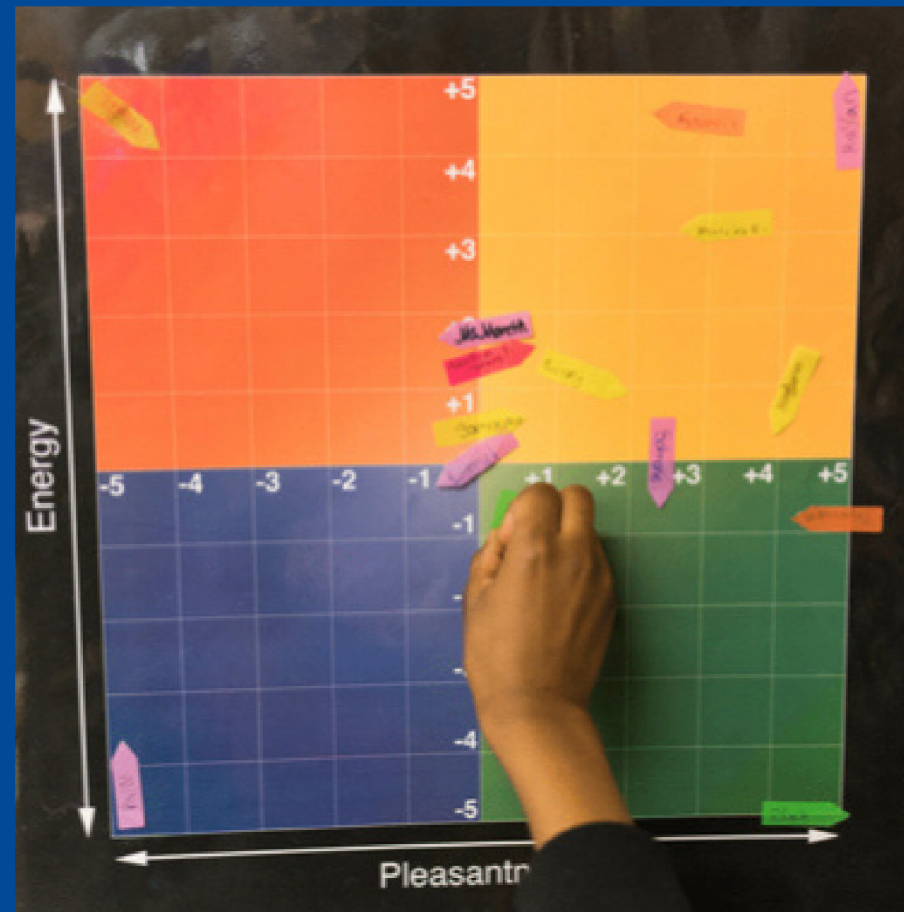


Marc Brackett @marcbr... · 10/31/22
 Y'all are too cool. Happy Halloween!!!
 @rulerapproach

Ericka Miranda @Ms_... · 10/31/22
 How are you feeling? @rulerapproach
 @marcbrackett #WeAreChappaqua
 #RBPrize #Halloween



2 15



RULER Retweeted



Marc Brackett @marcbr... · 10/20/22
 The emotion revolution is happening at John Philip Sousa School, another amazing @rulerapproach “mentor” school.

That a 2nd grade student was able to explain the axes & quadrants of the mood meter, including multiple words for each quadrant blew my mind. @YaleEmotion – at John Philip Sousa School



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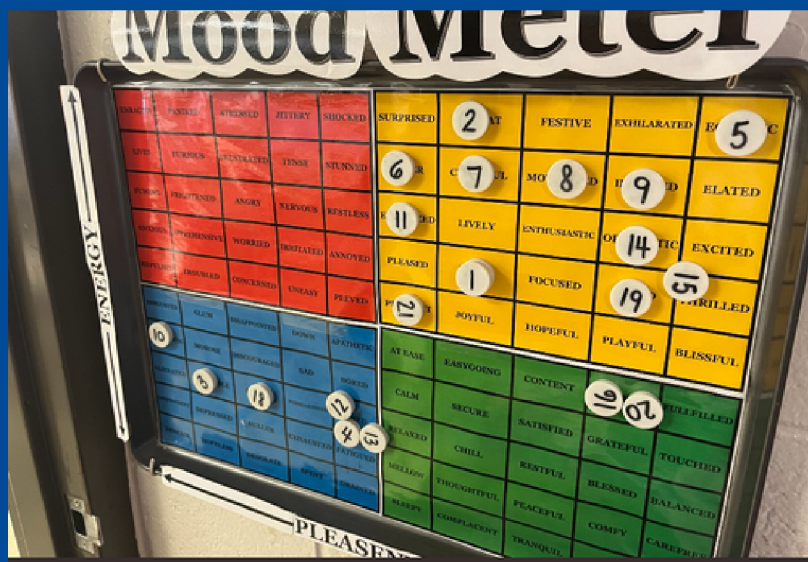
RULER Retweeted



rgaston@d45 @RaulGasto... · 11/22/22
 In addition to Parent/Teacher Conferences, our staff worked collaboratively to build our staff Charter as we gain further knowledge on emotional intelligence through the @rulerapproach It's a great day to be a WILDCAT!!! 🐾 😊



1 2 9



David Huber, Ed. D. @Davi... · 10/3/22
 #MoodMeterMonday How are you feeling?
 Aven and I were solidly in the green today!

Tweets Tweets & replies Media Likes

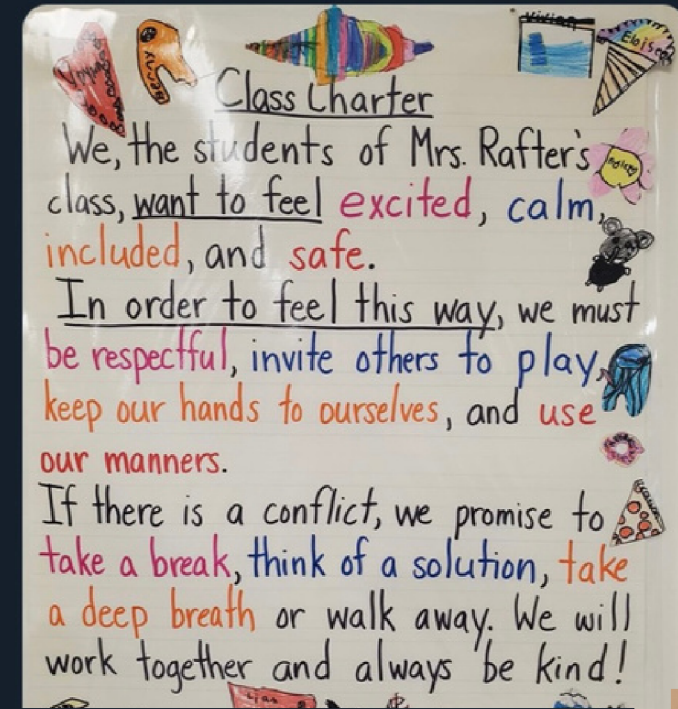
Marc Brackett @marcbr... · 10/1/22
 This is a first! Love it! #EmotionsMatter on and off the field! @YaleEmotion @rulerapproach

Supt Rumbaugh @Rum... · 10/1/22
 This is an impressive first! Bringing a mood meter to a rival football game! #SEL #emotionalintelligence #EmpoweredToLearn



PS101Q @PS101Q · 11/9/22
 5th grade students are creating their own digital @rulerapproach #MoodMeter in #MediaArts using @Google Drawings to describe objects that put them into those...

RULER Retweeted
 Victoria Rafter @Mrs_Rafter · 9/13/22
 Love how our Class Charter represents each and every one of us! (look closely for our signatures 🐾) @OaksSchool3 @rulerapproach



RULER Retweeted
 Jen Biblowitz @jbsousastr... · 10/21/22
 Encouraging families to plot their feeling in their native language at family ruler night !! 11 different represented! @rulerapproach @YaleEmotion @marcbrackett

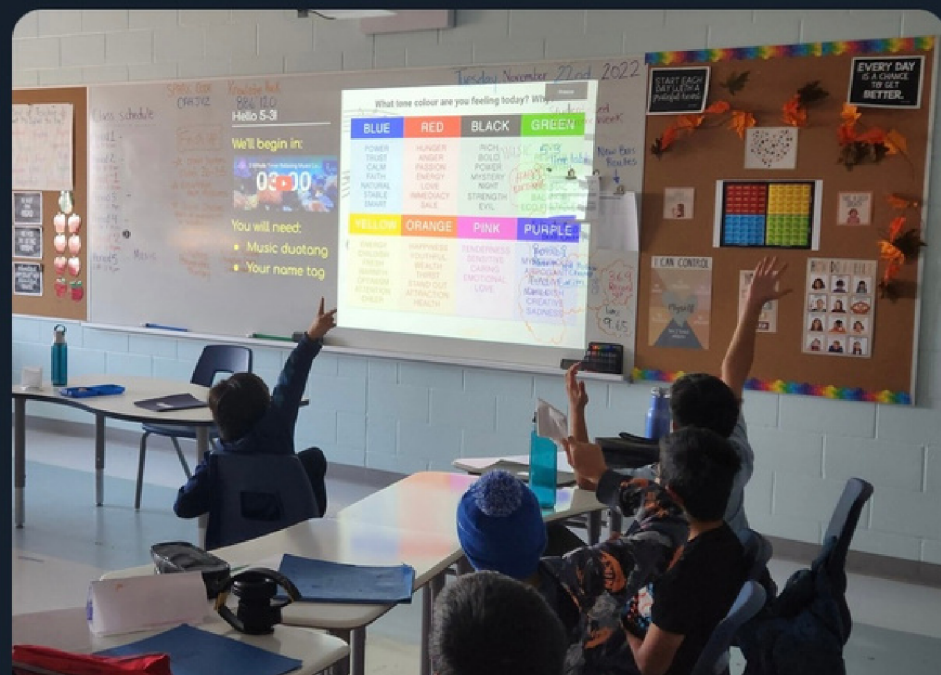


Chapel Street School @Ch... · 9/13/22
 How do you feel today? @rulerapproach @marcbrackett #includeengageinspire



Marc Brackett @marcbr... · 10/20/22
 The emotion revolution is happening at John Philip Sousa School, another amazing @rulerapproach "mentor" school.

Inspired by @marcbrackett @rulerapproach and thanks to @mrs_mceachern Grade 5s in Music class connected emotions/moods to tone colours and timbre in the music they listen to. What tone colour & mood are you feeling today? @RSP_HDSB



Dear Mr Brackett

Thank you so much for the mood meter. Me and my classmates use it almost every single day. It gives us more vocabulary words. I even used it in my writing. We can use words that describe us right now. Like I'm feeling joyful for you to read this letter. It's helpful for everybody in school. So the mood meter is amazing. THANK YOU MR BRACKETT!!! From Chloe

Mad		happy	
annoyed	angry	excited	upbeat
frustrated	furious	hopeful	inspired
livid	tense	cheerful	motivated
stressed	irate	joyful	positive
enraged	seething	splendid	pleased
tired	down	peaceful	relaxed
exhausted	glum	yellow	content
hopeless	gloomy	at ease	chill
blue	bummed	cozy	cozy
depressed		comfy	loving
sad		calm	

