

## HOW RULER WORKS

### STAFF PERSONAL & PROFESSIONAL LEARNING

- RULER implementation begins when a team from a school attends a training on the principles and tools of emotional intelligence.
- 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, which aligns with social and emotional learning and academic standards.
- In early childhood and elementary school, RULER is integrated into existing academic curricula.
- RULER for middle and high school focus on developmentally appropriate topics for early and late adolescence.

## PARENT TESTIMONIALS

*"RULER allows the child and parent to better work through the challenges we incur by recognizing the effects our emotions have on us."*

*"Emotional intelligence is almost the most important thing. Academics are great, but without the emotional recognition the pieces can't come together."*

*"I like understanding what my kids are learning - it will help us come together better as a family."*

## FOR MORE INFORMATION:

[www.rulerapproach.org](http://www.rulerapproach.org)  
[www.facebook.com/rulerapproach](https://www.facebook.com/rulerapproach)  
[www.twitter.com/rulerapproach](https://www.twitter.com/rulerapproach)  
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 **RULER**

**AN EVIDENCE-BASED  
APPROACH TO SOCIAL AND  
EMOTIONAL LEARNING**

Yale *Center for Emotional Intelligence*

## EMOTIONS MATTER

### 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 RULER?

**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



## THE SKILLS OF EMOTIONAL INTELLIGENCE

### Recognizing emotions

- Identifying emotions in oneself and others by reading verbal and nonverbal cues

### Understanding emotions

- Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions

### Labeling emotions

- Connecting an emotional experience to specific feeling words to describe it

### Expressing emotions

- Knowing how and when to display or show our emotions, depending on who we are with, where we are and what we are doing

### Regulating emotions

- Knowing and using effective strategies to manage your emotions

**Research shows that RULER skills help people of all ages use emotions wisely, opening opportunities for us to succeed in school, at work, and in life.**

## HOW RULER FOR FAMILIES WORKS

The goal of RULER for Families is to connect students' families to the work being accomplished within the school and create a shared language between school and home.

### We do this by:

- Designing developmentally appropriate activities to be shared directly with families.
- Providing ongoing communication about RULER in school.
- Offering parents and caregivers the opportunity to learn about RULER and emotional intelligence.

RULER for Families was designed to validate and broaden social and emotional skill learning at home, honor cultural diversity, and prepare children for success in life.

**“When all people in a school community embrace the idea that ‘emotions matter,’ when they become more skilled with their emotions and in their interactions, and when schools and homes become warmer, safer, and more supportive spaces— this is when educators, students, and their families thrive.”**

--Marc Brackett, PhD  
Founding Director of the  
Yale Center for Emotional  
Intelligence

