



TIPSHEET

Your RULER Talking Points

How would you explain RULER to someone else? Use this tipsheet to clarify what RULER is, how it works, and how your school may benefit from it.

What is RULER?

RULER is an evidence-based approach to social and emotional learning (SEL).

Through training in the RULER approach, teachers and leaders learn the skills to create and sustain a positive emotional climate, as well as support individual development of emotion skills for students and adults.

What are the emotion skills of RULER?

The acronym RULER stands for the following emotion skills:

- **Recognizing** emotions in oneself and others through facial expressions, body language, voice, behavior
- **Understanding** the causes and consequences of emotions in oneself and others
- **Labeling** emotions with accurate words from a nuanced vocabulary
- **Expressing** emotions differently depending on context, situational expectations, and culture
- **Regulating** emotions with effective strategies and supporting others in their regulation of emotions

Who is RULER for?

Bringing RULER to your school means training all members of the community starting with the leaders, faculty, and staff.

Adults build their own emotion skills to train, model, and implement these skills in the classroom.

What tools and resources does RULER offer?

RULER offers four Anchor Tools to help everyone learn and practice the skills of emotional intelligence.

- **The Charter** builds and sustains a positive climate through a shared agreement between people about how they want to feel at work or while engaging in learning.
- **The Mood Meter** builds greater self and social awareness about our emotions.
- **The Meta-Moment** trains people to respond to emotional triggers in more effective ways that align with one's best self.
- **The Blueprint** provides a structure to problem-solve interpersonal conflicts with empathy and perspective taking.

Why should schools implement RULER?

Schools implement RULER because they want to create a positive environment where students feel safe to learn and people get along with each other. In this positive emotional climate, everyone can perform better.

Classrooms and schools that have implemented RULER report:

- more positive climates
- less bullying behavior
- increase in attendance
- decrease in suspensions

Students within RULER schools experience:

- fewer attention problems
- better academic performance
- more autonomy and leadership
- less anxiety and depression

RULER schools also report more warmth and connectedness between teachers and students.

