

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES	Self-Awareness	Social Awareness	Responsible Decision Making	Self-Management	Relationship Skills
RULER Skill-Building Activities: Staff personal and professional learning, pre-K to 12 classroom content, and family engagement materials include activities to enhance development of the five RULER skills of emotional intelligence.					
Recognizing emotions in oneself and others	✓	✓			✓
Understanding the causes and consequences of emotions	✓	✓			✓
Labeling emotions with a nuanced vocabulary	✓	✓			✓
Expressing emotions in accordance with cultural norms and social context			✓	✓	✓
Regulating emotion with helpful strategies			✓	✓	✓
RULER Tools: RULER builds a common language and set of strategies for the entire school community. Beginning with a shift in mindset, leaders, educators, students, and families learn why emotions matter and how the skills of emotional intelligence can be cultivated. RULER continues with four foundational tools and teaching of Feeling Words.					
The “Emotions Matter” Mindset: To support a school-wide mindset around the importance of developing emotional intelligence and a positive emotional climate, RULER begins with research and reflections on the impact of emotions on learning, decision making, relationships, and wellbeing.	✓	✓	✓		
RULER Tool #1: The Charter Designed to build and sustain positive emotional climates, the Charter represents agreed-upon norms for how everyone in a school, classroom, home, or other space want to feel and what needs to happen for those feelings to be consistently present.	✓	✓	✓	✓	✓
RULER Tool #2: The Mood Meter By organizing our thinking around feelings into two qualities of emotions: energy and pleasantness, the Mood Meter enhances self- and social awareness and supports the development of a nuanced vocabulary and a strategic repertoire for emotion management.	✓	✓	✓	✓	✓
RULER Tool #3: The Meta-Moment With the goal of improving reflective practices and self-management, the Meta-Moment provides a process for identifying and developing one’s “best self” and for shifting from automatic, unhelpful reactions to strategic, effective responses that align with that “best self.”	✓	✓	✓	✓	✓
RULER Tool #4: The Blueprint Through a process for reflecting on and resolving interpersonal conflict, the Blueprint promotes perspective taking, builds empathy, develops conflict resolution skills, and provides a means for restoring relationships and communities affected by conflict.	✓	✓	✓	✓	✓
Feeling Words Staff development, student learning units, and family engagement content include the introduction of a rich vocabulary of feeling words that empower students and teachers to describe, understand, and manage the full range of human emotions.	✓	✓	✓	✓	✓