



RULER



About RULER

RULER is an evidence-based approach to social and emotional learning for grades pre-K through 12, developed by a team of educators, researchers, and psychologists at the Yale Center for Emotional Intelligence. It is based on over 25 years of research, and is now used in over 2,500 schools in the United States and internationally. Through our research, we've found that schools that have implemented RULER report more positive school climates and better academic performance.

RULER creates school climates where students feel safe and where their emotions are explored and validated. Students and teachers experience a greater level of connectedness in environments where emotions are valued, and RULER schools also report a decrease in bullying and aggressive behavior.



RULER is a [CASEL](https://casel.org/) SElect program. This designation indicates that RULER is an evidence-based, well-designed, and classroom-based program that systematically promotes students' social and emotional competence, provides opportunities for practice, offers multiyear programming, and delivers high-quality training and other implementation supports. Learn more at http://bit.ly/CASEL_Programs

The RULER Approach

RULER ensures everyone in a school community recognizes the important role emotions play in day-to-day life. Many schools describe the values and mindset around the importance of emotions and the way in which we manage them as a “way of being.” RULER becomes part of a school’s identity.

RULER provides us with the skills to create space to reflect on and strategize about how we may best respond to things happening in the world around us. In addition to being the name for the evidence-based approach to social and emotional learning, RULER is the acronym for the skills of emotional intelligence.



How RULER Creates Change

RULER creates change in both individuals and communities. As all members of a school community develop their emotional skills, the community as a whole begins to reap the benefits. This comes in the form of healthier emotional climates in schools, classrooms, and homes, and a common language about emotion that is infused into the way leaders lead, teachers teach, students learn, and families parent.

The RULER Training Package

RULER's systemic approach starts with training teachers, staff, and school leaders in the principles, skills, and tools of emotional intelligence, so that the adults in the school can serve as school community role models and knowledgeable implementers. Once school faculty and staff have adopted RULER, it is introduced to students in the classroom and with their families.

The **RULER Training & Implementation Support package** includes:

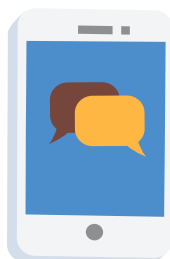


RULER Institute Online

for a team of three to five school staff (your school's RULER Implementation Team)



Two years of access to the **RULER Online** implementation support platform for all staff in the school



Access to **virtual group coaching sessions**



Support **webinars** and electronic **newsletters**

Each feature is explained in detail on the following pages.

RULER Institute Online

RULER begins when a team of 3 to 5 attend the RULER Institute Online. We call this team the school’s RULER Implementation Team. We recommend that a school’s RULER Implementation Team include one administrator, plus at least two teachers or mental health professionals that work in the school.

The six-week, online training institute is designed to equip the RULER Implementation Team to share the RULER approach with the school community.

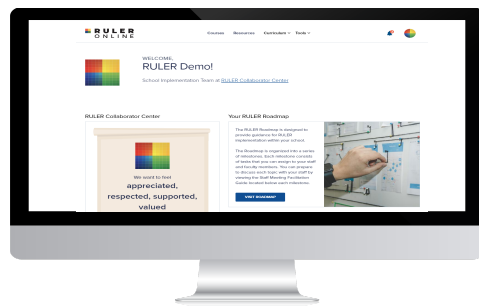
Attendees learn about:



The RULER Online Platform

After attending training, the RULER Implementation Team guides RULER adoption among the remaining faculty and staff about RULER, including planning for classroom implementation.

The school’s entire faculty/staff then will have access to the **RULER Online platform** for two years. The platform includes learning modules, videos, and staff development activities, preK-12 curricula, family learning and engagement resources, and other tools that support RULER Implementation.



Coaching, Newsletters, and Curricula

As part of the RULER training package, schools receive virtual group coaching sessions, implementation support webinars, and newsletters to guide their progress. The RULER Online platform also offers a full suite of curricular materials for grades preK-12.



◀ Coaching Sessions

Each school's RULER Implementation Team receives **virtual group coaching sessions** with one of our RULER coaches to assist in continuous improvement along your RULER journey.

Newsletters and Webinars ▶

Our **newsletters** will help the school's team stay connected to our research, access resources to support implementation, and participate in community-building social media campaigns. They receive support and ideas for implementing RULER school-wide with our **support webinars**. Topics include grade-specific classroom implementation, family engagement, staff development, and more.



◀ Curricula

We offer developmentally-appropriate RULER curricula for grades preK through 12. Each grade level segment has a recommended scope and sequence to allow for thoughtful planning and execution on behalf of the teacher.

The curricula utilizes vertically aligned skill Development, aligns with CASEL's core competencies of social and emotional learning, and addresses Learning for Justice (formerly Teaching Tolerance's) standards.

The Investment

The cost of this two-year package depends on how many people attend the RULER Institute Online. Our pricing does not rely on the size of your staff or student body.

\$6,000

For a team of 3 staff

\$7,000

For a team of 4 staff

\$8,000

For a team of 5 staff

After your school's two-year training package expires, you can extend your access with a **RULER Subscription**. The RULER Subscription is \$1,000 a year and includes access to RULER Online for your entire school staff, virtual group coaching sessions, support webinars, and newsletters.

Get Started

We invite you to learn more about RULER by visiting our website, rulerapproach.org. Here you can apply to one of the RULER Institute Online, hear from RULER leaders, educators, and students, or learn more about the RULER subscription.

Please feel free to email our School Relations team with your RULER-related questions at rulertraining@yale.edu. We look forward to creating healthier and more equitable, innovative, and compassionate school communities with you!

www.rulerapproach.org