

**Tuesday,
February 27th
7:00-8:00 p.m.
Ecole Nestor
Elementary
School Library**

The RULER Approach

An introduction for parents and caregivers

*School Goal: Social
Emotional Learning*

SOCIAL EMOTIONAL LEARNING AT HOME AND IN SCHOOLS THE RULER APPROACH – OVERVIEW AND RESEARCH

You, as parents and primary caregivers for our students, play an integral role in their social emotional well-being and learning, and we invite you to join us for this RULER parent evening that we will be hosting at Ecole Nestor Elementary on February 27th.

- 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

The RULER approach was developed at the Yale Centre for Emotional Intelligence located at Yale University. Recognizing, Understanding, Labeling, Expressing, and Regulating emotions are the 5 key skills developed. Emotion regulation is a “hard skill” that is directly linked to higher student academic achievement as well as increased success in career and life.

KINDLY RSVP TO CATHIE BURTON: cburton@sd43.bc.ca or call 604-464-9422

What is our school goal?

PRIMARY GOAL:

SEL: SOCIAL EMOTIONAL AND INTELLECTUAL LEARNING

Students will be socially and emotionally confident learners and contributors to a positive school culture.

GOAL: Students will demonstrate a strong sense of self-awareness

Students will demonstrate an awareness of their emotions

OBJECTIVES:

1. Ability to recognize and label emotions/feelings
2. Describe their emotions and the situations that cause them
3. Distinguish among intensity levels of their emotions
4. Describe how they physically respond to emotion
5. Recognize and label emotions and discuss how they are linked to behavior

