

# THE RULER Approach

## Emotions Matter

An Overview for K-5 Families



 **RULER**

Yale *Center for Emotional Intelligence*

### **RULER: Promoting Emotional Literacy**

RULER is a social-emotional literacy curriculum developed by Yale University's Center for Emotional Intelligence. Nestor has engaged in the RULER Approach to help encourage, foster and develop skills in emotional intelligence and emotional literacy.

With a **school-wide** goal of being aware of our emotions, the entire school community has been modeling and practicing RULER.

In order to manage one's emotions to successfully negotiate life experiences, whether at school, work or home, RULER promotes:

- **R**ecognizing
- **U**nderstanding
- **L**abeling
- **E**xpressing
- **R**egulating

# THE RULER Approach

## The Anchors of Emotional Intelligence

The Anchors of Emotional Intelligence are evidence-based tools designed to enhance the emotional intelligence of school leaders, teachers and staff, and students and their families.

RULER includes four primary tools:

- Charter
- Mood Meter
- Meta-Moment
- Blueprint

Nestor staff continues to participate in professional development with RULER training sessions regularly, and have in turn shared this training with students.

The belief is that teachers and administrators cannot train students to manage their feelings and emotions if they have not first practiced these skills themselves.

Now it's time to fully engage families! Please join us for our first of a series of RULER workshops, **Emotions Matter: Emotional Intelligence for Parents and Families.**

Emotions Matter  
Tuesday, October 8, 2019  
6:30-7:30 p.m.  
Nestor Library