

The logo for the Yale Center for Emotional Intelligence features the text "Yale Center for Emotional Intelligence" in a white, serif font, set against a dark blue background. To the right of the text is a geometric design of overlapping triangles in various shades of blue.

Yale Center for Emotional Intelligence

The RULER logo consists of a square divided into four colored quadrants (orange, yellow, blue, green) to the left of the word "RULER" in a large, bold, black, sans-serif font.

RULER

As the first month of school is upon us, we find ourselves feeling excited, hopeful, anticipatory, and also concerned about the wellbeing of the youngsters in our care. For most of us, we know that we are prepared and knowledgeable enough to “own” our curriculum content and deliver it at an appropriate pace with necessary supports. We also have a clear vision of the rules and norms we want to establish in our classrooms so that everyone feels safe and expectations are crystal clear. However, if we are honest with ourselves, our largest trepidation is about how to handle the daily feelings and behaviors of the students in our care. The social and emotional learning program being implemented throughout the district, the RULER Approach, offers us the tools to attend to and help manage our students’ emotional ups and downs.

The Charter:

We set the stage for honoring and supporting our students' most desired feelings by working with them to design a classroom Charter. With encouragement and support, we empower them to create this document using their own values, their own words, and their own personal commitment to the behaviors exhibited to achieve those feelings. Importantly, we are developing ground rules for conflict management and collaboration when we lead the Charter activity. Students will be receiving the message that they are responsible not only for their own feelings, but also for influencing the feelings of their classmates. Without being overly directive, we are helping students to find their voice and develop a set of shared norms and expectations for behavior in their classroom. We, as teachers, are facilitators in this process. It is not a top down protocol we are creating but a shared vision.

Keeping the Charter Alive

- Use these [guiding questions for revisiting your Charter](#).
- When you first meet your students, consider asking them to brainstorm their "perfect" classroom/learning environment. This could be a hook into a lesson on the Charter or the beginning of the creation of the Charter.
- Share the [Charter Tip Sheet](#) with new students or faculty to help them understand the process.

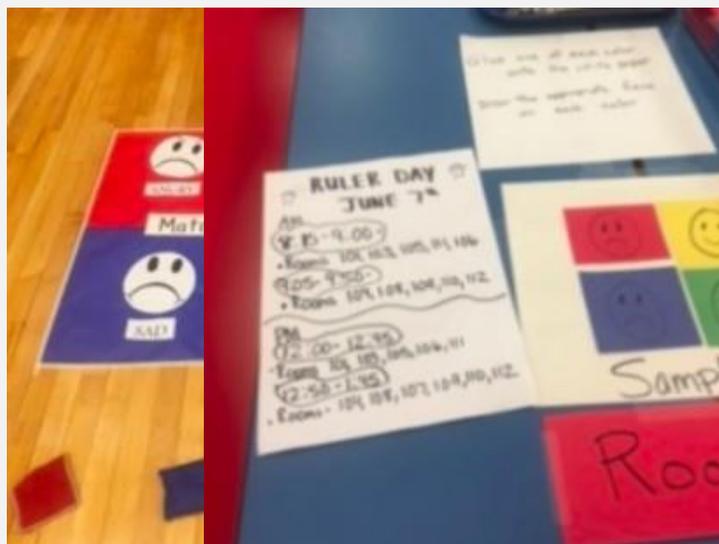
The Mood Meter:

As we move into teaching and using the Mood Meter, we are getting a rare opportunity as educators to get a glimpse inside the emotional lives of our students. The [Mood Meter Check-in](#) affords us a chance to ask the

leading RULER questions about how our students are feeling and receive information we would not normally access. Use this opportunity to start building trust and communication with your students. The language you use will have a strong effect on the depth of feelings students are comfortable sharing. Of course, we are all aware that we do not judge feelings as good or bad, they just are. However, we also should let students know their feelings are precious to us and we will handle them with respect and care. We include [some phrases](#) you might want to use when responding to a student.

As we embark on the new school year with our own set of intentions for our personal growth and the growth of our students, it is comforting to know that we now have the RULER tools at our disposal to support our efforts. For a comprehensive look at the resources available, check the [RULER Online Community](#) and, if needed, use [these instructions](#) for creating a new account.

All our best,
Alana, Helen, Bonnie, and the Yale RULER Team





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