



Yale *Center for Emotional Intelligence*



RULER

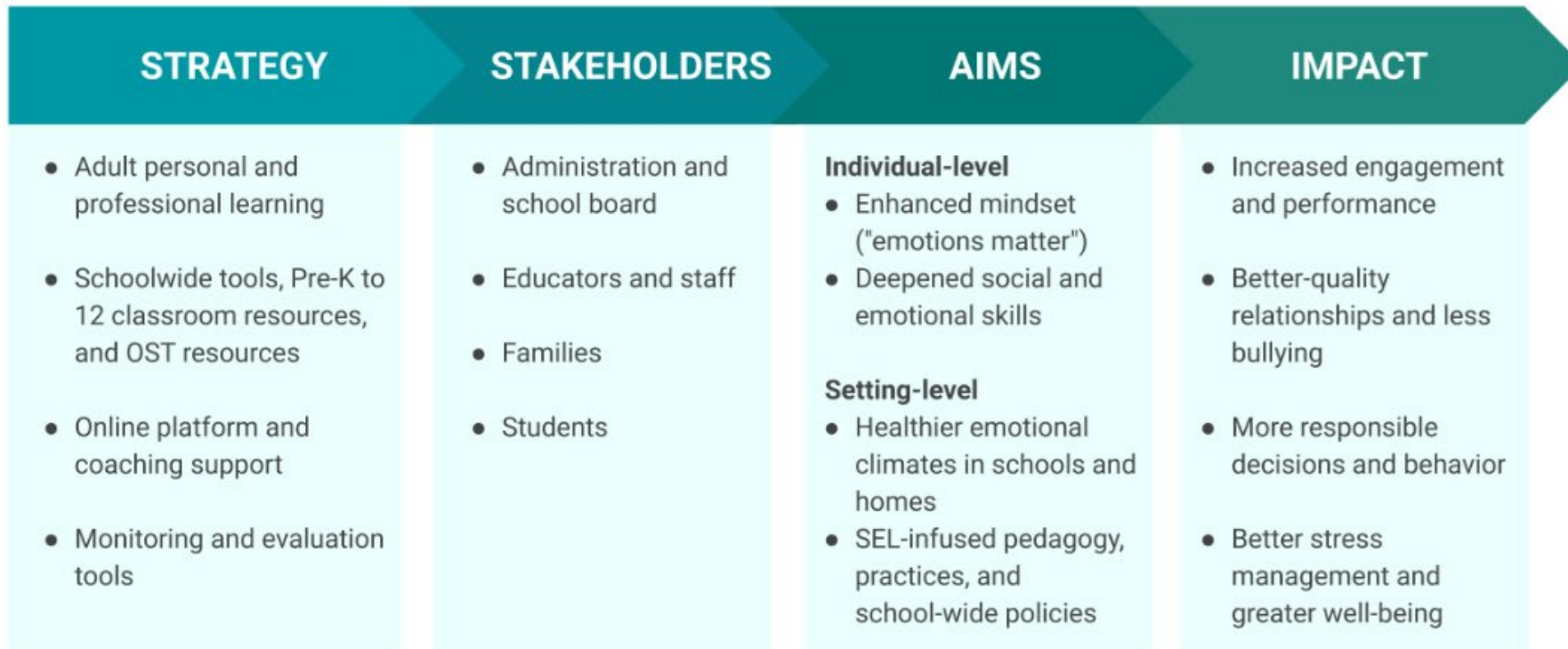


5/4/2023



RULER: Theory of Change

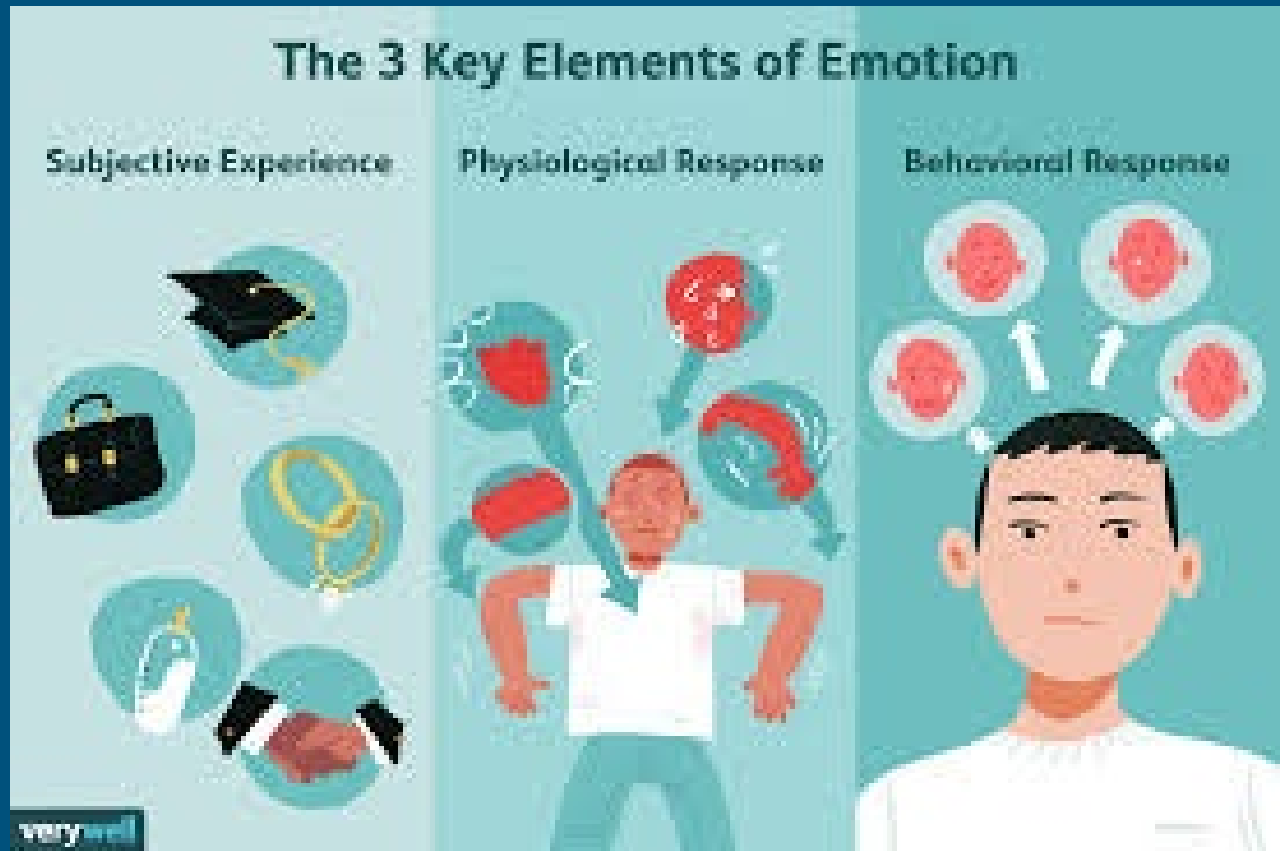
OUR THEORY OF CHANGE



What is an emotion?

An emotion is an immediate response to something that:

- Happens in the environment, or
- Is evoked in the mind and that causes shifts in:
 - Thinking (degree of pleasantness)
 - Physiology (breathing, heart rate, hormones)
 - Expression (face, body, voice)
 - Behavior (fight/flight/freeze, approach/avoid)



How are we affected by emotion?

The four main areas of our lives affected by emotion are:

- Attention, memory, and learning
- Decision making
- Relationship quality
- Mental and physical health



REGULATION STRATEGIES

UNHELPFUL

- Negative self-talk
- Venting and complaining
- Avoidance
- Denial
- Suppression
- Ignoring the emotion
- Ignoring the problem
- Wishful thinking
- Rumination or worry
- Blaming oneself/others
- Procrastination
- Psychological manipulation
- Yelling or screaming
- Physical aggression
- Poor habits
(Food, sleep, exercise)
- Misusing substances

HELPFUL

Thought

- Positive self-talk
- Positive reappraisal
- Acceptance
- Visualization
- Humor
- Distraction
(short-term!)

Action

- Good health habits
(Food, sleep, exercise)
- Social support
- Constructive activity
- Modifying the situation
- Problem-solving
- Seeking professional help

What is Emotional Intelligence?

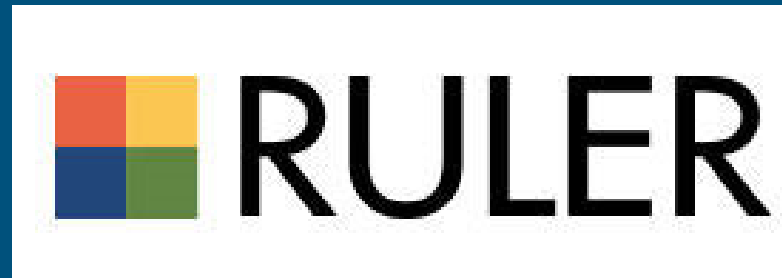
“Emotional intelligence is the ability to monitor one’s own and others’ feelings, to discriminate among them, and to use this information to guide one’s thinking and action.”

- Salovey & Mayer, 1990



Emotional Intelligence & RULER

- Emotional intelligence is about what we **do** with our emotions. It provides a framework for harnessing the power of emotions, as well as enhancing our attitudes and mindset about the role that emotions play in our lives, what we can learn from our emotions, and our ability to attend to and manage emotions.
- Emotional intelligence consists of five skills, which we refer to as the **RULER skills**.





RULER Skills of Emotional Intelligence



Recognizing emotion in oneself and others



Understanding the causes and consequences of emotions



Labeling emotion with a nuanced vocabulary



Expressing emotions in accordance with cultural norms and social context



Regulating emotions with helpful strategies

Recognizing Emotion: Scientist vs. Judge

Practicing this skill builds our **self-awareness**. When we pay attention to our own thoughts and behavior, we begin to know and understand ourselves better. Recognizing emotions also enhances our **social awareness**.

When we look for clues about how others are feeling in their faces, voices, bodies, and behavior, we begin to know and understand them better. We can use this information to guide how we respond to them.

Implementation Phases

2023

2023-2024

2024-2025

2025 - Forward

Readiness & Planning

At this point schools are engaging in implementation team work in school & district.

Staff Personal & Professional Learning

School leaders, educators, and staff engage in RULER skill-building.

Student Implementation & Family Engagement

RULER skills are embedded into curricular materials for grades pre-K to 12.

Sustainability & Innovation

RULER skills continue to be practiced and developed over time - by educators and students.

Cohort Planning

Cohort 1 (Currently in Training): Doherty MS, West MS, Wood Hill MS, High Plain Elem, Sanborn Elem, Central Office Team 1

Cohort 2 (Summer, 2023): West Elem, South

Cohort 3 (Fall, 2023): Bancroft Elem, South, Central Office Team 2

Cohort 4 (Winter/Spring, 2024): Andover HS

DISTRICT IMPLEMENTATION TEAM: June 2023 - Onward



Thank you & Questions