What is emotional intelligence?

In its simplest and most concise form, emotional intelligence is the ability to:

- Recognize, understand, and manage our own emotions
- Recognize, understand, and influence the emotions of others

What is RULER?

RULER is the name of the program being implemented in Academy District 20. The RULER approach consists of four Anchors (or parts):

- **Anchor 1: Charter** – The Charter is a vision developed jointly by students and educators to support how they want to feel in their classroom. This collaborative effort includes ways they can learn together and interact positively by providing behaviors that everyone upholds. It fosters a mindset of empowerment and shared accountability.

  *This step has been completed!*

- **Anchor 2: Mood Meter** – “Emotions drive attention, memory, learning, and decision making. When students and teachers are able to recognize how they feel, communicate this information effectively, and regulate their emotions, learning and performance is maximized.” The Mood Meter is the tool used to help everyone achieve these goals.

  The Mood Meter represents two components of emotions: pleasantness (unpleasant to pleasant) and energy (low to high). Basic activities develop skills in recognizing and labeling emotions. Advanced activities develop skills in understanding, expressing, and regulating emotions.

  Moving through the process of integrating the Mood Meter, students and educators will enhance their RULER skills by Recognizing emotions, Understanding emotions, Labeling emotions, Expressing emotions, and Regulating emotions.

  *A great video can be found on You Tube by searching “Yale Center for Emotional Intelligence: Mood Meter Overview.”*
The Mood Meter is broken up into four quadrants:

Red = Emotions characterized as unpleasant and higher in energy, such as anger, frustration, and anxiety.

Blue = Emotions that are unpleasant and lower in energy, such as boredom, sadness, and despair.

Green = Emotions that are pleasant and lower in energy, such as tranquility, serenity, and satisfaction.

Yellow = Emotions that are pleasant and higher in energy, such as excitement, joy, and elation.

* Students will practice the Mood Meter, to include growing their vocabulary, through the rest of the 2016-2017 school year.
• **Anchor 3: Meta-Moment** – Meta-Moments are the cornerstone of managing emotions. The Meta-Moment is the time between when you feel something and when you do something. Sometimes we need to catch ourselves, reflect and stretch that moment, in order to make best choices for action. Taking a Meta-Moment is invaluable when you need to control your impulses, want to shift your mood, or want to be pro-social.

The Meta-Moment is divided into six steps:

1. **Something happens:** You are triggered by something real or imagined (thought, person, place, event).
2. **Sense:** You recognize that a change has occurred in your body, mind, and/or behavior.
3. **Stop:** You pause and breathe in order to calm down and avoid responding in an unhelpful manner.
4. **See your best self:** Your best possible self, which varies according to your different roles, includes: your ideal self, your ideal reputation, and the ideal outcome.
5. **Strategize:** You choose, and then use, an effective emotion regulation strategy.
6. **Succeed:** You act in a way that aligns with your best self!
• **Anchor 4: Blueprint** – The Blueprint is a problem solving tool. It includes a series of questions designed to solve emotion-laden problems that involve two or more people. They identify and describe:
  o What emotions were experienced by each person,
  o What caused each person’s feelings,
  o How each person expressed and handled those feelings, and
  o What each person might have done differently to manage the emotions more effectively.