

Emotions Matter

An Overview for K-5 Families

25 minutes



Welcome!

- Why Emotions Matter
- The Skills of Emotional Intelligence
- The RULER Tools
- Family Practice

Emotions Matter!

Emotions (and what we do with them) influence:

- Attention, memory, and learning
- Decision making and judgment
- Relationship quality
- Physical and mental health
- Everyday effectiveness

...at home, in the classroom, and at work!





Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

--Collaborative for Academic, Social, and Emotional Learning (CASEL)



Learning
IS
social and emotional.

What is **Emotional Intelligence**?

- Emotional intelligence is about what we “do” with our emotions.
- It gives us a guide to understand the role of emotions, the information we can gain from them and our ability to manage them.
- We need these skills to be successful in school, at work and in life.

What is **RULER**?

- RULER is an approach to social and emotional learning that teaches the skills of emotional intelligence and includes everyone in the school community.
- RULER is involved in all parts and aspects of the school.
- Research shows that RULER reduces problem behavior, promotes positive relationships, and improves academic achievement.





IDENTIFY

The RULER Skills

Recognizing emotions in oneself and others

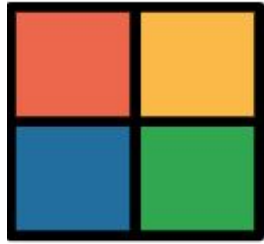
Understanding the causes and consequences of emotions

Labeling emotions with a nuanced vocabulary

Expressing emotions in accordance with cultural norms and social context

Regulating emotions with helpful strategies

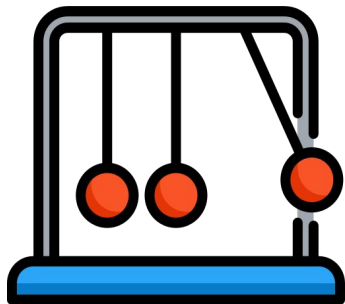
The RULER Tools



THE MOOD METER



THE CHARTER



THE META-MOMENT



THE BLUEPRINT

RULER in the Classroom

- Core routines:
 - Adaptable practices based on the RULER Tools that can be integrated into class schedule and academic instruction
 - Repeatable, customizable activities that enhance the emotional environment of the classroom



RULER in the Classroom

- Early Childhood (Preschool)
 - 13 Units:
 - Unit 1: Meet the Mood Meter
 - Units 2-13: Activities, including storybooks, music and movement, and art that provide instruction on feeling words in each quadrant of the Mood Meter.

RULER in the Classroom

- Elementary School Lessons-
 - Units:
 - Emotions Matter
 - Community Safety and Climate
 - Self and Social Awareness
 - Emotion Regulation and Personal Values
 - Empathy, Perspective-taking and Community Restoration
- Feelings Words Units are embedded into lessons that provide instruction on feeling words in each quadrant of the Mood Meter for each grade.

Family Practice

- Pay attention to your emotions and the emotions of others.
- Feel your feelings and *name* them. This helps us know ourselves better and make better decisions.
- Take your child's feelings seriously. Listen to their feelings and ask questions to get to the underlying causes.

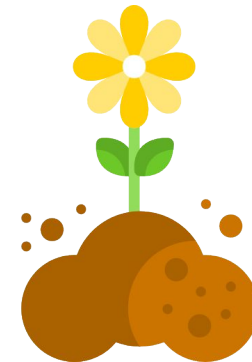


Family Practice

- Choose your response wisely. *Having feelings is different from acting on feelings.*
- Model effective strategies for your child with how you manage your own emotions.
- Remember there is more than one way to look at a situation. Sharing different points of view within your family can be a great learning experience.
- Stay connected by taking time each day to reach out and let them know you care.

“

Relationships are the soil in which children's **social-emotional learning** skills grow.



JONES & BOUFFARD

Thank you!
Questions?



RULER is a Collaborative for Academic, Social, and Emotional Learning (CASEL) SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#). This designation means that RULER is an evidence-based, well-designed, and classroom-based program that systematically promotes students' social and emotional competence, provides opportunities for practice, and offers multi-year programming; and delivers high-quality training and other implementation supports. [Learn more by visiting https://casel.org/](https://casel.org/)