

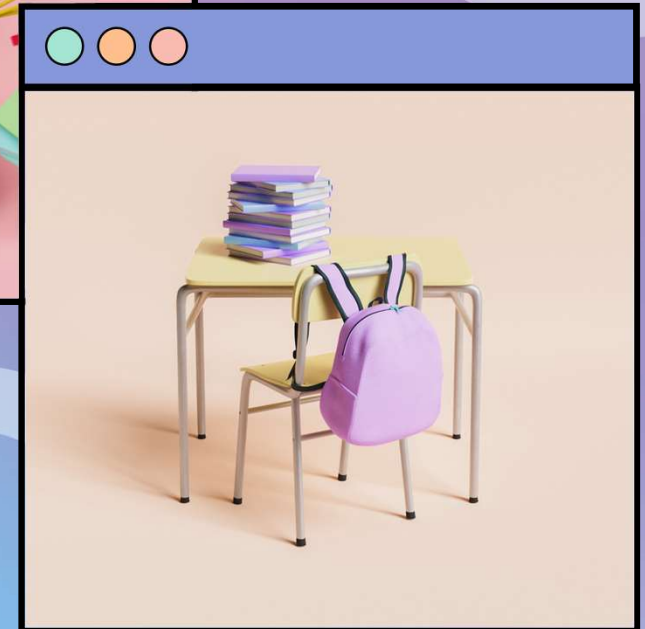
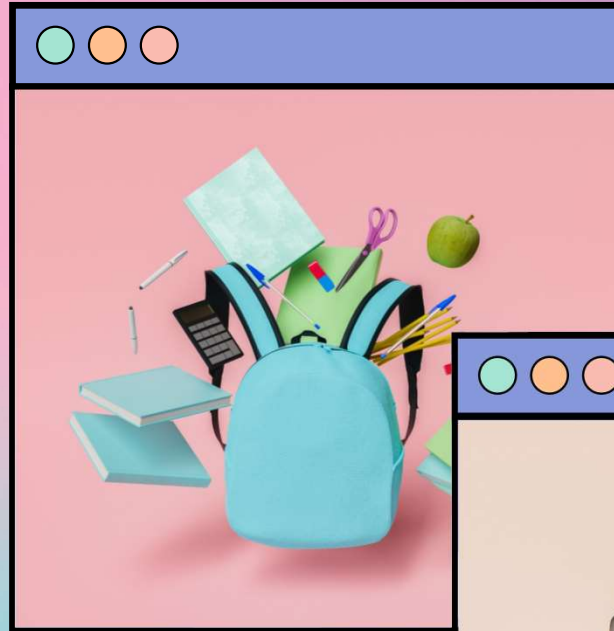


RULER

Emotions Matter

Agenda

- RULER Approach
- Tools
- Timeline
- Benefits
- Support
- Needs
- Questions



START



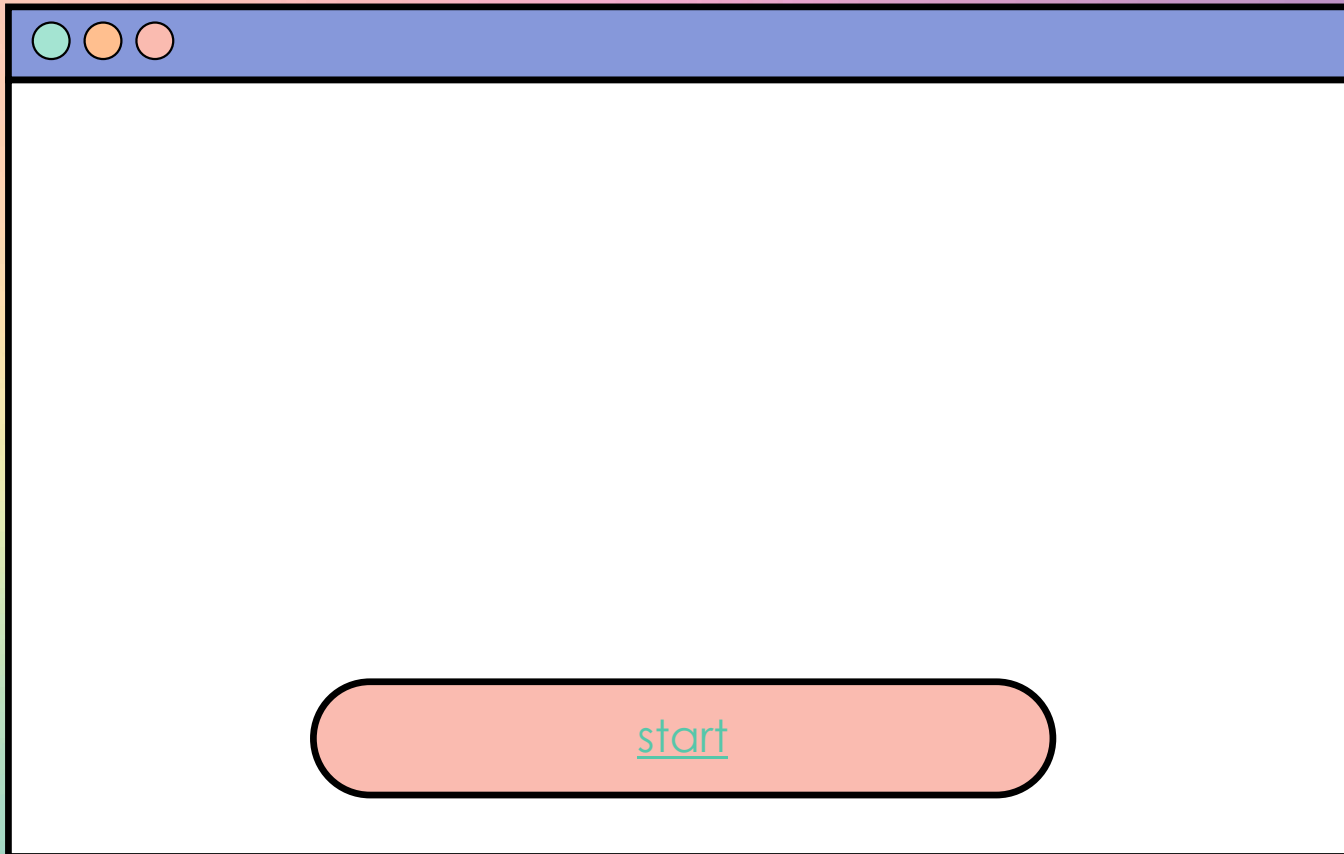
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What is RULER

An approach to social
emotional literacy



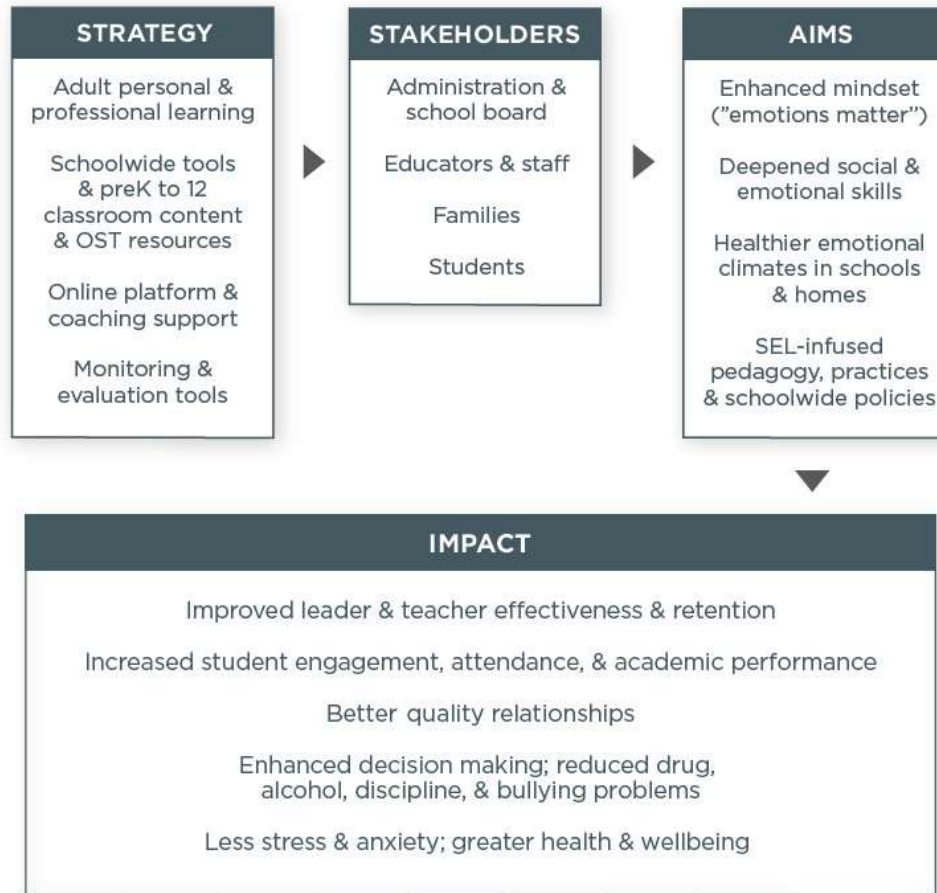


What is RULER?

- RULER is an approach to social and emotional literacy that teaches emotional intelligence to people of all ages, with the goal of creating a healthier, more equitable, innovative, and compassionate society



HOW RULER CREATES CHANGE



Emotions Matter

Research shows that emotions influence:

Cognitive

Attention, memory,
and learning

Academic and
workplace
performance

Choices

Decision making

Design

Creativity

Health

Mental and physical
wellbeing

Relationships

Ability to form and
maintain positive
relationships

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RULER Skills

Recognize

Recognizing emotions in oneself and others

Understand

Understanding the causes and consequences of emotions

Label

Labeling emotions with a nuanced vocabulary

Express

Expressing emotions in accordance with cultural norms and social context

Regulate

Regulating emotions with helpful strategies



RULER Tools



RULER Tools

<https://moodmeter.online/7w44g8>



The Charter



The Mood Meter



The Meta-Moment



The Blueprint



RULERize



Journal



5th grade

The Mood Meter

How are you feeling?

Energy

Pleasantness

DIAL 211

www.themoodmeter.org

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Timeline



Timeline



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Benefits



Benefits

Academics

- Enhanced academic performance
- Particularly in ELA and in their work habits.
- Better grades at the end of one year

Climate

- Positive shifts in school climate
- RULER classrooms have more emotional support after both the 1- and 2-year marks and better instruction and classroom organization after 2 years
- increased student engagement was the key to these positive shifts in climate

Relationships

- Better quality relationships
- strengthening student bonds with their peers,
- enhancing their engagement in learning, and
- supporting their relationships with teachers



**Hundreds of independent studies consistently demonstrate:
Social and emotional learning benefits students.**



SEL programs appear to have as great a long-term impact on academic growth as has been found for programs designed specifically to support academic learning.”

*Researchers Joseph Mahoney, Joseph Durlak, and Roger Weissberg
In [An Update on Social and Emotional Learning Outcome Research](#), 2018*





RESEARCH CONFIRMS

Social and emotional learning supports academic achievement.

Across PreK-12, SEL in schools has **consistent, positive impact** on student academic achievement.

Durlak et al.,

2022

Brain science shows that social, emotional, and cognitive development are intertwined and integral to **academic learning and success.**

Immordino-Yang, 2011

Academic instruction that makes social and emotional connections results in **deeper, longer-term learning.**

Farrington et al, 2012

Years after students participated in SEL, their academic performance was an average of **13 percentile points higher** than peers.

Taylor et al, 2017



RESEARCH CONFIRMS

**Social and emotional
learning improves
student well-being.**

Students participating in SEL at school had:

- **decreased emotional distress**
- **fewer externalizing behaviors**
- **improved prosocial behaviors**

[Cipriano et. al, 2023](#)

Social and emotional learning can also **reduce symptoms of depression and anxiety** in the short term.

[Early Intervention Foundation, 2021](#)





RESEARCH CONFIRMS

Social and emotional learning builds skills that are key to future readiness.

Students with stronger social and emotional skills have been more likely to reach milestones including:

- high school graduation
- postsecondary enrollment
- postsecondary graduation
- stable, full-time employment

[Jones et al., 2015](#); [Coleman & DeLeire, 2003](#); [Heckman et al., 2006](#)





RESEARCH CONFIRMS

**Social and emotional
learning improves school
climate and safety.**

CITE

Students participating in SEL report:

- Stronger feelings of **inclusion, belonging and connection to school**
- Greater **classroom support**
- Better **relationships with teachers**
- Increased **sense of safety**
- Better attitudes about **school and others**

[Cipriano et. al, 2023](#); [Synder et al, 2011](#); [Durlak et al., 2011](#)

SEL in schools also contributes to **reductions in bullying**, cyber-bullying, name-calling, and sexual harassment.

[Smith & Low, 2013](#); [Espelage et al, 2015](#)



DID YOU KNOW?

Research confirms: Social and emotional learning has long-term benefits.

Follow-up studies show that after SEL programs end, students continue to show significant improvements in...



- Academic achievement
- Social and emotional skills development
- Well-being
- Behaviors

Benefits lasted 6 months to 18 years and were consistent across socioeconomic background, race, and school location.



DID YOU KNOW?

Research confirms: Social and emotional learning is linked to young adult outcomes.

Kindergarteners with strong social and emotional skills were **more likely to reach educational milestones...**



More likely to:

- graduate from high school
- complete a college degree
- obtain stable employment in young adulthood

Less likely to:

- live in public housing
- receive public assistance
- be involved with police
- be in a detention facility



A large black double quote icon inside a white square box with a blue header bar containing three colored circles (green, orange, red).

For every dollar invested in
SEL, there is an \$_____
return from costs not
incurred.

Return on Investment

A large black double quote icon inside a white square box with a blue header bar containing three colored circles (green, orange, red).

DID YOU KNOW?

Research confirms: Social and emotional learning is a wise financial investment.

The average return on investment for six evidence-based programs is 11 to 1, according to cost-benefit research.



This means for every dollar invested in SEL, there is an \$11 return from costs not incurred.



Belfield, Bowden, Klapp, Levin, Shand, and Zander, 2015.



DID YOU KNOW?

Research confirms: Social and emotional learning benefits adults, too.

Educators with strong social and emotional competence...



- Report less burnout and stay in the classroom longer.
- Build and maintain stronger relationships with students.
- Demonstrate higher levels of patience, empathy, and healthy communication.

Teachers who teach SEL to students also felt more effective at managing behaviors and had lower levels of job-related anxiety.



Support for SEL



Recent surveys confirm: There is broad, consistent support for social and emotional learning.

93%

OF PARENTS
SAY SEL IS
IMPORTANT
IN SCHOOLS

*Pew Research Center
2022*

83%

OF TEACHERS
SAY SEL
IMPROVES
ACADEMICS

*Education Week Research
2022*

75%

OF HIGH
SCHOOLERS SAY
SEL WOULD
HELP THEM
PERSONALLY

CASEL, 2018

92%

OF EMPLOYERS
SAY SEL SKILLS
ARE AS
IMPORTANT AS
TECHNICAL SKILLS

Wall Street Journal, 2015



Our generation's embrace of social, emotional, and academic learning in schools is undeniable and unambiguous: **Learning does not happen in a vacuum.**"

[Aspen Institute National Youth Commission on Social, Emotional, and Academic Learning](#)



BIPARTISAN SUPPORT for Social and Emotional Learning

81% of Republicans

whose child's school provides social and emotional learning say educators **should do more or are doing the proper amount of SEL instruction.**

>

<

79% of Democrats

whose child's school provides social and emotional learning say educators **should do more or are doing the proper amount of SEL instruction.**

Benenson Strategy Group, 2022





Needs

All in

Resources

- Funding to pay for materials and supplies
- Funding for training

People

- Coordinator
- Support to collaborate
- Help with Family and community engagement

Time

- To collaborate
- Invest and reflect
- Professional development
- Family and community engagement



Thank you

- Questions?

- www.rulerapproach.org

- Invitation