

ACTIVITY SCHEDULE FOR PHASE 1: STAFF PERSONAL AND PROFESSIONAL LEARNING

Topic	Recommended Staff Activity	Approach	Suggested Duration	Stakeholders to Involve	Person(s) Leading	Timeline for Completion	Notes and Considerations
Introduction to Emotional Intelligence and the RULER Approach							
<p>Notes from the RULER Institute: <i>You may summarize discussions from your Team Workspace here or print this document to take notes.</i></p>							
Introduction to the RULER Approach	Read <a href="#">RULER Talking Points</a> document and watch corresponding video	Individually or in staff meeting	15 minutes				
The Emotions Matter Mindset and the Impact of Emotions	Complete online learning modules: <a href="#">The Emotions Matter Mindset</a> and <a href="#">The Impact of Emotions</a>	Individually	40 minutes - 1 hour				

Sample - Do Not Distribute



## IMPLEMENTATION PLANNING GUIDE

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The Impact of Emotions	Complete <a href="#">Guided Discussion: How Emotions Impact Our Lives</a> activity	Staff meeting	30 minutes, but can be modified				
The RULER Skills and Approach	Complete online learning modules: <a href="#">The RULER Skills</a> and <a href="#">The RULER Approach</a>	Individually	1 hour				
The RULER Skills and Approach	Lead one activity from the <a href="#">Building RULER Skills</a> resource collection	Staff meeting	30 - 45 minutes				

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<b>The Charter: Building and Sustaining Positive Emotional Climates</b>							
Notes from the RULER Institute: <i>You may summarize discussions from your Team Workspace here or print this document to take notes.</i>							
The Charter	Complete online learning module: <a href="#">The Charter - Building and Sustaining a Positive Emotional Climate</a>	Individually	30 minutes				
Building the Charter	Create a Staff Charter on paper or through the <a href="#">RULER Online Charter tool</a>	Staff meeting (can be split into multiple meetings)	1 - 2 hours				
Revisiting the Charter	Review guides in the <a href="#">Charter resource collection</a> for keeping the Charter alive and brainstorm creative ways to do so in your school	Individually or with School RULER Implementation Team (those who attended RULER Institute training)	20 minutes				



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Revisiting the Charter	Create Staff Charter Survey and agree upon timing plan to send to staff (note that this can be done through the <a href="#">Charter tool</a> )	School RULER Implementation Team (those who attended RULER Institute training)	30 minutes				
Revisiting the Charter	Analyze Charter survey results and use the <a href="#">Revisit the Charter</a> resource if necessary	School RULER Implementation Team (those who attended RULER Institute training)	1 hour				

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<b>The Mood Meter: Enhancing RULER Skills</b>							
Notes from the RULER Institute: <i>You may summarize discussions from your Team Workspace here or print this document to take notes.</i>							
The Mood Meter	Complete online learning module on <a href="#">The Mood Meter: Building RULER Skills</a>	Individually	30 minutes				
Using the Mood Meter	Conduct a group plot using the digital <a href="#">Mood Meter</a> tool	Staff meeting	15 minutes				
Using the Mood Meter	Complete at least one activity from the <a href="#">Mood Meter resource collection</a>	Staff meeting	30 minutes				



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<b>The Meta-Moment: Activating One's <i>Best Self</i></b>							
Notes from the RULER Institute: <i>You may summarize discussions from your Team Workspace here or print this document to take notes.</i>							
The Meta-Moment	Complete online learning module: <a href="#">Responding with One's Best Self Using the Meta-Moment</a>	Individually	30 minutes				
Your <i>Best Self</i>	View the <a href="#">Best Self video</a> and discuss the qualities of your <i>best selves</i> as educators	Staff meeting	30 minutes				
Taking a Meta-Moment	Complete the <a href="#">Meta-Moment: Review and Reflect</a> activity	Staff meeting	20 minutes				



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<b>The Blueprint: Resolving Conflict with Empathy</b>							
Notes from the RULER Institute: <i>You may summarize discussions from your Team Workspace here or print this document to take notes.</i>							
The Blueprint	Complete online learning module: <a href="#">The Blueprint - Resolving Conflict with Empathy</a>	Individually	30 minutes				
Using the Blueprint	Complete <a href="#">The Blueprint: Review and Reflect</a> activity	Staff meeting	20 minutes				
Using the Blueprint	Complete the <a href="#">Practice with the Blueprint Reflection</a> activity	Staff meeting	30 - 45 minutes				

**PLANNING FOR PHASE 2: STUDENT IMPLEMENTATION AND FAMILY ENGAGEMENT**

After the adults in the school are comfortable with the RULER skills and tools, your school will move onto Phase 2: **Student Implementation and Family Engagement**. RULER Online offers all the PreK-12 curricular resources and family engagement guidelines that you will need for this phase. Information about each is located below.

**CURRICULAR RESOURCES**

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- **[RULER for High School](#)**: RULER for High School is a flexible curriculum that can be implemented in unique ways to meet the needs of your school. The curriculum is divided into four years, with each year offering 20 lessons that cover topics related to grade-appropriate student development in the skills of emotional intelligence. The digital lessons were designed in a way that you can display to students using a projector or smartboard. Within each lesson, you'll see slideshow presentations, discussion prompts, and activity instructions that can be completed as a class.
- **[RULER for Middle School](#)**: RULER for Middle School aims to contextualize students' understanding of emotions and emotional intelligence within their understanding of the real world: personally, at school, in their communities, and in the world at large. It is comprised of five units per grade, with four lessons in each unit, for a total of 20 lessons per grade, per year. The full curriculum is located in the RULER for Middle School resource collection, along with Core Routines (simple activities to integrate into daily classroom practices) and RULER Tool Introductory Lessons.
- **[RULER for Elementary School](#)**: RULER for Elementary School (K-5) is a developmentally appropriate and comprehensive curriculum that contextualizes and builds students' emotional intelligence within their experience of the world. A series of lessons and resources, including Core Routines and the Feeling Words Curriculum, is currently located in the RULER Online resource library.
- **[RULER for Early Childhood](#)**: RULER for Early Childhood focuses on teaching young children about emotions, with each unit focusing on one specific feeling word. Within the RULER Online resource library, you'll see Core Routines and the full Early Childhood RULER Classroom Implementation Guide.



## IMPLEMENTATION PLANNING GUIDE

### FAMILY ENGAGEMENT RESOURCES

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RULER Online also offers a series of resources to engage families in emotional intelligence skill development. Please visit the [RULER Online Resource Library](#), then scroll to the RULER for Families collection. Here, you'll find guides, tipsheets, and activities to engage families in your school's RULER rollout.

### THE RULER SHOWCASE

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At the bottom of your RULER homepage, you will see a link to the RULER Showcase. You'll see two tabs – “The RULER Community” and “RULER at Your School.” The RULER Community highlights innovative and creative examples of RULER implementation around the world. You can use this resource for ideas on how you can effectively implement the RULER tools and skills into your school.

When you begin implementing RULER, you'll have the opportunity to add images or videos to the “RULER at Your School” tab, which is only visible to members of your school. Your posts may be selected to appear on The RULER Community tab. If so, we will reach out to you to ensure that we have proper media releases for staff and student images or videos.

### BEST OF LUCK!

As you begin your RULER journey, please remember that your training package includes two years of access to RULER Online (access can be extended through RULER subscription after the first two years), as well as coaching from the RULER team. You'll also receive support through newsletters and focused implementation webinars.

We wish you all the best of luck as you begin your RULER journey and continue your school's commitment to creating a positive emotional climate. Remember that we are always here to help if you have any questions along the way! If you have any questions related to RULER Online, please reach out to [ruler.online@yale.edu](mailto:ruler.online@yale.edu). If you have questions about your coach or training additional colleagues, please reach out to [rulertraining@yale.edu](mailto:rulertraining@yale.edu).