



# The RULER Review

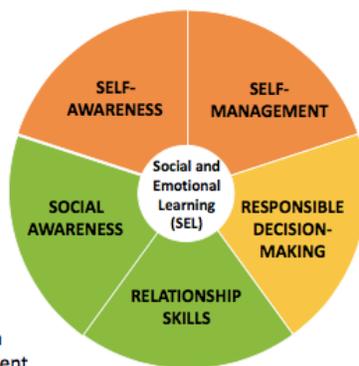
Recognize. Understand. Label. Express. Regulate.

## What is SEL again?

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others



- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility



- Social & Emotional Learning (SEL) is “the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to 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, & Emotional Learning (CASEL)

## SEL in the Classroom

- We have been working hard to continue integrating RULER into every day life at our school. We have built a strong foundation and common language through our work with RULER. In addition to the Anchor Tools (Charter, Mood Meter, Meta-Moment, & Blueprint), there seemingly endless other practices you can use to incorporate SEL in your day.... You may find you are already doing many of them! Some practices include welcoming rituals, morning meetings, “turn and talk”, brain breaks, optimistic closures. Check out these resources for more information:

- [Three Signature SEL Practices for the Classroom \(from CASEL\)](#)
- [Modeling SEL as a Staff](#)

## RESOURCES

- [Appreciation, Apology, Aha! SEL closing activity](#)
- For Faculty/ Staff: Check out the new RULER platform at [ruler.online](http://ruler.online)
- [calm.com](http://calm.com) (Website & App FREE for all K-12 educators)
- Coming soon: Mindful Movement online platform

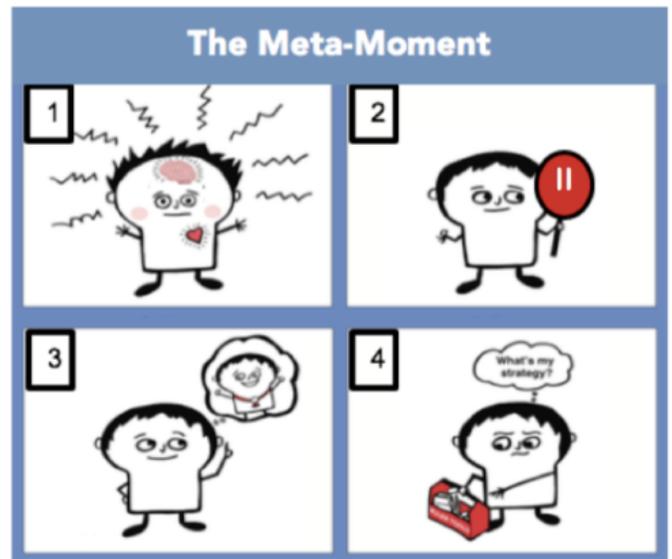
## UPCOMING EVENTS

- 12/21/18 - Faculty SEL professional development



# Your best self in the new year!

The end of the year tends to be a time of reflection for many of us. We may spend time recalling our joyous moments of the year, some of us may have reached personal or professional milestones, some of us may reflect on times of growth, change, or challenge. The new year often brings our attention to our goals, aspirations, and hopes. One of our favorite anchor tools at St. Andrew's Schools is the Meta-Moment. A powerful step, for adults and students alike, is to "see your best self". When our emotions control us they can hurt us, an angry outburst can damage a relationship or break trust. When you call up your image of your "best self", consider your values and goals. When you do this, you begin to orient towards searching for and using adaptive (instead of maladaptive) regulation strategies.



## Best self reflection activity:

- Focus on your best self as a member of your school community. What is your personal ideal in this role? What feelings and personal characteristics matter most to you?
- Now, consider your desired reputation. How do you want others in your school community to see you and describe you?
- What does your "best self" look like? How do you act when you are embodying the characteristics of your "best self"? How does your "best self" walk into the school, talk to a student, handle conflict with a colleague?

*(Activity from ruler.online)*

## RULER AROUND OUR SCHOOL

- The theater students, under the direction of Lanaly Cabalo, put on a fall production called "Zombie Thoughts". The play featured a main character with anxiety, who has to go through video game levels and ends up learning valuable coping skills along the way. Ms. Cabalo even got special permission from the author to alter the script to include the Mood Meter and Meta-Moment. After the Saturday showing, the actors, a psychologist from the community, and the school counselor had a Q&A talkback discussion about anxiety and coping with stress.
- Upper school students spent assembly time in break outs by grade level and reviewed their class Charters. Students were encouraged to check in and discuss if/ how their Charters were working for them, how often they were feeling the words on their Charter, and come up with suggestions for improving it. Classes had meaningful discussions and several grades came out of their meetings with with new action steps.

