

RULER Tools Overview for Families

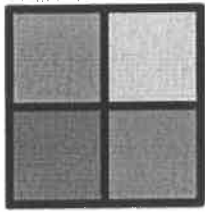
RULER uses four tools to teach and practice the skills of emotional intelligence.

The Charter



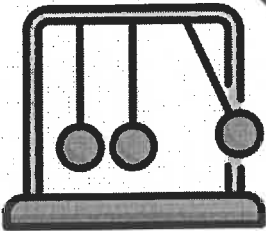
- The Charter is an agreement we make to act in ways that help us to feel the way we want to feel in our school or class.
- Everyone has a voice in creating a Charter and everyone has a responsibility to uphold it.

The Mood Meter



- The Mood Meter helps build awareness of emotions in ourselves and others, expands our emotion vocabulary, and helps us manage our emotions.
- It shows how emotions have two dimensions, the degree of pleasantness of our thoughts and the energy in our bodies.

The Meta-Moment



- The Meta-Moment teaches us how to extend the time between feeling emotionally triggered and our reaction.
- Instead of being reactive, the Meta-Moment helps us pause, think of our *best selves*, and choose helpful ways to respond.

The Blueprint



- The Blueprint provides a series of questions as a guide for reflecting on our thoughts and emotions during conflict.
- By practicing perspective-taking and empathy, we can have a compassionate conversation and work to restore the relationship.