



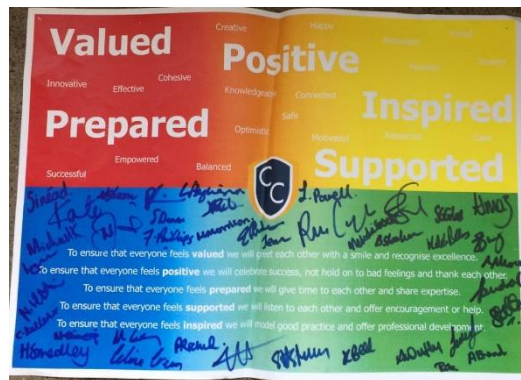
Corpus Christi School and the RULER Project

The RULER emotional intelligence project, comes from the Yale Center for Emotional Intelligence. The project uses the power of emotions to create a more effective and compassionate society. The Center conducts research and teaches people of all ages how to develop their emotional intelligence. RULER is an acronym for the stages in understanding, processing and managing emotions.

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

Staff Charter

There are key 'tools' in the project, the first being, 'The Charter.' Corpus Christi started by writing a staff charter, where all members of school staff contributed suggestions of how they would like to feel at work. The emphasis is on behaving in the same way as we would like others to behave towards us. The staff charter is then signed by all and re-visited throughout the year. It has become a useful tool when difficulties arise. The Staff Charter is displayed in the staffroom.



Corpus Christi Staff Charter

Class Charters

Then each class teacher led the same process with their class, and every class in the school also wrote their own class charters, which are now displayed in every classroom and revisited constantly with the children.



Year 6 Class Charter



Reception Class Charter

The Mood Meter

The Mood Meter is the second RULER tool, it has become part of everyday life at Corpus Christi and has been a very simple yet highly effective way of having open conversation with children about how they are feeling, why, and what can be done on a day to day basis. It has also highlighted CP concerns that may otherwise have gone unnoticed. The children and staff place themselves on the Mood Meter during the register and also at any other time of day when they want to register their emotions. It is a powerful tool that can also be used as a teaching resource, not just for emotional intelligence but also during literacy lessons, religion, history, or any context where analysing reasons why and responses to behaviour is important



Reception Mood Meter



Year 6 Mood Meter

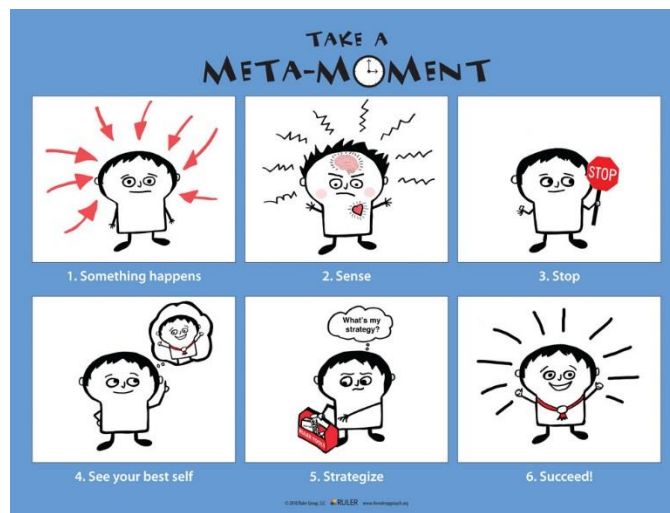
Some class teachers have also chosen to give children their own individual Mood Meter, which they keep next to them on their table. This means that if a child is struggling with their work, or working well, they can indicate this on their personal Mood Meter.



An individual Mood Meter

The Meta – Moment

The third RULER tool is the Meta – Moment. This is the time we all experience between feeling an emotion and reacting. It is our chance to stop and think and manage our response to something. The Meta-Moment is a brief step back from the situation when we pause and think before acting. We ask ourselves, how would my “best self” react in this situation? What strategy can I use so that my actions reflect my best self? Over time and with practice, children and teachers can learn to replace ineffective responses with productive and empowering responses to challenging situations. They make better choices, build healthier relationships, and experience greater well-being.



The Blueprint

The Blueprint is the fourth and final RULER tool, which again can be applied and used in many teaching situations, as well for behaviour management. We have used it at Corpus Christi after playground conflict, as it asks all of the children and adults involved to be honest about their behaviour, and then think about the impact of their behaviour on others. Conflict between children, especially bullying, gets in the way of learning and success, and it also increases the time teachers spend off task. The Blueprint helps children and teachers manage conflict effectively. Using the Blueprint, children and school adults consider a disagreement from the other person’s perspective, as well as their own. They develop empathy by considering each other’s feelings and working collaboratively to identify healthy solutions to conflicts. The Blueprint helps repair relationships and builds stronger ones, creating safer and more productive schools where children can learn and thrive.

The Blueprint comes in many different age appropriate formats

Solve problems with
The Blueprint

	Describe What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ____ feel?
Understand	What caused my feelings?	What caused ____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

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