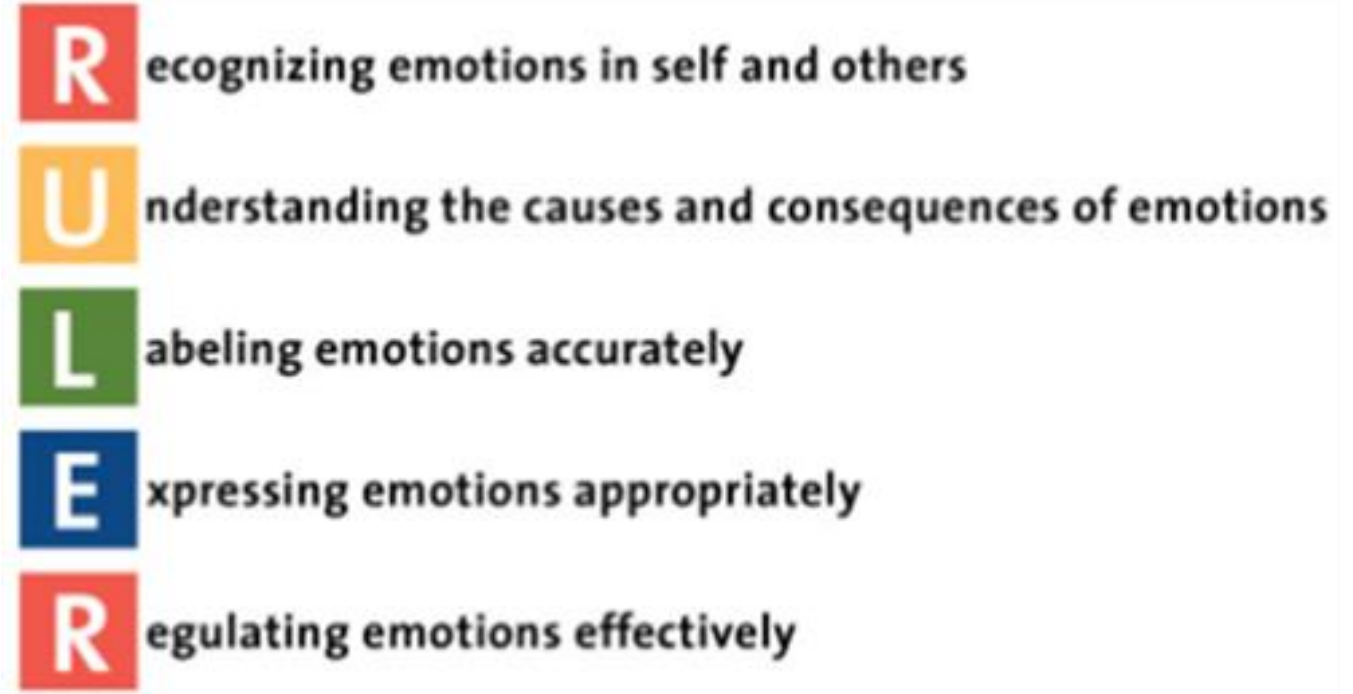




RULER

What is RULER?

- RULER is a framework that helps us develop our social-emotional skills.
- RULER is an acronym for emotional skills that are helpful for school, our personal lives, and our future careers.



RULER Introduction Video



How will we learn about RULER this year?

During 5 PACK times, you will learn about the RULER tools and skills. We will keep practicing and learning about RULER next year!



The Charter



The Mood Meter



The Meta-Moment



The Blueprint

Next Time: The Charter

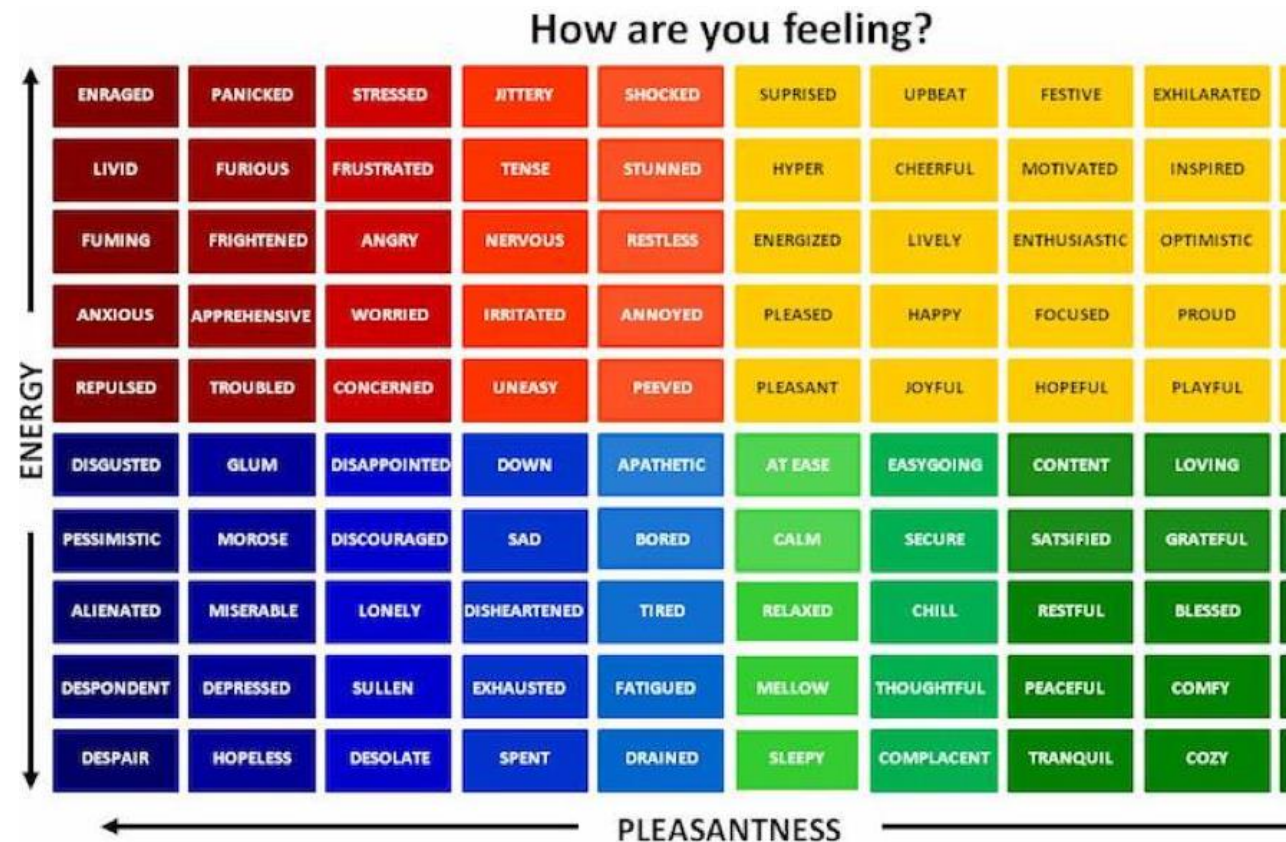


The Charter

How do you want to feel in class?

Submit 3 “feeling words” on the Google Form

<https://tinyurl.com/JHSCharterWords>



How do we want to feel?

