

# RULER Charter



**JACKSON HIGH SCHOOL**

**2023-2024**

**R**ecognizing emotions in self and others

**U**nderstanding the causes and consequences of emotions

**L**abeling emotions accurately

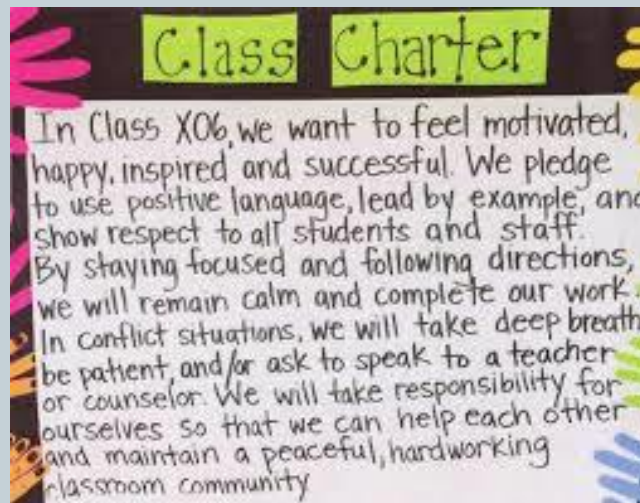
**E**xpressing emotions appropriately

**R**egulating emotions effectively

# What Is the RULER Charter?



- A class wide contract to create a positive culture and climate.
- It represents collective agreed-upon norms (commitments) for how everyone would like to be treated.



# How to Create a Charter



We ask three questions:

1. How do we want to feel in this class?
2. How will we make sure we feel this way?
3. What will we do when there is conflict or unwanted feelings?

# Difference Between Class Rules and a Class Charter

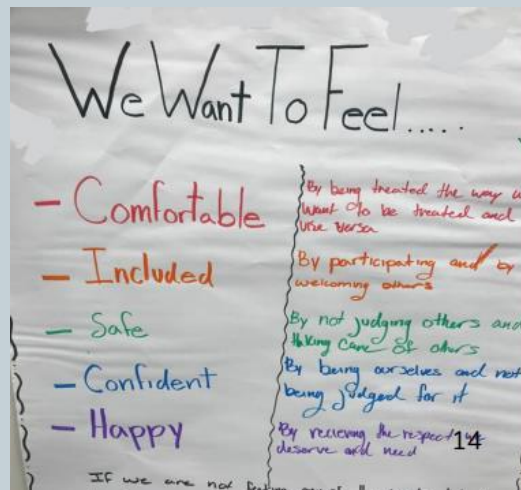


- Classroom rules tend to be teacher-directed and based on discipline.
- A classroom charter is an agreement between all students and teacher that is based on desired feelings in the class.

# Step One



Let's share what your class reported as their top feeling words (5-6) from the survey you took



- Write those feeling words on a large piece of paper/white board/screen that will be your class charter

\*If you do not have a feelings list yet, spend 3 minutes brainstorming with students "how we want to feel in this class"

# Step Two



- Break into small groups – each group will be assigned one feeling word
- In your groups, brainstorm 3-5 actions that class members could take to create the environment each word describes
- Example: *Happy*
  - Have a joke jar where students contribute
  - We celebrate birthdays
  - Last day of the month we share food

# Step Two



- If you feel stuck, here is an example of another Charter students created:

## ***We want to feel...***

Respected

Motivated

Safe

Happy

Included/Accepted

## ***In order to feel this way we will...***

Treat others as we want to be treated

Participate in the classroom

Work hard in and out of school

Make good/smart choices

Keep a positive attitude

Get involved in extracurricular activities

Not be judgmental of others

Love and accept everyone



# Step Three



- Pick someone from your team to come up and write down what your group came up with for
  - ✦ “In order to feel this way we will...”
- As a class, pick 1-2 options for each word you can all agree to
- Write your chosen actions on your class charter

# Step Four



- As a group, let's talk about what we will do when there is conflict or unwanted feelings

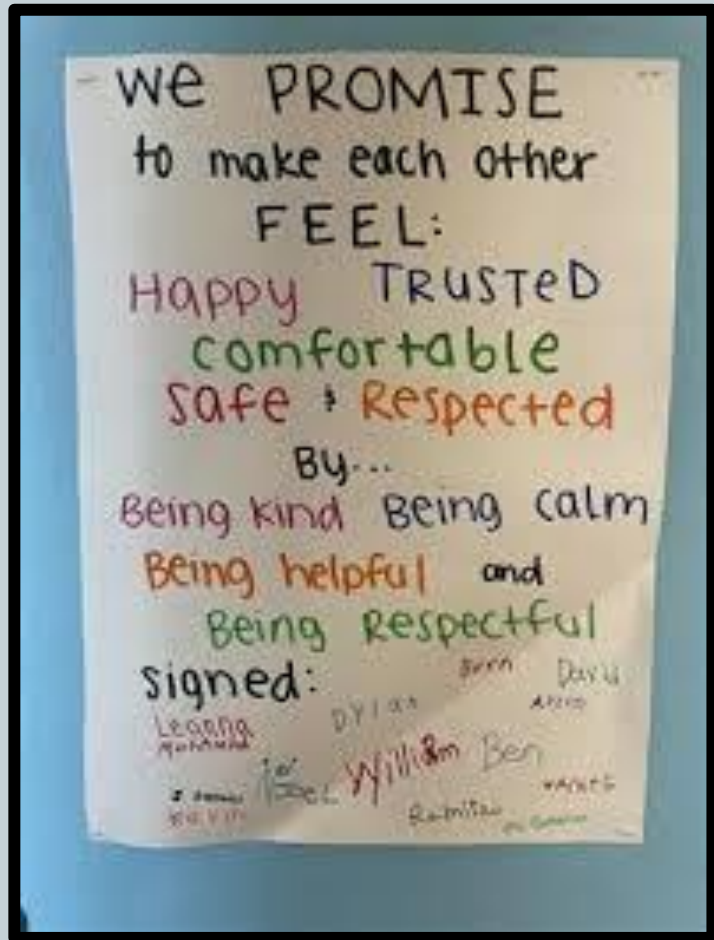
Examples: If we feel discouraged, make a plan to talk to a trusted adult, friend, school counselor

***If we need support or we have disagreements or conflicts we will...***

- Talk to a trusted adult or friend
- Respect one another, stand up for each other and support each other
- Work out problems in a civilized manner
- Use stress management techniques to diffuse situations that arise

- Now write these on your class charter

# Step Five



Each class member signs the Charter, and it is posted in the classroom.