

CORE ROUTINES

Students who have been instructed in RULER prior to high school may be familiar with RULER Core Routines. Core Routines are implemented in RULER schools and classrooms.

The Core Routines assist schools in embedding RULER into the infrastructure of the school climate. While aspects of the Core Routines are included in RULER for High School lessons, it may be helpful for teachers and staff to be familiar with the concepts of Core Routines as some students may use them and practice them as a part of their day.

The Core Routines are as follows:

- **Charter Check-In** is an opportunity for the school and classroom community to sustain the agreements they made on the Charter and to revisit and revise as necessary. During a check-in, students and teachers typically consider how consistently they feel the words and/or exhibit the behaviors presented on the Charter.
- **Mood Meter Check-In** will help students build self and social awareness, as well as recognize emotional patterns in themselves and others to predict and respond to emotions more effectively. The check-in involves a person identifying, on the Mood Meter, (either privately or publicly) what they are feeling based on the criteria of energy and pleasantness. After the person determines what feeling, they then consider whether they want to shift or maintain that feeling.
- **Best Self Reflection** can help students in making decisions aligned to their goals and values. Reflecting on the best self may involve deciding which characteristics compose a person's *best self*, considering how that *best self* changes across contexts, or considering which actions will allow that person to "live out" their *best self*. It is an opportunity to refine and conceptualize the characteristics of who we aspire to be. It is also used as an essential step in the Meta-Moment.
- **Community Circles** can be used with RULER's Blueprint to resolve conflict, but it is a versatile routine that can be used for both a Charter and Mood Meter check-in and for Socratic seminars related to academic content.
- **Focused Breathing** routines can be used to support students to manage their emotions and grow compassion for themselves and others. Creating a focused breathing routine during quiet times can prepare students and adults to more effectively practice this strategy in moments of activation as well as handle unpleasant everyday emotions with greater resilience.

LOOKING AHEAD

Finally, we'd like to share the advice from students at the New York City Lab School for Collaborative Studies.

To successfully implement RULER lessons with high school students, they advise: *"Be brave and keep going. If students make fun of the lessons, it shows that they learned something. They secretly love it, so don't give up."*