









HIGH SCHOOL Integrated SEL (RULER) - Pacing Guide

Year 1 RULER Framework Lessons + RULER Tools + PBIS

RULER Skills & TOOLS:  Charter  RULER Skills & Mood Meter  Meta-Moment  Blueprint

Week of	Principal Timeline	Year 1						RULER		
Sept 6	LID Day: Launch SEL Vision & Overview of Curriculums and Frameworks	PBIS Launch/Rodeo						Tools 		
Sept 11		Unit 1: Emotions Matter	Lesson 1	Introduction to Emotions						
Sept 18			Lesson 2	Emotions Matter						
Sept 25			Lesson 3	Introduction to the Mood Meter						
Oct 2	Lesson 4		Identifying and Tracking Emotions							
Oct 9	Monitor: Panorama Survey Window	Unit 2: RULER Skills	Lesson 5	Recognizing Emotions						
Oct 16			Lesson 6	Understanding Emotions						
Oct 23			Lesson 7	Labeling Emotions						
Oct 30			Lesson 8	Expressing Emotions						
Nov 6	Staff Meeting: * Share Panorama Results	Unit 3: Mood Meter & Emotion Regulation	Option A			Option B				
Nov 13			Lesson 9	Revisiting the Charter		Thanksgiving FOOD DRIVE				
Nov 20			Lesson 10	Introduction to Emotion Regulation						
Nov 27			No Lesson	Thanksgiving Week		No Lesson	Thanksgiving Week			
Dec 4	Holiday FOOD DRIVE			Lesson 9	Revisiting the Charter					
Dec 11				Lesson 10	Introduction to Emotion Regulation					
Dec 18/25				No Lesson – ** Suggest PBIS / Culture Focus						
Jan 2			WINTER BREAK			WINTER BREAK				
Jan 8			Lesson 11	Regulating Emotion		Lesson 11	Regulating Emotion			
Jan 16			Lesson 12	Emotion Regulating Strategies		Lesson 12	Emotion Regulating Strategies			
Jan 22		No Lessons	Multiple Competing Needs: Finals Prep, Temperance Assembly, Counselor Registration Needs ** Great Time for PBIS Connections to SEL – School wide Reinforcement							
Jan 29		Unit 4: Meta-Moment	Lesson 13	Introduction to the Meta Moment						
Feb 5	Staff Meeting: SEL Mid-Year Check (20-30 minutes)		Lesson 14	Meta-Moment Step 2 Pausing						
Feb 12			NO Lesson	Mid-Winter Break						
Feb 21			Lesson 15	Seeing Your Best Self						
Feb 26			Lesson 16	Meta-Moment Strategies in Action						
Mar 4		Monitor: Panorama Survey Window	Flex Week	Extra Week built in to support Make-up Lessons due to Registration Sessions in February Or Panorama Survey administration in March						
Mar 11	Unit 5: Exploring Empathy and The Blueprint		Lesson 17	Exploring Empathy						
Mar 18			Lesson 18	Introduction to the Blueprint						
Mar 25				Spring Break						
Apr 1			Lesson 19	Applying the Blueprint						
Apr 8		Lesson 20	A Year in Review							
Apr 15		PBIS / SEL Supports during Testing Season Support Teachers and Students in Using Skills when Spring Stressors arise!								
Apr 22										
Apr 29										
May 6										
May 13	Staff Meeting: SEL Year End Check-in									
June										

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HIGH SCHOOL TEACHING GUIDE

INTRODUCTION

RULER for High School is a flexible, interactive curriculum that can be implemented in a way that makes the most sense for your school's structure, schedule, and curriculum. Schools may choose to implement RULER in advisory, health class, or even a flex or college counseling period.

The RULER for High School curriculum is divided into four years. Each year offers 20 lessons that cover topics related to grade-appropriate student development in the skills of emotional intelligence. These lessons are grouped into units. Each unit offers students the opportunity to focus on developing a specific skill set, which will contribute to their emotional intelligence as they progress through each year.

The sections of each lesson are described in detail in the "Lesson Format" area later in this document.

Each lesson spans between 45 and 60 minutes. However, lessons do not have to be completed in one sitting. For example, you may choose to cover the "Opening," and "Video" in one class period, then return to complete the remaining sections during the next class period.

Please read this guide in its entirety before teaching the RULER for High School curriculum.

PREPARING TO TEACH THE LESSONS

RULER for High School has been created as a digital curriculum within [RULER Online](#), which is the learning platform created by the Yale Center for Emotional Intelligence.

The digital lessons were designed in a way that you can display to students using a projector or smartboard. Within each lesson, you'll see slideshow presentations, discussion prompts, and activity instructions that can be completed as a class. Recommended timing estimates and types (individual, group, pairs, or whole class) are also available within each section.

As mentioned above, each lesson contains a series of sections (described in "Lesson Format" below). You will see a "Continue" button after completing each section, which will allow you to pace the class's progress appropriately.

However, if you do not have access to a projector or smartboard, you can print or download the lesson by using the "Print" button at the top of the lesson. The printed copy will include the lesson text, slides, and links to any external videos.



HIGH SCHOOL TEACHING GUIDE

LESSON FORMAT

OPENER OF CHOICE

While all lessons begin with a brief opening exercise, several lessons in each year begin with an "Opener of Choice." This is meant to incorporate students' prior knowledge to build connections between lessons. Teachers are encouraged to teach this process to students so that it becomes a comfortable routine. Students volunteer to choose one of the following openers:

- Three words that sum up last lesson and why you chose them
- One thing you can't stop thinking about from the last lesson
- Last lesson in a Tweet/Snapchat/Instagram/Pictionary/Charades

CONTENT

Each lesson will have some of the following areas. Note that the order of these may change depending on the lesson.

- **Opening:** Opener of Choice or another activity
- **Discussion:** In pairs, small groups, or whole group
- **Mini Lesson:** Lesson delivered by the teacher
- **Group Activity:** Students working together in a learning experience
- **Independent Learning:** Students working individually in a learning experience
- **Video:** Internet access required to view
- **Creative Activity:** Students creating and constructing
- **Wrap Up:** Bringing closure to the lesson

DISCUSSIONS

Many of the lessons center around discussions. We encourage teachers to involve students in setting expectations, or "norms," for respectful conversations in the classroom. These norms may specify whether to raise hands, use of a talking piece, and ways to promote equal participation. This will look different in every classroom, which reflects each class's unique culture.

PREVIOUS STUDENT EXPOSURE TO RULER

There may be students in your high school who have previously been exposed to RULER during their preschool, elementary or middle school years. The RULER for High School lessons have been written for students of high school age and will be developmentally different from previous RULER activities. The basics of the RULER Anchor Tools are explained in "introductory" lessons in Year 1 (Lessons 3, 13, and 18), so this information might be a review for students who have previous experience with RULER. However, there may be activities in these lessons that will still be appropriate for students who are already familiar with RULER.