





# HIGH SCHOOL Integrated SEL (RULER) - Pacing Guide





## **Year 1 & 2 RULER Framework Lessons + RULER Tools + PBIS**

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

Week of	Year 1 Lessons			Year 2 Lessons	
Sept 2	PBIS / SEL Launch				
Sept 9					
Sept 16	UNIT 1: Emotions Matter	1: Introduction to Emotions	UNIT 6: Mindset	21: Introduction to Growth Mindset	
Sept 23		2: Emotions Matter		22: Building a Growth Mindset	
Sept 30		3: Introductio <u>n</u> to the Mood Meter	UNIT 7:	23: My Vision for High School	
Oct 7	Flex Week built in to support Make-up Lessons due to Fall Panorama Survey				
Oct 14		4: Identifying and Tracking Emotions	Visioning & Goal Setting	25: Goal Setting	
Oct 21	UNIT 2: RULER Skills	5: Recognizing Emotions		26: Strategies for Achieving My Goals	
Oct 28		6: Understanding Emotions	UNIT 8: Personality & Motivation	27: Introduction to Motivation	
Nov 11		7: Labeling Emotions		28: Feeling Motivated	
Nov 18	8: Expressing Emotions	29: Introduction to Personality			
Nov 25	UNIT 3: Mood Meter & Emotion Regulation	THANKSGIVING WEEK		THANKSGIVING WEEK	
Dec 2		10: Introduction to Emotion Regulation		30: Reflecting on Personality	
Dec 11		11: Regulating Emotion	31: Emotions and Learning		
Dec 9		12: Emotion Regulating Strategies	32: Critical Thinking and Emotional Awareness		
Dec 16	PBIS Celebration				
WINTER BREAK					
Jan	Multiple Competing Needs: Finals Prep, Temperance Assembly, Spring Semester Launch ★ Great Time for PBIS Connections to SEL – Schoolwide Reinforcement				
Feb 3					
Feb 10	UNIT 4: Meta-Moment	13: Introduction to the Meta Moment	UNIT 9: Critical Thinking	33: Critical Thinking and Handling Dilemmas	
Feb 21		14: Meta-Moment Step 2 Pausing		34: Blueprinting Negative Self-Talk	
Feb 17		MID-WINTER BREAK		MID-WINTER BREAK	
Feb 24		15: Seeing Your Best Self		35: Critical Thinking and Using Emotions	
Mar 3	Flex Week built in to support Make-up Lessons due to Spring Panorama Survey				
Mar 10		16: Meta-Moment Strategies in Action	UNIT 10: Wellbeing	36: Managing Stress	
Mar 17	UNIT 5: Exploring Empathy & The Blueprint	17: Exploring Empathy		37: Sleep and Mood	
Mar 31		18: Introduction to the Blueprint		38: Emotions and Intuitive Eating	
Apr 7		SPRING BREAK		SPRING BREAK	
Apr 14		19: Applying the Blueprint		39: Movement and Mood	
Apr 21		20: A Year in Review		40: Proactive Self-Care	
Apr 28	PBIS / SEL Supports during Testing Season Support Teachers and Students in Using Skills when Spring Stressors arise!				
May					
June					

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## **Year 3 & 4 RULER Framework Lessons + RULER Tools + PBIS**

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

Week of	Year 3 Lessons		Year 4 Lessons	
Sept 2	PBIS / SEL Launch			
Sept 9				
Sept 16	UNIT 11: Visioning & Goal Setting	41: My Future, My Emotions	Unit 16: Goal Setting Beyond HS	61: Emotions in Transition
Sept 23		42: Post-Secondary Options		62: A Vision of Senior Year and Beyond
Sept 30		43: Elevator Speeches		63: Rethinking Identity
Oct 7	Flex Week built in to support Make-up Lessons due to Fall Panorama Survey			
Oct 14	UNIT 12: Relationships in Groups	44: Emotion Perception Biases	Unit 17: Exploring Self-Talk	64: Dreams Come True, Not Free
Oct 21		45: Group Performance in My School		66: Exploring the Corners of the Mood Meter
Oct 28	UNIT 13: Healthy Relationships	46: Healthy Relationships		Unit 18: Seeking & Providing Social Support
Nov 11		47: Friendship and Community	68: Positive Self-Talk: Hope	
Nov 18		48: Navigating Friendships	69: Supporting Others - Empathy, Part 1	
Nov 25		THANKSGIVING WEEK	THANKSGIVING WEEK	
Dec 2	UNIT 14: Comm. & Dec’s	49: Emotional Health in Romance	Unit 18: Seeking & Providing Social Support	70: Supporting Others - Empathy, Part 2
Dec 11		51: Peer Influence & Decision-Making I		71: Acceptance
Dec 9		52: Peer Influence & Decision-Making II		72: My Emotional Support Network
Dec 16	PBIS Celebration			
WINTER BREAK				
Jan	Multiple Competing Needs: Finals Prep, Temperance Assembly, Spring Semester Launch ★ Great Time for PBIS Connections to SEL – Schoolwide Reinforcement			
Feb 3				
Feb 10	UNIT 14: Comm. & Dec’s	53: Effective Communication I	Unit 19:	73: Accessing New Resources
Feb 21		54: Effective Communication II		74: Reduce Stress; Build Skills
Feb 17	MID-WINTER BREAK			Unit 19:
Feb 24	UNIT 15: Leadership and Wellbeing	Flex Week built in to support Make-up Lessons due to Spring Panorama Survey		
Mar 3		55: Finding My Leadership Style	Stress Management	75: My Attitude Towards Good Stress
Mar 10		56: Elevating Group Performance		76: Coping and Problem-Solving
Mar 17		57: Creativity and Emotions Mindset	Unit 20: Your Best Self After High School	77: Relationships After High School
Mar 31		58: Using Creativity to Regulate Emotions		78: Personal Connections and the “Best Self”
Apr 7		SPRING BREAK		SPRING BREAK
Apr 14		59: Stress, Pressure, and Wellbeing	Unit 20: Your Best Self After High School	79: Community Engagement and Advocacy
Apr 21	60: Planning for Wellness	80: RULERize My Future		
Apr 28	PBIS / SEL Supports during Testing Season Support Teachers and Students in Using Skills when Spring Stressors arise!			
May				
June				