

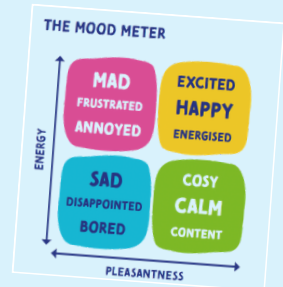
A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

RULER

RULER is an evidence-based SEL approach developed Professor Marc Brackett at Yale university, named after five emotional skills:

WHAT?

- Recognising
- Understanding
- Labelling
- Expressing
- Regulating emotions



Supported by **RULER tools**: Mood Meter, Meta-Moment, and Class Charter

WHY?

RULER improves school climate, emotional literacy, and academic performance. It helps children manage emotions and relate positively to others. The CASEL 5 describes what competencies children need to thrive socially and emotionally. The RULER approach provides how to teach, practise, and embed those competencies — through emotional literacy, daily routines, and reflective tools.

SEL?

RULER Skill	Related CASEL Competencies	How They Work Together in the Primary Classroom
Recognising Emotions	Self-Awareness & Social Awareness	Encourages children to notice emotions in themselves and others. Using the Mood Meter deepens vocabulary and helps link feelings with triggers, which enhances empathy and awareness.
Understanding Emotions	Self-Awareness, Social Awareness, Responsible Decision-Making	Promotes curiosity about why feelings happen and how they influence behaviour. This supports reflective thinking and helps children make thoughtful choices.
Labelling Emotions	Self-Awareness	Builds emotional literacy. Accurately naming emotions helps children talk about feelings confidently, reducing frustration and improving communication.
Expressing Emotions	Relationship Skills & Self-Management	Encourages appropriate sharing of feelings—respectfully and safely. Builds classroom trust, belonging, and open communication.
Regulating Emotions	Self-Management & Responsible Decision-Making	Provides concrete tools (e.g., the Meta-Moment) to calm down, reflect, and act with care rather than react impulsively. Strengthens impulse control and resilience.

FIND OUT MORE

- [Brilliant ME! in Action Appendices](#)
- <https://www.rulerapproach.org>
- <https://www.rulerapproach.org/about/tools/>
- **Book**
 - Permission to Feel - Marc Brackett

SEE ALSO

- PATHS
- CPS
- Zones of Regulation
- Emotion Coaching
- Self-Reg