



# **RULER:** Understanding the Meta-Moment & Blueprint



May 9, 2024





# Plan:

1. Energizer
2. Review CASEL and RULER tools
3. Best self: Watch and Discuss
4. Meta-Moment practice
5. Blueprint practice



# Energizer and Share

Choose 1 “Climber” card from your table that best represents **how your student handles conflict**. Please share your name and reason for choose that card with a neighbor.



# What do the Meta-Moment & Blueprint look like at school? (linked [3:42](#))



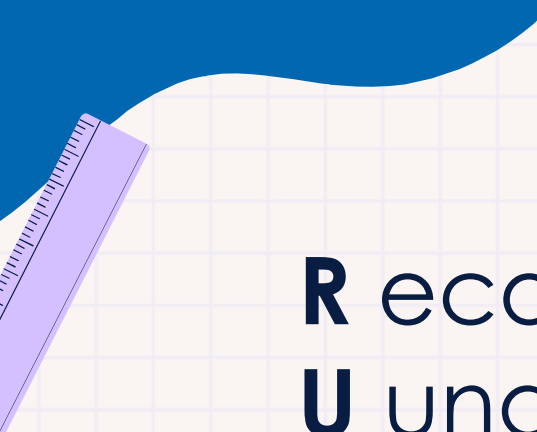
# CASEL Framework

(Collaborative for Academic,  
Social, and Emotional Learning)


The CASEL 5 addresses five interrelated areas of competence:

- 1. Self-awareness**
- 2. Self-management**
- 3. Social awareness**
- 4. Relationship skills**
- 5. Responsible decision-making**





**R**ecognize emotions  
**U**nderstand emotions  
**L**abel emotions  
**E**xpress emotions  
**R**egulate emotions



**Between stimulus  
and response  
there is a space.  
In that space  
is our power  
to choose our  
response. In  
our response  
lies our growth  
and our freedom.**

Viktor E. Frankl

**Meta-Moment:** Tool for building space between stimulus and response- from when we experience an emotion to how we respond to that emotion, so that we can make better choices when we express and manage our emotions.

# **RULER**

## THE META-MOMENT

1

### SENSE

Notice a change in your body or mind.



2

### PAUSE

Wait to respond. Breathe to think more clearly.



3

### SEE YOUR BEST SELF

Imagine your best self in the situation.



4

### STRATEGIZE & ACT

Think of a strategy, and try it out!



Yale *Center for Emotional Intelligence*



# Stay Calm ♥ Stay Safe ♥ Stay Present



Free printable to help children regulate their emotions.

# Best Self



# VIA Classification of Character Strengths

[www.viacharacter.org](http://www.viacharacter.org)



Creativity



Curiosity



Judgement



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



Appreciation  
of Beauty



Prudence



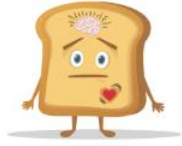
Hope



Humor

### 1 SENSE

Notice a change in your body or mind.



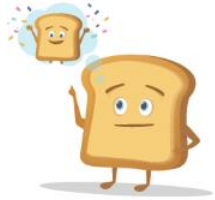
### 2 PAUSE

Wait to respond. Breathe to think more clearly.



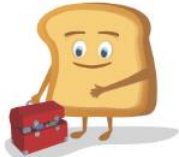
### 3 SEE YOUR BEST SELF

Imagine your best self in the situation.



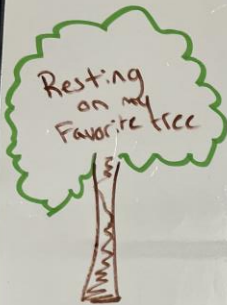
### 4 STRATEGIZE & ACT

Think of a strategy, and try it out.



Eating lots  
OF healthy flies!

Resting  
on my  
Favorite tree



Playing with  
other reptile  
friends!

Calm  
+  
Green



Keep my  
Horns  
to myself!

Friendly  
Baa's

Baa



↑  
eating  
Grass

Feeling  
hooves  
on the  
ground




gentle  
Hooves





## **Reflect on problem solving:**

+ +  
What does problem solving  
look like at home between  
🧠 children? Between adults?  
Adults and children?



# BLUEPRINT QUESTIONS

## FOR PAST CONFLICTS

What happened?

### YOUR PERSPECTIVE

- How did you feel?
- What caused these feelings?
- How did you express or regulate your feelings?
- How might your actions have affected others?

### OTHER PERSON'S PERSPECTIVE

- How might the other person have felt?
- What might have caused these feelings?
- How did the other person express or regulate their feelings?
- How did their actions affect you and others?

Next time, keeping your "best self" in mind,  
how might you respond differently?





# Activity: Conflict Examples

- Parent yells at child for leaving toys out
- Brother and sister fighting over who gets to sit in the front seat
- Parent 1 gets upset about Parent 2's choice to let kids attend sleepover without consulting with Parent 1
- Your child feels left out at recess
- OR your own 😊



Using a Blueprint, consider a conflict you experience at home or in one of the examples. Complete each row for those involved. When you are done, role play how it would sound to talk it out.

Name(s):

**Blueprint Reflection Practice**

What happened? <i>Describe the conflict.</i>		
	Character's Name:	Character's Name:
How might this person have felt?		
What might have caused these feelings?		
How did this person express or regulate their emotions?		
How did their actions affect others?		



## Discuss:

+ +  
How was that exercise?

How might you apply this at home?

What challenges do you foresee?





# Resources for Families



- + 1. RULER [resources](#) for families
- 2. Mark Brackett “Dealing with Feelings”  
[podcast](#) 
- 3. Brene Brown podcast [here](#)





# Questions?



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