RULER: Emotions Matter



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

Core Ideas of RULER

RULER is an acronym for the five skills of emotional intelligence:

Recognizing	Emotions in oneself and others
Understanding	The causes and consequences of emotions
Labeling	Emotions with a nuanced vocabulary
Expressing	Emotions in accordance with cultural norms and social context
Regulation	Emotions helpful strategies

RULER Tools

Charter: Builds and sustains positive emotional climates by creating agreed-upon norms for how people want to feel and how they can help each other to experience those feelings.

Mood Meter: Enhances self- and social awareness and supports the development of a nuanced emotion vocabulary and a range of strategies for regulating emotion.

Meta-Moment: Provides a process for responding to emotional situations with strategies that align with one's best self and that support healthy relationships and personal well-being.

Blueprint: Supports the development of empathy and conflict resolution skills by serving as a guide for reflecting on conflict and restoring affected communities.

Feelings versus Thinking

- Feelings come first...
  - Both in chronology and hierarchy.
- Feelings are less obvious...
  - People are often more aware of their thoughts than their feelings.
- Emotional responses are faster...
  - Emotional responses are milliseconds faster than cognitive responses.

What do our emotions impact?

Attention: emotions can modulate how selective are attention is.

Reasoning: emotions can affect how well we reason.

Memory: emotions can enhance the consolidation of new memories.

Learning: emotions can impact learning.

Thoughts

The average person has around 6,000 thoughts per day. However, some estimates range from 12,000 to 60,000 thoughts per day.

- **Variability**: Can fluctuate depending on the situation.
- **Negative bias**: A significant portion of thoughts are often negative and repetitive.

Emotions

On average, people experience more than 400 emotions each day. People typically experience a range of emotions with the breakdown of emotions being:

- **Positive emotions:** Experienced 30% of the time.
- **Negative emotions:** Experienced 50% of the time.
- **Neutral emotions:** Experienced 20% of the time.

Takeaway

Emotions Matter

You

How you feel matters.

The Class

How you feel about your class matters.

The Student

How you feel about your subject matters.

If everyone was an emotion scientist...

- Everyone would listen more and judge less.
- Emotional intelligence would be as important to education as math, literacy, and science.
- All emotions would be appreciated, even the negative ones.
- There would be less self-deception.
- Feelings would be seen as strengths, not weaknesses.
- More people would be their authentic, best selves.
- Schools would be places where students spend time reflecting on their purpose and passion.
- People would leave their workplace thinking, I can't wait to return tomorrow.