

Developing Emotional Intelligence



The RULER Approach at Girton Grammar School



Yale University & Girton Grammar School

In 2011, a team of Girton teachers were sent to Yale University to study under Doctor Marc Brackett, Ph.D. Doctor Brackett is the Director of the Yale Center for Emotional Intelligence.

These teachers returned to Australia with a plan to implement the RULER programme, firstly in the Girton Grammar Junior School and then, gradually, across the whole school population.

Since then more Girton teachers have been to Yale and have returned armed with the knowledge and expertise to continue the implementation of the programme.

With the expert guidance and training of Yale University's Centre for Emotional Intelligence, Girton has become a world leader in the implementation of Emotional Intelligence education in a School environment.

This has been achieved through the introduction of the RULER approach to developing emotional intelligence and emotional literacy.

RULER encourages perspective-taking and empathy, so that students invest more fully in the health and well-being of their classmates and themselves.

Following a successful visit to Girton in 2013 by Dr Brackett, he returned in early 2014, to teach the RULER Programme to more members of the School community.

The RULER Programme is now in place from Preparatory to Year 12 with great success and enthusiasm for its benefits.

Why focus on Emotional Literacy?

Emotionally intelligent learning environments are foundational to helping children and adults lead productive, healthy and fulfilling lives.

Emotions matter for all of us and especially for children. How we feel affects our learning, the decisions we make, how we treat others and our personal well-being.

Emotions drive learning, decision-making, creativity, relationships and health.

In emotionally intelligent schools, children learn to manage the feelings of anger, disappointment, or shame that might otherwise push them to react inappropriately.

Yale's research shows that students with higher emotional intelligence are better prepared to manage their emotional lives so that they can focus, learn and do their best in school.

Girton Grammar School students learn how to be more empathetic and build positive relationships by using the RULER approach.



EMOTIONS MATTER

Girton Grammar School students express a range of emotions for Doctor Marc Brackett of Yale University



What is RULER?

The RULER Approach is a systematic, whole school programme that develops Social and Emotional Literacy skills in both students and educators.

Students develop a deeper understanding of emotions by applying five key emotion skills

Recognizing

Understanding

Labelling

Expressing

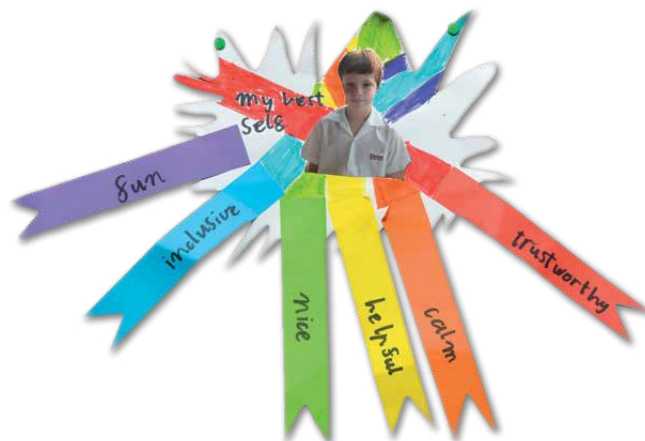
Regulating

Built upon decades of research demonstrating the impact of emotions on important life outcomes, the RULER Programme develops emotional intelligence skills in children and in the adults who are involved in their education at school, at home and in their communities.

It includes four 'Anchor' tools to assist students develop these skills – namely the **Class Charter**, **Mood Meter**, **Meta Moments** and **Blueprints** which are reviewed and discussed in class daily.

The Charter helps to create the culture and climate for emotional literacy building to take place; the Mood Meter builds self and social awareness about emotion; Meta Moments are to help adults and children develop self-regulation skills; and the Blueprint is designed to help individuals problem solve and to teach perspective-taking and empathy.

Rigorous research has shown that RULER raises academic achievement and contributes to more supportive, productive, and compassionate classrooms.





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