

TRAILS SEL Curriculum &

RULER has many points of overlap with the TRAILS SEL Curriculum. Following a program review of TRAILS, we believe that RULER can certainly be implemented alongside TRAILS in schools already using it or as a beneficial next step for schools who are looking for more, particularly at the tier 1 level.

How TRAILS SEL and RULER are Similar:

- TRAILS uses CBT to teach students the relationship between thoughts, feelings, and behaviors and how one's cognitive appraisal of a situation impacts feelings and behaviors and RULER is based on the theory of emotional intelligence (Salovey & Mayer, 1990). These theoretical underpinnings are compatible with each other in describing the role of emotions in our lives.
- TRAILS SEL and RULER are both aligned to the CASEL competencies of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.
- TRAILS SEL and RULER are both affiliated with major research universities (University of Michigan and Yale University, respectively), and based in relevant science and research.

How RULER Could Build on TRAILS SEL:

- RULER schools would receive access to the 80-lesson RULER for High School curriculum library and build on or mix and match with the 25 lessons for grades 9-12 offered through TRAILS.
- RULER emphasizes educator wellbeing and SEL practices as an integral part of the implementation model as well as promoting SEL skills for students.
- Participation in the High School RULER trial includes data collection on SEL measures, the results of which can be used to inform further SEL implementation.
- Students with previous experience of mindfulness through TRAILS SEL may be more comfortable and ready to explore and develop their emotional intelligence skills.

High School RULER Units Overview

<p>Year 1</p> <ul style="list-style-type: none"> • Emotions Matter • RULER Skills • Mood Meter and Emotion Regulation • Meta-Moment • Exploring Empathy and the Blueprint 	<p>Year 2</p> <ul style="list-style-type: none"> • Mindset • Visioning and Goal Setting • Personality and Motivation • Critical Thinking • Well-Being
<p>Year 3</p> <ul style="list-style-type: none"> • Visioning and Goal Setting • Relationships in Groups • Healthy Relationships • Communication and Decision Making • Leadership and Well-Being 	<p>Year 4</p> <ul style="list-style-type: none"> • Goal Setting beyond High School • Exploring Self-Talk • Seeking and Providing Social Support • Stress Management • Your Best Self after High School

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES	Self-Awareness	Social Awareness	Responsible Decision Making	Self-Management	Relationship Skills
RULER Skill-Building Activities: Staff personal and professional learning, pre-K to 12 classroom content, and family engagement materials include activities to enhance development of the five RULER 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			✓	✓	✓
Regulating emotion with helpful strategies			✓	✓	✓
RULER Tools: RULER builds a common language and set of strategies for the entire school community. Beginning with a shift in mindset, leaders, educators, students, and families learn why emotions matter and how the skills of emotional intelligence can be cultivated. RULER continues with four foundational tools and teaching of Feeling Words.					
The “Emotions Matter” Mindset: To support a school-wide mindset around the importance of developing emotional intelligence and a positive emotional climate, RULER begins with research and reflections on the impact of emotions on learning, decision making, relationships, and wellbeing.	✓	✓	✓		
RULER Tool #1: The Charter Designed to build and sustain positive emotional climates, the Charter represents agreed-upon norms for how everyone in a school, classroom, home, or other space want to feel and what needs to happen for those feelings to be consistently present.	✓	✓	✓	✓	✓
RULER Tool #2: The Mood Meter By organizing our thinking around feelings into two qualities of emotions: energy and pleasantness, the Mood Meter enhances self- and social awareness and supports the development of a nuanced vocabulary and a strategic repertoire for emotion management.	✓	✓	✓	✓	✓
RULER Tool #3: The Meta-Moment With the goal of improving reflective practices and self-management, the Meta-Moment provides a process for identifying and developing one’s “best self” and for shifting from automatic, unhelpful reactions to strategic, effective responses that align with that “best self.”	✓	✓	✓	✓	✓
RULER Tool #4: The Blueprint Through a process for reflecting on and resolving interpersonal conflict, the Blueprint promotes perspective taking, builds empathy, develops conflict resolution skills, and provides a means for restoring relationships and communities affected by conflict.	✓	✓	✓	✓	✓
Feeling Words Staff development, student learning units, and family engagement content include the introduction of a rich vocabulary of feeling words that empower students and teachers to describe, understand, and manage the full range of human emotions.	✓	✓	✓	✓	✓